

# "Local Physical Therapist Gives Confession"

Dear friend,  
I want to give credit where credit is due. So perhaps my confession can help clear the air so there is no misunderstanding. Before I talk about my confession, though, let me say a few other things first.

Let me start by explaining the photo in this letter. I know when I meet people in town they usually say, "Oh yeah, I know you, you're Craig that therapy guy. I've seen your ads with you and your kids. Well these are my kids Destine and Daire. As you can see I have lived a good life and the Almighty has blessed me many times over. However, my life has not been without its challenges.

One such challenge presented itself shortly after I had just turned the young age of twenty. At the time, I was an active college athlete studying to become a doctor. I trained extremely hard for track and football, at least two to three hours a day. I even started training for weight lifting competitions. One day during the summer I was training at the gym for an up coming weight lifting competition. I was working on one of my lifts called the dead lift, which is simply lifting as much weight as you can from the floor to your waist. On this day, I was lifting right around my max of 700 pounds. After completing the lift, I felt a terrible and sharp pain in my back, which caused me to drop the weight with a loud thunderous bang,

and almost as fast, the piercing pain dropped me to my knees. After this humbling experience, I picked myself up and went home. I thought I had strained a back muscle, but after a week of not being able to do anything I decided that I needed to see a doctor.



After seeing my first doctor, I started my round the world tour in health care. I was handed off from one doctor to another to another. I finally ended up with an orthopedic sports doctor. Ironically, this was the type of doctor I thought I wanted to be. After the doctor asked three questions, he excused himself and said I'm sending you to X-ray; the nurse will take care of you.

After the X-rays were taken another nurse came out and told me that the doctor had requested that I lay down. So they put me on this cold metal table. Next the nurse started to strap me down tying my head, arms, and legs down. I immediately asked her what she was doing. She replied the doctor wants you to lie perfectly still. I knew that strapping you to a metal table could not mean that good

news was coming, so with a bit of panic in my voice, I asked, "Why?" The nurse replied don't worry the doctor will be in shortly. As the first hour passed, I began to think I must have cancer or something, they're going to cut me open right away, it must be bad. This probably was one of the first times I prayed to the Lord with fear in my heart. I made a promise to do something, anything if the Lord would just help me now. As the first hour past, I prayed more. One hour became two and finally the doctor arrived. The doctor told me that I had broke my back, a bone in my spine had snapped in half and he had no idea how I wasn't paralyzed, given how much weight I was lifting at the time the injury occurred. He said, I was lucky to be walking, and he was going to send me to physical therapy and they would take care of me. After waiting all that time being scarred and nervous, the doctor only spent five minutes with me. At that moment, I knew that if that was all the time the doctor was allowed to see me, then maybe I needed another career path.

Soon after my ordeal, I started physical therapy. The physical therapist was great. He took time to answer my questions, and I really felt like he had helped me. That's when I decided to try physical therapy as a career. I wanted to spend more time getting to know my patients as human

beings and help them any way I could. I firmly believe the Lord put this challenge before me to guide me down this path.

Life can be strange and the Lord does work in mysterious ways, because now people come to me with their injuries and pains like headaches, migraines, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, work injuries, women's health issues, sprains and strains, numbness in limbs, and athletic injuries, just to name a few.

Now it is time for my confession. My confession is that I've never healed anyone of anything. What I do is listen to the people, do a thorough exam based on what they have told me, and design a program that allows the body to heal itself. We get tremendous results because we believe compassion is a major part of the healing process. It's as simple as that!

Millions of people complain about the health care system everyday. They suffer from pains and aches and never get to the true cause. Nobody takes the time to listen; it's all rush-rush. It's no wonder people are frustrated. I'm frustrated too, that's why I created Phenomenal Rehabilitation, a place where physical therapists are encouraged to treat with compassion. I

never want to see another person feel the way I did on that cold metal bed waiting for answers. We are committed to working with you as a partner in your treatments, carefully answering your questions, and finding the cause of your problems. We are here to serve and not to be served; treating our patients is a privilege and a blessed opportunity to serve in kindness. We offer great care from the heart.

Here's what some of my patients had to say:  
"The smartest thing my doctor ever did was send me to the physical therapist at Phenomenal Rehabilitation. Craig took the time to listen to me, and find out what was really causing my pain rather than just treat my pain. I am thankful that I got my physical therapy at Phenomenal Rehabilitation."  
--- Maggie Corr RN  
"When I had shoulder pain, seeing Craig really helped. That's a good bunch of people who work there."  
--- Welton Zander

Please, I hope if you need physical therapy you will tell your doctor that you want to see the therapists at Phenomenal Rehabilitation. My qualifications: I'm a graduate of Simmons College for Physical Therapy in Boston, who has published articles in the news paper, discussed health issues

on TV, teach and lecture on a variety of subjects, and been a Director for many hospitals. I've enjoyed been entrusted to take care of young athletes to new mothers to our precious senior citizens. I just want to help you enjoy life to its fullest.

I work with Katina and Susan who are really great physical therapists and people. Our office is friendly and warm. Stacey our receptionist does her best to greet you with a smile and make you feel at home. We have an amazing service and the results are seen in our patient's smiles. Phenomenal Rehabilitation is located in the Stellar Health Center at the corner of Hwy 12 and 12th Ave in Howard Lake or 703 Thielen Dr SE (next to Highland bank) in St Michael. Call today for an appointment 320-543-1104 in Howard Lake and 763-497-1153 in St Michael. We are covered by most insurance plans and some insurance plans don't even require a doctor's referral. We are here to help you.

Thank you,

Craig Butturff  
P.S. May God bless you.