

David & Mary Stewart..... Siblings win Gold at World Masters!

Receiving treatment from Kym Finch over the last 2 years has been invaluable for streamlining my performance, giving my body maximum strength and power through proper alignment. This has allowed me to continue competing sport at an elite level.

Apart from the excessive strain elite sport puts on the body, I suffer from lymphodema (extreme swelling) of my right leg. This throws my body out of alignment due to the uneven distribution of weight.



I have been in sport most of my life and reached the top in Squash (rank No 4) in the state and playing State 1, No 1 for many years.

Squash was very hard on my body and over the years having endured plenty of different injuries over that time. Physiotherapy was my main treatment for the when the injuries occurred but I now realise that had my body been in good alignment in the first place many of these injuries could have been prevented.

Until I found Kym with her therapy I really didn't ever get a permanent cure.

With Kym's amazing treatment she gets me back into alignment quickly, easily and without pain within 1-2 visits.

My success in the recent World Masters (4 Gold and 2 bronze medals) in kayaking can be put down to Kym keeping my body well aligned.

I would recommend anyone and have recommended many people to see Kym, especially the people who find that nothing else works.

Mary Stewart



For a 12 month period I suffered from plantar fasciitis in one foot and problems with the Achilles tendon in the other leg. No treatment seemed to give me any long term relief of my symptoms, until I was treated by Kym Finch.

I've been involved in sports all my life; squash, running and kayaking. With the combination of these sports I often had back, shoulder, foot and achilles pain.

Since I started going to Kym Finch, I have been pain free and able to participate fully in all my sports.

In 2002, I won one gold medal in the World Masters in the sport of Kayaking. World Masters 2009, I won 4 gold and 3 bronze medals in the 55 to 59 age group.

I have always trained hard and have remained very fit, the only difference I can attribute to my increased sporting success over the years is the treatment with Kym Finch and how she was able to align my body for optimal performance.

When I was first treated by Kym, I was sceptical. I was use to doing vigorous stretching and exercise to relieve my pain. I thought that her low load exercises couldn't be effective. I soon came to realise that less is best and the treatment resulted in the realignment of my body and consequently relieved my pain.

Because I am active in a number of sports, there are times I will have some muscular or joint problems. There hasn't been a time that Finch Therapy has not worked to fix the problem. I have recommended many people to Kym and each person has found pain relief from Finch therapy.

You cannot afford the wasted time and expense with other forms of therapy.

David Stewart