

**Subject:**

**Date:** September 19, 2005 8:54:03 AM CDT

**To:** Rph2@uwm.edu

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Dear Rebecca,

On thursday you asked me if i could write to you telling you what happened with the little boy that hurt his back. Well, I work at swiss Turners a gymnastics club in west allis and this little boy was in one of my classes. He is fairly advanced for his age and happened to be the first young man to make it to his level at our gym so he was the only one in the class. I had coached him before and i thought i knew his strengths and weakness well but this faithful saturday morning he fell doing basic swing on parallel bars. He flipped over and fell about four feet landing on his back. He cried a little but i was able to calm him down while at the same time keeping him still until i could find out if he was ok. He was fine with the exception of a sore back that had already bothered him on a consistant basis. I immediately thought about stretching the muscles in his back out but knew that the conventional stretching we normally did would be too intense at the moment. Then i remember how simple and easy on the body your methods were so i started to teach him those. We started by just lying there relaxing and breathing until i could tell he was calm and the incident was out of him mind. Then we did some folding and unfolding and a little diagonal strething. The boy told me that his back was starting to feel better so i had to keep things going. I barely understood navel radiation then but i had to give it a shot. So, i started to teach it. The boy picked up on things way quicker than our class did and i was started to realizes the reason it worked by watching him get better at it. We shared a few laughs when he got stuck trying to roll over but by then end of it he told me his back felt great and that he felt "loose". I hadn't appreciated school that much in a long time. I even taught him sun salutation this weekend. thanks,