

THE TELOS EXPERIENCE MEMBER TESTIMONY

BY: CAMERON DOAN

In my position as the Golf Professional at Preston Trail Golf Club I have seen a multitude of assessment systems, treatment protocols and training programs all touting to increase performance particularly those targeting Golfers. I have often questioned the merit of having any “Golf Specific” program versus having an “Individual Specific” program. In my own experience I have found the better I move and feel every day, most often that is also when I am playing my best. This also holds true for all the Golfers I teach as well. Therefore when I had been introduced to Everett Aaberg and heard about their performance evaluations and training programs, I was skeptical to say the least. However in December of 2007 I was having some hip and low back pain that was beginning to affect my work as well as my game so thought I would give it a try.

As soon as I went through the TELOS A.I.M. assessment with Everett, I was extremely impressed at what I found out about my own body, and was absolutely blown away about how quickly the treatment and training he combined provided such immediate results in eliminating my pain and improving my movement ability. In a short time I was feeling so much better I had considered planning a return to competition after several years lay off. Unfortunately a few short weeks later, I had an accident on the ski slopes and suffered a compression fracture in my Lumbar vertebrae. The two doctors I consulted with dismissed any return to competitive play for the foreseeable future and suggested I do nothing for 12 weeks but rest before even beginning a mild rehab program.

However, Everett and the trainers and therapists at Telos started a treatment and specialized training program the 2nd week after the accident. My progression was amazing and instead of doing nothing for 12 weeks as suggested by the Doctors, I found myself playing in a Golf tournament and had one of the best performances in my entire career. That experience was actually just the beginning for me. I still train regularly at TELOS, received periodic assessments and integrate treatments all through their Ortho-Kinetic Training and Therapy program. I don't look at this as a “golf specific” program, although it has definitely improved my ability to swing the club. Rather, I look at this as a total body performance program which has dramatically increased my strength, improved range of motion, corrected postural issues, eliminated pain and quite frankly has me feeling the best I have felt in years and am still progressing! The Ortho-Kinetic program at TELOS has without a doubt broken the code to how to best train the human body to not only perform better in sports, but also insure pain-free movement and develop better function for day to day living.

I trust both their professional expertise and character to help me accomplish all my fitness and performance goals as well as my future health and wellbeing.