



Weeks prior to the start of my gymnastics competition season I sprained my ankle falling off the balance beam at practice. I was now in an air cast and walking with the aid of crutches. When I first walked in to Mercer Bucks Orthopedics, Physical Therapy, I couldn't move my right ankle. It was then that I met my therapist, Ashwini. She assured me that we were going to get my ankle moving again and get me back into action before the end of the competition season.

Ashwini and Lisa had me do many different exercises to get my ankle moving again. We started with picking up marbles with my toes followed by towel curls, they eventually had me doing squats on a semi-ball and using a stepper. At my last session we brought in a low balance beam so Ashwini could work on my form to avoid my ankle being reinjured.

The Physical Therapy staff made me feel welcome from the day I started. Philomena at the front desk always greeted me with a smile and asked how I was doing. Lisa would ask me about my dogs and guinea pigs. Ashwini would tell jokes. They're always in a good mood. They made my therapy exercises fun and unique and less of a chore.

It's because of Mercer Bucks Physical Therapy (Ashwini and Lisa) that I was able to compete the last three gymnastics meets of my season. I qualified for and competed at the New Jersey State Gymnastic Championships. At States, I placed 7th on Balance Beam, 10th on Vault, and 13th All Around.

Thank you for all your help and dedication getting me back to competition quickly.

Sincerely,

Jacquelyn Zorzi