

When I had my first massage therapy session with Kiel Unger, I was heading into the radiation stage of my treatment. Having already had two surgeries and intensive chemotherapy, I desperately needed the relaxation and immune response boost that massage therapy produces. But nine years of regular massage therapy later, I credit Kiel Unger Massage Therapy for my remarkable recovery from many surgeries and illnesses. Massage therapy can work wonders and improve quality of life. Here is my story:

During radiation treatment, my breast reconstruction process was impeded by development of fibrosis and threatened capsular contracture. High-dose radiation therapy produced ever-growing scar tissue that tightened, restricting movement. My post-mastectomy reconstruction implant was caught in this scar tissue, and began to harden and migrate up. To stop this, Kiel Unger used regular massage therapy sessions to loosen the scar tissue and increase my left arm and shoulder's range of motion. This was a painful process, but Kiel achieved his weekly goal of giving me the most mobility improvement with the least possible pain. My doctors today are still amazed at my flexibility and complete range of motion. To this day, massage therapy helps keep scar tissue development at bay. I have been able to participate in yoga, martial arts and, my current interest - dance!

After seeing such improvements, and facing more surgeries, I stayed with my regular massage therapy schedule with Kiel Unger, and came through with flying colors. Conventional cancer treatment can permanently reduce immune response, as it did with me, and from 2009-2010, I became very ill with c. difficile. I used regular massage therapy with Kiel Unger in addition to conventional treatment to slowly build my health up. Without the help Kiel Unger Massage Therapy has given me, I'd be suffering many physical limitations produced by my many health challenges. Instead, today, I am healthy, nearing my 10-year breast cancer survivor mark, and able to enjoy family life as I want. Massage therapy has so many benefits, and my life is the better for enjoying them.