

Adult Neurology/Stroke Testimonials



Child & Adult Neurological Physiotherapist, Harrogate N Yorks

"Thanks to you (Pam) I am now capable of doing things that 2 years ago I never dreamed possible. I have something that I will be grateful to you forever; independence and it's the best feeling ever!" *Jenny Unwin (paraplegic)*

"Having a [stroke](#) is a pretty scary moment: things that worked well before now suddenly don't, your independence is threatened and you feel very vulnerable. Medical care is essential, but the real magic ingredient is the quality of neuro-physio that you can receive. Pam works magic. She is passionate about what she does, she really knows her stuff and has an irrepressible positive approach to helping your independence improve. With many laughs, Pam worked with me for several months to the point where I was total independent and positive about the future. I can unreservedly recommend her. Thanks Pam." *John Campbell*

"I have personal experience of receiving expert physiotherapy from Pam Bagot following a [complex stroke](#).

Pam respected me as an individual and listened to my many fears for the future. She helped me explore these fears and identify specific goals with target dates, which, when achieved, she celebrated with me.

By devising specific treatment plans and giving me clear explanations of how these would help me achieve improvements in spatial awareness and balance I was able to understand the importance of each exercise and the frequency they needed to be repeated.

The exercises were incorporated into my daily activities so were easy to remember and repeat. She helped identify ways of involving my family in supporting my exercise regime at home.

I would highly recommend the services of Pam as she supported me to achieve my full potential by listening to me, teaching me, motivating me and having fun during the course of my rehabilitation." *Angela Skeels*

In 2010, I suffered an aneurysm resulting in a brain haemorrhage, and was very seriously ill. No-one could tell whether I would still be alive in the morning but after extensive surgery I was miraculously made well by skilled surgeons putting platinum coils into my brain. Although I wasn't out of the woods, there was definitely a clearing in the trees!

The road to recovery was the next stage in my journey, having also suffered from a mild stroke following my surgery I required neuro physio to assist in my recuperation programme. This is where I met Pam who coaxed me through various innovative (and entertaining where possible) exercises to ensure my brain was still functioning appropriately. Pam is very thorough and helped me to regain confidence in my abilities after a devastating time for myself and my family. *Lee Bailey-Hague*