

Patient Perspective: Carletta Cunningham



Before diagnosis, surgery, and chemotherapy, I loved tennis. I loved running. I loved being active. After my diagnosis, surgery, and chemotherapy, I could only recall loving those things because fatigue, weariness, and sickness replaced my ability to continue the activities I loved. Along the way to recovery and several months after the mastectomy, I developed a condition called cording. It greatly minimized my range of motion. It was painfully frustrating both physically and emotionally. When I couldn't take the pain any longer, I looked to TurningPoint for help. I attended the Open House last year and couldn't wait to call the next day for an appointment. I was relieved to know that although outside of my insurance provider's network, TurningPoint would not turn me away.

I had several appointments with physical therapists. It was immediate relief. With each visit I felt better and better. I enjoyed the relationships I built with everyone at the office as well. It's a quaint office where by the second appointment I was called by name. There's something to be said about an office and staff that personally acknowledges you, your pain, and your needs. My primary objective was to achieve better range of motion. My love of tennis and getting back on the court was of utmost importance to me. At the beginning of the year, I added a new goal—completing

a triathlon. The treatment I received from TurningPoint was critical in getting me to (and through) some of the active goals that I set for myself this year. What's best is that I know I can always count and call on TurningPoint for not only physical therapy but also nutritional guidance, massage therapy, and counseling amongst other services such as classes and seminars.

Without TurningPoint, I may not have realized my dreams as quickly as I did this year. But, with TurningPoint's help, I can proudly say that I am back on the tennis courts and also a triathlete! TurningPoint—its staff and services are a godsend!