



Zach Wellman (Crestview High School Soccer)

If it weren't for Troy at Parks Therapy and Training, we would have been left with no options for physical therapy for our son, Zach. He experienced a full ACL injury and was forced to undergo six weeks of physical therapy before an MRI would be performed. After little to no improvement, the MRI indicated he had a full ACL tear. Zach underwent surgery that would require a lengthy physical therapy recovery process. Unfortunately, though, our insurance company forced us to use more than half of our allotted visits before determining the significance of the injury. Our son was left with eight covered physical therapy visits for a full ACL tear post-surgery. We were then billed nearly \$500 per visit by the hospital system, twice a week, to continue the needed treatment. Most families would struggle to meet this financial need and as a result, most just discontinue treatment for their children.

This would have been our circumstance, too, had we not found Troy Parks and Parks Therapy and Training. Zach received not only targeted treatment for his ACL injury, but also full body conditioning vital to a safe recovery process. Troy explained the importance of treating both sides of the body in order to ensure Zach's return to competitive soccer did not risk further injuries. This incredibly effective training process, with unlimited visits per week, are provided at around half the cost of one hospital therapy visit. Zach loves working out with Troy, has recovered from his injury successfully, and has returned to competitive play. We still continue to utilize the services at Parks Therapy and Training for overall strength and conditioning.