

11/20/05

My name is Cathy Hamble. I was diagnosed with Multiple Sclerosis in 1990 and I am now 47 years old. I have struggled with just about every possible side effect of this disease fatigue, balance issues, numbness in my feet and legs, poor circulation, sever muscle cramping in my feet and legs, a very pronounced drag of my right leg and in the past blindness and bladder/bowel control problems.

I started Physical Therapy, and Hippotherapy consistently at Nature's Edge about 1 ½ months ago and after 9 sessions I am seeing and feeling so much improvement. It is hard to believe. The numbness in my feet and legs has improved considerably, no longer are my feet freezing cold all the time, the daily muscle cramping in my feet and ankles has almost completely stopped. My balance has improved to where I can walk up 4-5 steps with out holding onto another person or railing without the fear of falling. Little by little the drag in the right side of my body is getting better.

LJ (my horse), Nancy, Becky and Carrie and all of the spotters have been a Godsend to me. I feel like I am getting a second chance at life.

Catherine Hamble