

Ms. Wendy Lee

Sports Relief Therapy

Letter of Appreciation

I have started my sports massage therapy sessions with Wendy Lee of SportsRelief Therapy from December 2013.

I am a runner for 10 over years and have suffered heel injury since January 2013, seen many doctors and TCM practitioners. There was not much improvement and the pain still lingers and act up whenever I started to run again.

However, after 3 sessions of sports massage from Wendy, I am starting to feel my muscles are no longer so tight and the heel pain has lessen significantly. Wendy is very effective in working out the knots on my legs. She also explains to me the cause of the injury and the importance of doing stretching after each run. Wendy even demonstrates to me how to do stretching exercises. I am glad that I can run again. All thanks to Wendy and her wonderful skills and generous sharing!

Lim Choon Chew

Satisfied customer of Sports
Relief therapy.