

January 1, 2012

I met Jill Tompkins after my second back surgery for a herniated disc, recurrent at the same level. After the first surgery I didn't really do much physical therapy, and after the second I did PT but felt it was doing nothing for me. I realized I needed to strengthen my core, but I needed close supervision to avoid injuring myself a third time, which would have led to talks about spinal fusion.

Jill offered a 3 session introduction to Pilates, which I had never tried, and I was immediately struck by her talent to see absolutely everything. I felt totally protected because she saw and corrected my every move so that I could learn the exercises safely and effectively. I found that one session weekly would be devoted to re-aligning my body and undoing the abuse I had subjected it to during the week. I am a general and laparoscopic surgeon, and I stand for long periods in often awkward positions.

I thrived with two or more sessions weekly so that I began to see the effects. In fact, people began commenting that I seemed taller and was walking more balanced and seemed to be in less pain – all true! I am now aware that I have a core. I have come to depend on regular Pilates to protect my back and allow me to still pursue my endorphin rewards through running.

Jill is an excellent trainer, and she is fabulous at designing variety in the workouts to keep life interesting. She is a stickler for perfection but very supportive and encouraging about it, which I really appreciate. She has a very strong knowledge base with respect to the body, muscles, bones, alignment, and how to modify exercises to account for a person's individual issues and needs. I highly recommend her as a personal trainer and for rehabilitation after surgery or after injuries, and I have referred a number of patients to her for this very purpose.

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