

I Came to UPPT with strong  
pain in my right leg hip & thigh.

After even the very first session  
with Uppt I could feel a  
positive change. Between practicing  
the exercises and stretches at home  
and at Uppt I felt great improvement  
over the 8-10 weeks of the program.  
I have improved balance and  
now feel no pain. I have enjoyed  
working with Uppt and am grateful for  
all of the help with my leg condition.  
I am confident that with knowledge and  
tools I have now I can continue to  
remain pain free