

Hazel Pettifar
6 Orange Blossom Grove
Palmerston North

For some time prior to December 2007 I had been experiencing considerable pain in my knees and lower legs to the extent that I wondered if I would be able to continue bush walking and moderate trampng. Finally, following attending a lecture by James Graham, I made the decision to consult a podiatrist. Now I ask myself "Why did I not do so earlier?" I had no trouble becoming accustomed to my orthotics and within a few days the pain had gone. My trampng friend said "It's been a success story for you. Before obtaining the orthotics I saw that you were not coping at all well, now you are fine".

Thank you James

Signature... A.M. Pettifar Date... 23/10/08