

Hi Keith,

Just to say a very big thank you for sorting my arm out on Sunday, it was the best nights sleep I have had for a very long time. Just to let you know, I have had a few twinges but I went swimming Tuesday, Wednesday and today, and it is much better. I washed my hair with both hands today and that is the first time for weeks. Many many thanks for your help.

I really am very grateful to you. Many thanks once again,

See you soon,

Val X