

Cambridge Road  
Twickenham

15/11/06

Dear Mr Williams,

I don't know if you remember me [REDACTED] I came to you after falling off the top of a climbing wall and having undergone emergency surgery at Charing Cross on the NHS - plates, pins, etc - to my right ankle. I also had undiagnosed RSD until I met you and you immediately referred me to Sean White.

Anyway I wanted to update you on my recovery. You did a 2nd op for me that removed a pin that was impinging on a nerve and this really helped reduce my pain. Huge success - Thank you!

The reason I am writing to you is two-fold.

Firstly I would like to share with you information about a product that has really helped my recovery, ankle strength, alignment and pain levels. I don't know if you are already aware of it but it has been so fabulous for me that I needed to let you know. They are Proprioceptive Insoles and here are 2 websites with more info -

[www.mortonsfoot.com](http://www.mortonsfoot.com)

[www.rothbartsfoot.info](http://www.rothbartsfoot.info)

As soon as I started wearing the insoles, I felt the effects - I was more balanced, more lifted in my overall posture, more stable, and so much stronger in my ankle. My ankle alignment was hugely improved and was no longer collapsing inwards. I also had an immediate reduction in pain, in fact I am now pain free 95% of the time, unless, for some reason I don't wear them. I had previously been measured for and fitted with custom-made orthotics and in my experience there is absolutely no comparison between the two!

The other curious benefit was completely unexpected. I had a prolapsed disc - L4/5 - 19 years ago and have suffered incontinence problems ever since that injury. I have had physio and all sorts of help with this, but to no avail. To my amazement on starting to wear the insoles this improved immediately by about 70% and now (I have been wearing the insoles for 2 months) I no longer have the problem at all. It would appear that wearing the insoles has also shifted my pelvic alignment and has alleviated the problem - fantastic!

The weird thing is that I wouldn't have known about this product had I not gone into Sheen Podiatry 0208 876 5063 to see a chiropodist and have a verruca treated! After chatting to Alex Catto about my accident etc - he's great! A maverick! - he recommended and fitted me with these fabulous insoles and I have been enjoying the benefits ever since.