



Gage Sedoris
(Ursuline High School)
Soccer

Going to Troy Parks for my sons therapy was the best decision we could of made. Diagnosed with a hip labrum injury at the end of high school soccer season, he was left with excruciating pain in the hip that was limiting his time on the field going into club season. After failed results from other doctors and being directed towards surgery, a friend recommended Troy. Not only did Troy follow up the same day I reached out but he saw him the next day to get evaluated.(Who else does that!?!) After evaluation, treatment started that week. He developed a custom workout to help strengthen his target area. Within the first weeks at training, my son loved going. Troy has a great attitude for helping and has created a great environment within his community that stood out to my son. It makes it worth driving 30 minutes there 3 days a week! Now just a little over 2 months with working with Troy, we can see an improvement. Gage is back to practice and playing tournaments without being limited by the pain. Troy has created a great program wether you are looking for strength training, therapy for an injury, or a combination of both. We are looking forward to continuing training with Troy.