

April 1, 2009

My name is James Byrd; I am 65yrs old soon to be 66 on September 3rd of this year. I was born in Lexington SC and eventually moved to Morristown, NJ in 1966. I was employed by the town of Morristown for 12 years.

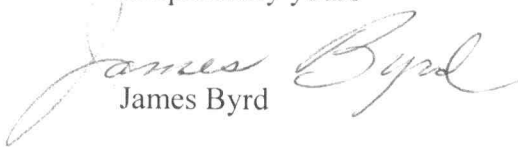
While on my job one winter day, I was severely injured while out doing a job. It landed me in the emergency room. I had injured my head and back as a result from a fall from a ladder. As a result of my injuries I was no longer able to work and was forced into early retirement and physical therapy. I was in constant pain. Not being able to work anymore and before my accident happened, it was my plan to move back home to South Carolina.

My doctors here in Lexington referred me to Vital Energy. The owner and head therapist's name is Hema Dalal. When I first started coming to VE as I will refer to it from now on I did not know what really to expect. It didn't take long to figure it out. My pain was lessening each day from the help I was receiving.

One day in July of last year, while doing normal household chores, my legs gave out and I fell off an ordinary step stool and tore my rotary cup. At first I did not want to tell anyone, but the pain was so unbearable I broke down and let someone know what was going on. My doctors recommended that I have surgery and they wanted to give me all this medicine neither one was acceptable to me. At last Hema suggested that I continue with my usual exercised and put me on more rigorous exercises. And they are working out tremendously.

I would recommend Hema and her staff at VE to anyone who is against surgery who has just had surgery. Or anyone just needing that extra help.

Respectfully yours


James Byrd