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I have scoliosis and have battled with my posture and muscle imbalances since my teenage years. I have been diligent with exercise although I have never been content with my posture.

In 2002 after a thoracotomy and lower lobe resection my right shoulder complex and thoracic spine were impacted. Since that surgery I sought physical therapy, chiropractic, massage therapy, and yoga practice. In 2007 I developed radicular symptoms into my right arm.

In July 2007 I started working with Jill. I was extremely impressed by her thorough postural assessment and her ability to identify my imbalances and deviations. She then began to retrain my muscles in a way that has never been done before.

Jill is precise with her exercises and strict on her form to produce powerful results. She understands not only single muscle function, but the integral relationships. She also incorporates a home program. Within weeks I was able to feel and see differences in my posture. Jill's pilates practice is a perfect adjunct to physical therapy, chiropractic intervention, or for anyone who wants to improve posture and muscle function. I would not hesitate to recommend her to another health care professional, patient, or friend.

Kristen White, Physical Therapist  
Clinical Director for Access Rehabilitation Specialists