

TESTIMONIALS FROM ELITE ATHLETES AND COACHES I'VE TREATED

Their Comments on the Benefits They Received

by *Louis A. Gross BSEE*

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***Mike Powell, WORLD RECORD HOLDER Long Jump
1988 & 1992 OLYMPIC SILVER MEDALIST
(many 2-hr and 4-hr sessions)***

**Lou makes my body work the way it's supposed to work.
The treatments allow me to do what I do, easier, and more
fluently.** And when I really have to work hard or dig deep, I'll be able
to go further.

**After each session my flexibility, range of motion, speed
and balance are all better.** When I get to the warm-up, that's when
I realize how much more I have. My range of motion is so increased
that it takes me some workouts to get it integrated with my strength
and technique. And when that happens my overall performance gets
even better.

**After the third session, I had the best workout I ever had
in my life** and jumped 28-2, almost two feet longer than last years
best in a workout. Even when I'm tight, I've jumped 27-6. The looser
I am, the easier it is to get out there. I had the speed and strength
before, but the flexibility I've gotten from the treatments allows me to
utilize it.

**I also don't have to work at control as much; now it just
happens, and I only have to work on the areas that need work.
My overall body positioning is also better, and the way I walk
and stand is better.** I added the bodywork after I had already been
getting Myo-matic electrical stimulation in physical therapy. I've

noticed that the two treatments are mutually supportive; after bodywork the Myo-matic seems to be more effective and vice-versa. **Lou's bodywork sessions are very relaxing and afterward, just walking around, they make you feel great.** It's good "stuff."

Specifically, when I first came for treatment, I had low back pain. After 4-5 hours of bodywork, it was gone. I also used to have trouble stretching. After just the first session I noticed it felt good to stretch instead of just fighting it.

Christina Cahill (Nee Boxer), Nike International, England,

800M & 1500M, 3-TIME OLYMPIAN: 800M:

1980 Semi-finalist, 1500M: Finalist: 1984-6th, 1988-4th Commonwealth Games, 1500M: 1982 Gold Medalist,

1990 Silver Medalist -- SIX TIME BRITISH CHAMPION

3 sessions: 1/2 hr on legs after a race,

4-1/2 hrs (3 hrs on legs) ,3-1/2 hrs (2 hrs on legs)

The main benefit is that two days after the first long session, I didn't have any problem with my left hamstring, which had been troubling me for nearly three weeks. The treatment cured my hamstring condition, and it improved my overall condition as well.

I had a short 1/2 hr session right after a race, on the track, and felt a lot looser. And my muscles were feeling freer. The usually tight hamstring felt good, but when I ran again I felt it still, so I came for a long session.

After 3 hours on my legs, they felt so much freer. The hamstrings had been causing me real problems. For a few weeks, whenever I raised my leg, they'd felt tightened up, restricted in their movement and sore. The muscles felt knotted up in the middle. Now I don't feel that. And the muscles feel free to move as they should.

I also feel more flex in my ankle. My knees come up higher. And I have more mobility in my stretch, in the whole hip area. After the work on my torso, head and arms, my whole body feels good. My back and shoulders feel looser. In fact, when standing and walking, my whole body feels loose and more balanced. And I don't feel stiff and rigid anywhere.

I really didn't know I was stiff in some areas. But now that I've had the bodywork I can feel it's a lot freer, even though I didn't know it was tight before. You get used to how

your body feels, that after training hard it gets tight. And you often forget what it should feel like.

The session was very enjoyable. I feel it's a very complete and balanced treatment. You relax and the muscles can be treated better. You also don't feel as if just one area's been isolated; the whole body's been treated.

The session is educational as well. Sometimes you feel tight or loose and you don't really know why. In the session you become more aware of why something feels tight or loose. And you learn which muscle groups affect others. When you get tight somewhere, you often feel that the actual point of tightness is the problem, and you don't realize that it's being caused by tightness and a problem elsewhere. Lou would work on one area and I'd feel it become looser somewhere else.

I noticed improvements immediately. Even just walking, I'd felt the hamstring tight for two weeks. Right after the session, walking up an incline back to my car, I didn't feel it. **Recovery was better, too. I'd had a hard track session the morning before the treatment and I'm usually stiff the next day after a hard workout; I can still feel it for 24-48 hours. But this time, after additional runs the next day, I wasn't stiff and felt really good. Also, if you have a bad problem like this hamstring, doing a hard workout makes it worse. But this time, including the bodywork, I felt much better.**

On this first day after the treatment, the hamstring tightness was far better than it had been, with just a slight problem right above the knee when I ran. Before, it was much stronger and had been a pull all the way down the thigh. I rested the following day, and when I ran and stretched on the third

This gave me confidence **in the Grand Prix race the next day;** I didn't have to worry that I'd injure it or have it tighten up on me, as I did when racing the week before. **I took 3rd with a time of 4:07.6, equaling my best start ever, three years earlier. It was a very competitive race and the hamstring was fine.** In the following weeks I continued to race well and the legs were fine, even through the world championships two months later, and into the winter after that.

I attribute my good start to the hard training I did this spring, which got me in such good shape. But that same hard training also causes problems, like the hamstring getting so tight. **This bodywork let me train so well and still not have the tightness, in the hamstring and in the rest of my body.**

I could feel the second long session went into much deeper muscles. The immediate improvements were similar to before: generally feeling freer, and my body has more mobility. The tightness in my calves improved and my feet flexed further. In both sessions, as Lou did my torso, **I felt my back lie flatter on the table and my rib cage and chest could expand much further when I took a deep breath. I noticed the deep relaxation** would be good for people under stress. **And when comparing before and after Polaroid photos, I could see that from each session, I was standing straighter, with less arch in my lower back.**

***Willie Banks, WORLD RECORD HOLDER, Triple Jump
3-TIME OLYMPIAN, Olympic Trials Finalist at age 36
(Three 3-hr sessions)***

As a world class athlete pushing the boundaries of man's capabilities, it is necessary to have expert help. Lou's bodywork has been extremely beneficial in achieving the goals that I have set for myself at age 36. I am **beyond the age that most athletes in my event consider proper.** I attribute my longevity to the care I give to my health. Lou's work is an integral part of that care and I am glad we were able to accomplish so much in the short amount of time we were allotted.

Specifically, 9 hours of treatment corrected pain, misalignment, and chronic tightness, and my overall flexibility has improved quite a bit.

I'd had chronic Achilles tendon tightness and operations for tears on both ankles. The bodywork broke down the tightness in my calves and they now move fluidly. Scar tissue had built up in the subdermal tissue and that got broken up.

My thighs are now looser and lighter, and they move easier and faster. And I've noticed I'm picking up speed in my training. The treatment was key to breaking up and loosening the scar tissue under my buttocks at the top of the hamstrings. **I was doing cleans weight lifting 1-1/2 to 2 years ago and pulled too hard, so I tore my upper hamstring, and it was never the same. Every time I did cleans, it would hurt. Now, it feels a lot better.**

My torso feels looser and more flexible. I'd had a point of pain in my low back on the right side and general tightness on the left side. Both were removed. I'd also had a misalignment; when I lifted my right leg it didn't come up straight but twisted outward after it was half way up. That, too, was corrected.

Lou, if you ever need help with something that is within my expertise, please don't hesitate to ask. You are a miracle worker! Best of Luck!

***Gordon Laine, Long Jump,
1988 U.S. OLYMPIC TEAM alternate
World's 5th Longest Jump in 1991, 1978 All-American Triple
Jumper (Many 2-3 hr sessions)***

When I first came for treatments I was very tight and my left pelvic area and lower back used to go out regularly. I'd get pain in the left groin, knee and ankle, and would need a chiropractic adjustment after a hard workout to correct this. I knew I'd tightened up in the past three years and knew that when I am more flexible with full range of motion I jump more effectively. I also wanted to improve my technique, being smoother on takeoff and more coordinated in the air. So when I read Lou's material about removing accumulated tightness and realigning the muscles and bones, I thought this could be just what I was looking for, and it was.

From just the first 3-hr session I had more flexibility, my leg stretch was longer and easier and my technique was better. I also jumped farther than I thought I could, and my arm technique was working better. My 275 lb bench press went up a lot easier, the first time I'd done it really clean. Overall, I no longer had the negative pulls that kept me from executing the way I'm trying to.

My recovery time was also better. The warm-up had been wearing me out; this time I wasn't as fatigued. And after my previous jumping workouts, I had been feeling "beat up," and didn't want to do anything for a couple of days. My lower back would also be tight for 2-3 days and I'd need a chiropractor to put my back and hip in. This time I didn't feel anywhere near as bad and I felt like I could jump again the next day. I also wasn't as tight as usual and I didn't need a chiropractic adjustment.

After the second session, I felt even better. I no longer felt the block in the buttocks I always felt, nor the pulling in the hamstrings.

Because I was so tight to begin with, I had four long sessions in the first two weeks, which gave me an initial edge. As more and more of the deeper old tightnesses were removed, especially in my legs, I increased my workouts and began integrating the greater flexibility and range of motion into my strength and jumping motion.

My body became more capable to do what I was training it to do, without the old tight blocks in the structure.

After my first month of treatments, I was unable to get more than an hour of bodywork over a 2 month period and felt really tight again. But I was pleasantly surprised to see how much faster Lou could loosen it all than it took the first time. I felt a lot improved again in one 2-1/2 hr session.

Once we had some thorough initial loosening of the old tightnesses, my training partner, Mike Powell, and I haven't had to do as much weight workout but we still maintain the strength and power. We even have more strength because we have power throughout the range of motion. That's new to us. Everything we're doing works our muscles, so we're getting strength because we have more to work with.

***Michael Graham, 400 & 800 meters,
Santa Monica Track Club, (Prestigious Track Club)
4-YR ALL AMERICAN 400 meter Hurdles,
6-Time Big-8 Champion,
1986 USA Jr. Nat'l Champion 400 meter Hurdles
(5-1/4 hrs in 2 sessions)***

The main reason I came for treatment was to correct groin pain that was significantly limiting my ability to run, and it helped a lot.

But what impressed me most in the first session is that I felt looser in places I didn't even think of or know were tight, like my toes and feet. After Lou loosened them as well as my legs and pelvis, I realized they'd been tight. They'd felt like one piece, but now they're loose and feel as if they're expanding. I'm able to make different joint by joint movements I never noticed before, including being able to push off on my toes a lot freer.

When I work out, I get tight all over. Normally I have to stretch and warm up before I run. After just the first hour of Bodywork on my legs, they felt loose, the way I like to feel after warm-up; I felt I could go right out and run without getting hurt. And **when Lou did just a little on my back, shoulders and neck, it all felt loose, it felt great.**

I can feel the differences between this and massage. Massage is like on the surface, this is deeper. Lou is also more specific in what he's trying to accomplish, working on my body

piece by piece, concentrating on each area, giving it special attention and then connecting all the areas together.

Right after the session I no longer felt what had been the continuous groin pain. And the next day I had a workout and was surprised at how fast I could go without my groin muscles hurting (maintaining 80%). Before the Bodywork, I had to slow up. This time I didn't feel any discomfort at all on the straight-aways and just felt it slightly on the turns.

From the second session I could run faster and relax as I ran, something I knew about and now my body can do it. When I started the bodywork, I couldn't run like this at all. The groin pain was gone in lane 2 or wider, and I only felt it in lane 1 on the turns. My buttocks were looser and my legs could come up higher, my arms and sides were more relaxed, freer and looser, and my shoulders were looser and had dropped lower. **I'm definitely getting a lot more oxygen as the paths for breathing are a lot clearer and I'm breathing deeper.**

***Gwen Loud, Long Jump, Keiser Track Club,
1984 NCAA Champion,
US Olympic Trials Finalist 1980-1992
3rd in U.S. at age 30
(Two sessions, 2-1/2 hrs and 4-hrs)***

I've been an athlete for 15 years and had a lot of people work on me. This is the most unique kind of bodywork I've ever had. It's different from massage and very innovative as well as very unique.

From the first 2-1/2 hrs I had a deep relaxation and felt energized at the same time. And I felt solid in my stance when I stood up. I also got a lot from the concentration breathing exercises we did during the bodywork. It brought me down into my body and it also relaxed me faster.

After the second session, I didn't feel as if I'd just had four hours of work on me (plus 2-1/2 hrs the day before). Judging from the other kinds of bodywork I've had, I think I would have been dead or wiped out, and I wasn't at all. We had combined more breath and energy concentration practice with this bodywork and instead of feeling wiped out I felt really focused and like I was ready to start workouts on schedule 1-1/2 days later. I also felt more centered.

Even without testing the results of the treatment in my workout **I could feel immediate noticeable improvements. My arms lifted up from my lower back rather than just straight up from my shoulders.** There was more fluid movement and I was more flexible in my shoulders. **My breathing was also deeper, all the way down to the bottom of my abdomen, whereas before it was shallow, only in the top part of my chest.** I felt better, especially from the head to the pelvis. **I felt pretty solid standing, taller and very erect. And my shoulders didn't feel like they'd slump forward. The support feels like it's coming from the pelvis and middle of my body.** Feeling this lack of tension I thought my body wouldn't have been able to hold the stance like this, but it felt solid.

Lynda Tolbert, Nike International, 100 meter hurdles, 1988 & 1992 U.S. OLYMPIC TEAM (1992 Finalist: 4th) Became 4-time Olympian ! MT.SAC Relays 100m/h winner 1988, 1989, 1990 1990 World Rank: 5th, (2 hrs on legs, 1/2 hr on torso, at 1991 MT.SAC)

This is such a great thing you're doing. We really do need more of this. I've had chronic hamstring problems since high school. And I'm just coming off a hamstring injury. This really helps. It pushes all that old stuff out, and the stuff from everyday training.

After just 25 mins on the back of my right, injured leg, my buttocks and some pelvis, I got up and walked and it felt so much better. After 1 1/2 hrs on both legs they felt lighter and longer. Lifting my knees to chest, they come up 3"-4" higher than before we started the bodywork.

Then, after 1/2 hr on my torso, I can raise my arms overhead without working to it. My lower back is looser. My breathing is deeper; it feels like my whole chest cavity is relaxed. Getting off the table and immediately bending over, I could keep my knees locked and touch my palms flat to the floor, with room to spare. Getting right off the table, with my legs cold in the outdoors like this, I wouldn't have been able to do that before.

The next day before my event I felt great, and afterwards, when I warmed down and stretched, I felt better than I had felt after any race. It's been a long time since I felt that way, too.

Marcus Adam, English Nat'l Team, 100 & 200 meters
1991 COMMONWEALTH CHAMPION,
200 Meters, 1992 OLYMPIAN
(Just 40 mins back of legs & buttocks for hamstring tightness - on site)

Feels a lot better; a lot more range of movement than when I first came in; much freer. **Top of hamstrings a heck-of-a lot looser.** It's all much looser than when I came in.

These are very good stretches you've shown me. I can now stretch a lot further. It usually takes me 2 laps to warm up, but it's loose right away.

Tony Jarrett, English Nat'l Team,
110M Hurdles & Sprinter
1991 COMMONWEALTH & EUROPEAN MEDALIST,
1992 OLYMPIAN
(Just 35 mins back of legs and buttocks for upper hamstring tightness - on site)

Much better; much looser than before; feels a lot lighter. I can lift my legs higher; better range of movement.

Brian Stanton, Stars & Stripes Track Club, High Jump
1988 OLYMPIC FINALIST - 10th Place,
1985 NCAA & National Champion
(3-hr session)

The session was comfortable and relaxing. I was already flexible before I came in, I'm easy to warm up and I'm not injury prone. Still, from the bodywork, my body felt much looser, and looking at the before and after Polaroid photos, I saw that my vertical alignment did get straighter. Walking right after the session, I felt lighter and ready to jump.

Greg Harper, Triple Jumper, USC Graduate
2nd place - Invitationals event, 1991 MT.SAC Relays
(Just 30 mins on legs and pelvis)

Even without warming up, I had more flexibility; my legs felt looser and my knees lifted higher up. I'd been doing a lot of weight work for my back and it had gotten tight, and **this also made my back noticeably better and looser.**

Robert Cannon, Triple Jump
1988 U.S. OLYMPIC TEAM, 1991 US Ranking: 4th
(10 1/2 hrs in 5 sessions: 7 hrs on legs & 3 hrs on torso)

Overall, my body feels a lot better. It feels more relaxed, I feel taller, my flexibility feels greater and my breathing is fuller.

I'd also had a severe cramp in my left calf that went away after a bit of rest, some ice and just the first 1/2 hr session of bodywork. **The most significant thing from the next session of 3-1/2 hrs was that the pain on the outside of my knee went away;** that had bothered me when I lifted my leg up. My back was also stiff because I torqued and jammed it in my last meet, more than I normally do. Now it's looser and feels as if the tightness is gone.

Three days after the first 1/2 hr I had a hard workout. The tendon pain at the side of the knee did not occur and I felt a bit looser. While I had a bit of tightness in the Achilles tendon and calves, it was less than before.

The third session of 2 1/2 hrs on my legs gave me a lot more flexibility and looseness, especially in the right one, and some increased flexibility and looseness in the usually tighter left one. **It removed the stiffness and pain that had been in that hamstring.**

Sometime later, I injured my left hamstring and, after it healed, I still had ongoing tightness in those muscles, near the knee. **After 3-hrs of bodywork I did intense workouts and felt no more tightness in the area and no pain nor sense of stress or re-injury on the hamstring. My legs felt loose and good.** And I think the bodywork also broke up old scar tissue in there.

A fourth session focused on my ongoing back tightness and it's still been much better a few months afterwards.

Maurice Crumby, High Jump,
U.S. OLYMPIC TEAM *qualifier 1985*
2-Time All American, 1985 Pac-10 Champion,
1986 Pac-10 Second Place
 Former **High School World Record Holder (7' 4")**
(8 hrs in 5 sessions)

I've had sciatic pain and tight hamstrings. I also have had torn ligaments in the lower back, but no disk damage. Chiropractic didn't help my recent 1-1/2 month bout with sciatica. Also, in my bare feet, I've had no spring and couldn't lift myself up on the balls of my feet, even though I can press quite a lot with my leg motion.

After the very first 1-1/2 hr session I felt improvements. My legs are springier, there's more movement in my hips, the sciatic pain is less, and when I lean backward it doesn't hurt (whereas it did before I had the Bodywork). The slight strain in the hamstrings I was having disappeared, and I also had been feeling a big knot in the front of my pelvis when I did knee to chest, and now that's a whole lot less, too.

After the second 1-1/2 hrs, I had more range of motion in the hips, more spring in the legs, more torso flexibility, and my usual hard-knot hamstrings felt a little looser. A third session made the sciatica better, even when I ran some distance, and stretching was easier. Normally when I run, the top of my feet hurt & have little flexibility. **After the fourth session, 6 hrs total, my feet and legs became much more flexible and I noticed an increase in strength.** I can now raise myself up on the ball of each foot.

Alex Norca, Triple Jumper, France;
1991 MEDITERRANEAN GAMES SILVER MEDALIST
(A few bodywork sessions, plus Structural Stretching sessions)

I'm used to stretching and getting lots of massages. **This work** makes me relaxed, flexible and loose. **It's different from massage; for one thing, it goes deeper and makes me looser.**

**Tracy Baskin, 800 meters, Santa Monica Track Club
1988 U.S. OLYMPIC TEAM,
1987 NCAA 800 meter Champion
Ranked 4th in World during 1988
(7 hrs in 4 sessions)**

After the first 1-1/4 hr treatment I felt more balanced left and right. Running the next day, it felt great; my stride opened right up.

I had another 1-hr treatment for a lot of tightness in my calves, including recurring pain in the top of the right achilles tendon after I'd warmed up a few laps. This pain had been going on for a week or so and the left tendon was also beginning to hurt a little. At the end of this session I felt much better, my legs felt much looser. On a scale of 1 to 10, when I came in they felt about a 5, when I left, about an 8. I worked out right after the session. Before this Bodywork I'd feel the calf tighten up right after warm-up or even during warm-up, even on grass. This time I did a 1-1/2 mile warm-up, some sprinting, an easy mile and a fast quarter. It felt great during all the runs, my stride opened up, there was no pain in the left calf and the right calf got tight again only near the end of the fast quarter mile.

I returned for another 2-1/2 hr session, including an hour on my torso. I immediately noticed my legs felt even looser and were straighter than before. My arches were better and my toes looser.

I had a fourth, long, 3-1/4 hr session. I came in with a tight bulge behind the right knee and a clicking in the knee. After the session I no longer felt it. I now realized I was tight in places I never knew and at the end of the session I felt taller, looser and more normal.

**Craig Stewart, Cheetah Athletic Club, Long Jumper
1990 So. Calif. Champion,
23rd-1988 Olympic Trials, 11th-1986 Nationals
(1 hr on legs)**

I've had several hamstring strains and pulls and before the session had not been flexible enough to open up my legs at the end of the jump, to bring them around. I also have been

sore inside my groin and haven't had much bounce or spring in my legs.

After just 1-hr of bodywork, I can bring them around, the soreness only appears when I open my legs much wider and higher than before, and my legs feel springy. I feel looser and have more hip joint flexibility. I can lift my legs higher up knee to chest, my legs feel lighter, and I'm walking more balanced on my feet front to back, instead of mostly on the heels. The treatment felt great and the result feels good.

Pedro Gomez, Venezuela,
Gardena, Calif. Track Club, 5K & 10K
1983 PAN-AM GAMES FINALIST - 6th in 800M
800M Champion: 1986 Calif. Community College,
1988 NCAA Division II
COACHES CROSS COUNTRY
(2 hrs on legs and pelvis)

After just two hours of this bodywork, my legs feel the way they did 3-4 years ago. The session itself was more and more relaxing, and I felt good at the end.

When I came for the bodywork, I had pain in my left hamstring, and now I don't have it. My knees come up easier. I used to feel a "stop" at the top of the hamstring, just under the buttocks, and now I don't feel that either.

In fact, I haven't had any bodywork or massage on my legs in so long, and they were so tight that it interfered with my racing. I'm trying to develop in the marathon, and in the last Long Beach Marathon I was 11th at mile 19 but had to drop out because my legs tightened up too much.

Now my legs feel a lot better! They're more relaxed, feel lighter, and they're a lot looser. My heel comes back to my buttocks as before, but now it's much looser when I do it. I feel less of a pushing down tightness pressure in my upper buttocks when I stand. And I have more flexibility in my ankles.

In the next week I ran a 10K. My strides were longer. I ran a really relaxed race; my body was more relaxed. And when I pushed it I felt a bit stronger in my legs.

Mr. DT, Long and Triple Jumper;
TRACK COACH, Morningside H.S. in Inglewood, CA
(1 1/2 hrs on legs, buttocks and pelvis)

I trained a lot and also played basketball this past week. **A lot of the area that had been overworked this week, Lou got to and loosened. Some places I can't get to in warm-up, he got to and warmed them up today.**

Gail Conway, Santa Monica Track Club, 800 meters
COACHES MIDDLE AND LONG DISTANCE RUNNERS
at the Air Force Academy
(1 hour on legs and pelvis, done about 2 hrs after racing)

I have a chronic problem with left Achilles tendon soreness, and it's been particularly bad these last couple of weeks. Now it feels pretty good.

Just flexing my foot, I can feel the difference in the flexibility. And I have been told the tendon problem is because I've lacked flexibility in my calves. Now my calf is more flexible and I don't feel a lot of soreness.

Normally, if I sit down for 20 mins and then get up, it's often very stiff and I limp at first. I was lying here for about an hour, and when I got up, it's not sore to stand up and walk, and it feels more flexible. It's only sore to the touch.

Mr. GA, Men's BASKETBALL COACH,
Long Beach City College, and a Golfer
(2 sessions, 3-1/2 hrs total)

After the first session, I felt really relaxed and looser, and my golf swing was smooth and almost effortless. That lasted a few weeks. The second session I had for the treatment of a flare-up in a 6-year long low back pain condition. After just this one additional treatment the tightness in my legs diminished, my posture was more upright and the lower back pain dissipated. My movement and balance was also easier and I felt great, as I did after the first session. **I continued to be free of low back pain and continued to feel the loosening benefits for weeks and months afterward.**

One of my sophomore basketball players was also treated in a 2-1/2 hr session. I'd noticed all season that he had trouble dragging his legs up and down the court. Lou found extreme tightness in his legs and hip and leg joint flexor and extensor muscles. **I noticed in practice in the very next two days after the treatment that he moved much more efficiently.** And he himself felt his legs were much looser.

Ms. BJ,
Basketball Player & Women's BASKETBALL COACH,
Long Beach City College
Sports Attorney & Phys-Ed Teacher, Author;
(Three 2-hr sessions)

In just one 2-hr session, I felt I relaxed years; that much tension and tightness was removed. **Athletically, my body felt tuned up. I felt I could glide with my movements and think smoothly.** After the second 2-hr session, when Lou worked on my legs, the pain and tightness I'd been feeling all week was gone. And I also felt taller.

Ms. DP,
Former Championship Volleyball Team Member;
Women's VOLLEYBALL COACH, Long Beach City College
*(5-1/2 hrs in 4 sessions, plus 1-1/2 hrs Structural
Stretching)*

Right after the first half hour on my shoulders, back and legs, I played Volleyball and immediately noticed an improved movement on the court. My movements to get around and to hit the ball seemed effortless, and I was quicker.

I'm a physical therapist as well as a coach and I use my body to lift people all the time at work. I was very tight in my upper body, to the point that it was difficult to take a deep breath. From the next 3 hours of treatment, focused on my head, neck and torso, I got a lot of release of tension, increase in my flexibility, improved breathing and improved relaxation. It improved my neck flexibility and range of motion; before, I'd had trouble with even normal movements of my head and neck.

These 3-1/2 hours of treatment also helped me avoid getting spasms in my upper back. An accumulation of tightness from work would normally cause such spasms. Now I'm able to continue to work at a high performance level without getting the back spasms from the past week.

The following 2 hours were on my legs and feet with a touch-up on my back. My legs felt lighter and more alive at the same time. They were more flexible; I could lift my knees higher and wiggle them around with more joint freedom. My stance was more stable, I felt more in contact with the ground, my legs felt longer and I felt taller.

Regarding the Structural Stretching class for the Women's Volleyball team: They enjoyed the different approach to stretching. They experienced increased flexibility and released tightness in the low back and shoulders. And it helped them release stress and tension from the day.

Ms. CP, Tennis Player & Women's TENNIS COACH,
Long Beach City College
(1-3/4 hrs on arms and torso)

For the past few weeks, I'd had a bad knot in my left shoulder that was radiating pain down my right arm to the

hand. **About a half hour into the session, the pain was greatly alleviated, and by the end of the session the knot was gone and I couldn't even feel where it had been tight or painful.** I also felt much looser and more flexible, breathing was deeper and fuller, and **Lou's Structural Stretching exercises I did the next week loosened my body even more.**

***Steven Glass, USPTA Certified Member,
COUNTRY CLUB TENNIS PRO***

*Former Collegiate Player and now Professional Instructor
(Six 2-hr sessions)*

Several changes took place in my body. From the very first session, I felt I was standing up straighter and taller. A tremendous sense of looseness, relaxation and lightness appeared in each of the areas of my body that were worked on, session by session.

I noticed performance related changes as well. During service returns and pressure situations, tightness used to appear in my shoulder and arm area, inhibiting my performance. After the first few sessions, only a small amount of that remained. In my leg area, the bodywork has given me a sense of lightness; I feel more flexible and move more fluidly. And regarding recovery, now after hours and hours on the tennis court, I usually do not feel the stiffness and tightness that I used to feel on an almost daily basis.

In addition, my neck and lower back problems have significantly improved. Thanks, Lou, I happily recommend your work to athletes and non-athletes alike.

INTERNATIONAL SPORTS CONSULTANT

*Patricia Owens, "Athletic Liason,"
(one 2-hr treatment)*

In my work, I travel a lot by plane and automobile, and sometimes on trains and buses. Travel can be exhausting: packing up, carrying bags, sitting for long periods of time, early morning departures, late nights and strange beds. **In the past 12 years as a sports consultant, I have traveled well over a million miles. And it is very hard on the body: the tight shoulders, the sore back, tightness in the gluteals (buttocks muscles) and legs. For the stiffness and tightness that comes with my job, I've had various treatments and massages all over the world.**

When one of my clients, three time Olympic runner Christina Cahill, recommended I see you for treatment because of the lower back pain I was having, I thought, 'Well, let me give it a try.' She said you were a miracle worker, having helped her with a hamstring injury.

Wow! The single treatment that I had was truly an enlightening experience. I could not believe the mobility and flexibility that I had after one session with you. I felt like a new person with the body of a teenager; in fact, I felt two inches taller. I could bend and move my neck and back with a freedom I hadn't felt in years. My entire body felt refreshed.

Because your treatment encompasses the complete body structure, everything becomes loose and relaxed. Very often we forget that one muscle can control the feelings and mobility of areas of the body far away from the muscles' main area. Often, when one has a massage to work out kinks in a special area, other areas are ignored. That was not the case with your structural bodywork. Everything works better after one of your treatments. I just wish my short visit to L.A. would have allowed me to have additional treatments.

As a person who has worked with athletes for over a dozen years, I would not hesitate to recommend you to any of them. Our bodies need to be looked after, and athletes, especially, need to keep their bodies finely tuned to get the best performances from them. But we all should take the time to look after our bodies, not just the full time athletes. Thank you, Lou, I am very grateful for your help.

TESTIMONIALS FROM RECREATIONAL RUNNERS AND OTHER ATHLETES

I've done 8 marathons and continue to get bodywork as part of my ongoing training program. It's removed tightness and increased my flexibility. It's freed up my lungs and increased my breathing capacity. My performance has increased, including the fact that I pass people at the end of the marathon, going up hill. I also feel more confident about my capabilities and that translates into better actual performance.

The most incredible result of all has been my very fast and easy recovery. I have no problem completely recovering from a marathon in 3-4 hours, to where I would enjoy running again if I wanted to. The next day I feel just normal tightness, no muscle soreness, no change in gait, no limp, and no tender walking. I feel like I'm totally back to normal in two days.

Dr. BP, MARATHON RUNNER, age 29, Dentist

My whole way of running feels smoother and looks smoother to others. It's also more fluid and my legs move with less effort. My foot is landing directly under my body, and I'm landing on the outside of the feet and then rolling in, all the way it's supposed to be. My feet now point straighter and come through smoother. My heels are coming up in back and I get more power from the push off. The chronic tightness and bone rigidity in my feet is greatly corrected and my lower legs are much looser and more flexible. The pains I was having in my lower back and hips are gone, I feel less tight and looser all over my body and my bones and muscles are much more in alignment. Even my spine, where I was told I had a protruding disk, looks better.

*Ms AB, MARATHON RUNNER, age 46,
Engineer & Business Owner*

My runs up and down the mountain near my home are easier. My strong quads and hamstrings are longer and looser, and I have greater looseness and flexibility in the whole network from my pelvis and buttocks to my feet.

*Ms JL, **10K RUNNER**, age 28, Nurse & Social Worker*

I'm looser, more energized and able to run better. I have less tightness, more flexibility and more power. I have less ache afterwards and **I'm able to run longer distances without getting sore at all. I run more fluidly, more erectly, and more effortlessly.**

*Mr. CL, **10K RUNNER**, age 37,
Engineer & Business Owner*

After 4-1/2 hours of treatment, I played a soccer game. My warm-up stretches before soccer were 4-5" longer, with no effort. I was faster, and my timing was better in relation to speed and action.

My center of gravity is lower and my "Ki," or energy center, is pulling me down to my lower abdomen, the way I feel it's supposed to be. **It gives me** better control, better balance and a better center. I feel this is how my body should be.

My recovery time is a bit quicker and I wasn't out of breath after a game. Into the evening after, I didn't feel the effects of the sport whereas usually I'd get an energy slump and need to eat heavily. This time I didn't need to. I feel as if I could now push my body further.

The pains that had been hurting me regularly in my right shoulder since a 60 mph motorcycle accident 1-1/2 yrs ago are now totally gone, and I now have more strength in my shoulder than I'd had since the accident. I'd had no power in it at all. All together, I've had 7-1/2 hours of treatment in a week, but these pains went away in the first 2 hours.

*Mr. CG, **Long Time Soccer Player** and Film/TV Actor,
age 26.*

I have a lot more flexibility and notice it especially in doing long runs; **I don't tighten up as much as I used to. I also run straighter, in a more erect position, and that allows me to breathe deeper and easier.**

*Mr. TF, 10K RUNNER & outdoorsman, age 48,
Chief Administrator*

SUMMARY OF BENEFITS MENTIONED BY
THESE ELITE ATHLETES & COACHES,
AND BY RECREATIONAL ATHLETES, TOO.

- ** Significantly Increased Flexibility in a Very Short Time
- ** Especially Effective, and Immediate, Hamstring Lengthening
- ** Thorough and Deep Leg and Feet Loosening and Lengthening
- ** Deep and Improved Warm-up Loosening
- ** Much Faster Recovery After Competition & Intense Workouts
- ** Fast Removal of Both Upper and Lower Back Pain
- ** Immediate Improvement of Injured Areas Due to Tightness
- ** Noticeably Improved Performance and Strength

ATHLETIC STRUCTURAL BODYWORK
An Enhanced Application of Structural Integration Bodywork
NOT CHIROPRACTIC, MASSAGE, PHYSICAL THERAPY,
NOR ACUPRESSURE
But works well with all of them
and makes each more effective!

CALL LOU GROSS - 1-888-299-5973
For Free Information and Individual Consultations
I DO HOUSECALLS AND WILL TRAVEL !!!