

Dear Dr. Brad,

Words can hardly describe what has happened since I first saw you after a calf strain in the early part of the 2011 triathlon season. I decided that season I would do one of the longest distances in the sport, Ironman. Of course this required a new level of training, something my body had not experienced before, as I focused on the Olympic distance of .9 mile swim, 24 mile bike, and a 10k. As Ironman is a 2.4 mile swim, 112 mile bike ride, and a marathon, it was time to step it up. In my late 30's, I don't have as much resilience as I did in my early 20's. My body told me that as I increased my training load. It was then I saw you.



I first met you at the Pittsburgh Triathlon Club meeting, where you discussed Active Release Technique (ART). I learned about this as a Personal Trainer from my colleagues, but had not tried it yet. I decided after your talk and the appearance of my calf strain that it was time. After two visits, I could not believe the difference. The calf strain was gone. My legs and hips felt strong and with full range of motion. I spoke to my triathlete friends about you, and those who had seen you said, "oh yes, Dr. Brad has helped me stay active and injury free".

I was convinced. I started seeing you on a regular basis, and as a proponent of pre-habilitation for injury prevention and strength, I knew that regardless if I had issues, the work would act preventively to keep me injury free. And you did! Every time I had a flare up or recurring issues from the past like my back problems, through your efforts, I have not had any of these issues since. I am continuously amazed how I bring in a wrecked up shoulder, hip joint, foot from new running form, and you are able through a couple of sessions to correct the problem and continue to keep me strong.

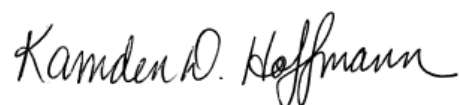
Ironman training ramped up late summer. I knew I was pushing hard, however, through regular tune ups by you I stayed injury free and had one of the best first Ironman races a person could ever have. Negative splits on the marathon after the swim and bike, and feeling little residual pain the days after.

As a Triathlon Coach, I recommend you to all of my athletes. I thank you for keeping my athletes injury free so they can have full and healthy seasons as well.

I always push myself to do better, improve, and I could not do that without your continued efforts to keep me aligned and well. This season has been outstanding. My recent competition in Escape to Alcatraz was a race of a lifetime, and I could not have done that without your support. My coach said to me after the race, "you look like you didn't even race!" Well, I did, but thanks to lots of training and attention from you to keep me strong, I placed very well in a tough field of nationwide bests in my age group.

The season is young, and I feel the same. I am excited to continue to grow, and as you are built in as part of my training regimen now, I know I'll stay strong and help others to do the same. Thank you for all of your dedicated work.

Sincerely,



Kamden Hoffmann
PhD Student, USAT Level I Coach, Personal Trainer