



# **CrookBack Clinic**

## **Testimonials**

**Miller Health**  
**7 Salvado Place Stirling ACT 2611**  
<http://www.fitandhealthyonline.com/>  
[www.millerhealth.com.au](http://www.millerhealth.com.au)  
[www.crookback.com.au](http://www.crookback.com.au)



Hi John

I just wanted to let you know that since I did your Crook Back Clinic in January this year my back has improved 99%. I only have a slight problem now that I am continuing to work hard to make right but at least I have no day to day pain anymore.

I can't believe that something that has caused me so much pain in the last 3.5 years and cost me so much money was actually so simple to fix.

Thank you very much for your help.

Cheers

Karen

~~~~~  
John

I have done the CrookBack clinic twice over the years through my workplace and every time I feel great afterwards. Invariably, I lose the sheet of exercises and am back to square one shortly afterwards, but the benefits of the clinic are amazing.

I have been CT'd and MRI'd and been told there's nothing 'wrong' enough with my back to have the discomfort I experience. Your clinics have shown me what many dollars of medical expertise couldn't, that it's all in the muscles and posture (in my case). I have often wished you were based in Townsville so I could have the benefit of your expertise more readily available.

Good luck. Your program is a great, non-invasive, method.

Melinda

~~~~~  
Hi John

I would like to provide my support for your Crook Back Clinic as I have found that the exercises and the direction you have given me have made a huge difference to my back problem (bulging discs around L4, L5).

As you would be aware I was due to have a back operation in March 2009 and after our meeting and your guidance with the correct exercises I have now cancelled the operation.

I was on pain medication daily for about 5 months and no longer require them daily. I still take pain killers occasionally, if the need arises. Since you directed me with these exercises and to have deep tissue massage my condition is improving. This has also made me aware that the operation would have only been a mask of the problem as I was never told what caused this problem or any alternate methods of correcting it. I have no doubt that this is the better way to deal with this condition. As you said this would take at least 8 to 12 months, I still have a long way to go.

Thanks heaps

Stephen Town

~~~~~  
I attended both sessions yesterday at 10.30am and 3pm and found John's sessions to be very informative and I especially enjoyed the session on crook backs in the morning as going through the practical exercises was certainly better than just reading them from notes, a whiteboard or just being told about them.

Overall I got something positive out of yesterday and really enjoyed John's personality and methods of conducting the sessions.

Sali ATO



Hello John,

I would like to say that the CrookBack clinics you ran at Nyrstar Hobart were very well accepted.

Participant feedback was resoundingly positive, with most people saying they found your sessions extremely beneficial.

Attendees ranged from those with existing back injuries, to others who were keen to learn how to prevent injury. Everyone enjoyed the manner in which you delivered the sessions, with your easy to understand introduction to anatomy, and your practical demonstrations made all the more enjoyable with your humour.

Personally I took a lot away from your sessions. I have always kept reasonably fit and strong and do not have a back problem, however I am conscious of improving my core strength and flexibility. From your sessions and guidance I have implemented lunch time strength and flexibility exercise sessions three times / week.

We have been going for over twelve months now and I am pleased to say that the regulars run the sessions when I am (very occasionally) unable to attend

My own flexibility is increasing and the other attendees all agree it has been of great benefit to them.

Thank you John for making a positive contribution to Health & wellbeing in the Nyrstar Hobart workplace.

Andrew Viney, Nyrstar, Health & wellbeing / Rehabilitation Co-ordinator

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I first attended one of John Miller's "Seven Habits of Fit and Healthy People" in 2006. I found him to be one of the most genuine and inspirational speakers on health issues. He is humorous, friendly and engaging, non-judgmental and knowledgeable.

Subsequently in my role as Senior OHS&W Consultant I brought John to my organisation to run a series of one day seminars. Hundreds of our staff attended and were almost unanimous in their appraisal of John as the best presenter they had ever heard. John has left many of them motivated to make a personal commitment to making changes for the better in their lives: in their diet, exercise patterns, strategies to cope with the pressures of living or career choices

I have personally adopted and benefited from some of John's tips in relation to exercise and stretches to relieve a chronic hip problem. I would recommend John unreservedly to any organisation looking to enhance the health and wellbeing of their employees.

Kevin Keegan , Transport SA

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In response to the positive feedback received from people who attended the Relaxation and **CrookBack** seminars conducted during WorkSafe Week, John Miller will be returning for an encore performance, with a further two sessions.

Dale Nissan , Vic Workcover

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John,

Staff at Queanbeyan City Council have benefited from attending your CrookBack Clinic.

I have received a very positive response from staff who have participated in this session including myself, the hands on demonstration and exercises followed by all in attendance were very good for staff members to face reality and identify what they need to do to plan long term health goals.

Your follow up evaluation of all in attendance also provided a personal approach to this session. We would welcome this type of hands on training in the future.

Graham Harvey, OHS&R Coordinator, Queanbeyan City Council



John

In February 2009 I attended a Crook Back clinic conducted by John Miller.

It involved an interesting discussion around health/well being in general and a series of exercises conducted under John's direction.

The exercises consisted of sets of stretches that were designed to assess your level of fitness and to gauge how supple/lithe you were.

The exercises were delivered to a group of nearly 20 individuals and the delivery was not only interesting, but was non-threatening and moreover, fun.

I personally found the stretches to be of benefit in identifying areas where my degree of flexibility could be improved.

I am still using some of the exercises in a stretching regime that I undertake each morning and they have allowed me to improve my fitness by making it more of a pleasure to exercise.

I have no hesitation in recommending the clinic to any individual as a means to improve their level of fitness and flexibility.

Bob Pitts, HR Manager, OneSteel, Whyalla

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John

I attended your CrookBack Clinic and found that it provided what my chiropractic and physio experience did not; suite of practical and convenient exercises that improve your posture and encourage back awareness, alignment and care.

I'd like to say that I perform them daily - I don't, but I do them regularly and they have been a great help - certainly much more practical assistance (and education) than I have received previously.

John , Toowoomba Council

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G'day John

Thanks for your input on the **CrookBack** clinics you conducted they were very well received.

Darren, Manager, OH&S, OneSteel

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John - thanks for your recent visit to Darwin. I attended your **CrookBack Clinic** (I was your first demo bunny) and have been doing many of the exercises daily.

Almost immediately I noticed a distinct improvement in the pain in my back - to the point that my back is virtually un-stiff when I get up in the morning now. It may sound corny, but you have changed my life (for now, anyway).

Thanks John,

Brad, Parks Australia, Darwin

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I am a 56 yo male Senior Executive with a desk job that also involves frequent plane travel. Prior to attending one of John Miller's **CrookBack** Clinics 3-4 years ago I was a regular visitor to chiropractors seeking relief from chronic lower back pain, exacerbated by unequal hip height.

Although these visits relieved the problem temporarily, they left me unsatisfied that I was really addressing the underlying cause. Since attending John's course I have been able to maintain flexibility and build strength in my lower back to such an extent that I have not needed chiropractic manipulation.

Ian



I have attended several of John Miller's Crookback Clinic sessions via my workplace organisation at the Australian Taxation Office and have found them to be extremely interesting, fun and very informative.

I have practiced John's exercises and feel they have greatly increased both my awareness and my musculo-skeletal health

John also sends regular Health and Fitness updates, containing both the latest updates on Crookback

John practices what he preaches and therefore is a great motivator and role model

Cherie, ATO, Adelaide

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John

I attended one of your Crookback Clinics here at AASPO, and although I am lucky and have not suffered from many back related problems I found the stretching exercises to be very beneficial.

I make every effort to exercise in some form or another every second day, couple this with sitting at a computer for most of the day results in slight stiffness in the lower back at the end of the day. To relieve / ease this discomfort I complete one or two of the low back stretching exercises after arriving at home resulting in increased freedom of movement.

I would recommend the Crookback Clinic and associated exercises to anyone.

Thanks, Simon Defence

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Hi John

I want to thank you for the valuable lessons you taught a number of us at a Seven Habits for Fit and Healthy People seminar.

Our Manager was so impressed that he implemented stretching exercises every Monday, Wednesday and Friday morning. I have run these sessions since January.

Initially the group of between 4 and 9 would perform simple stretches and joint movement exercises that could be done standing up. This was to save people having to change clothes or dirty their office clothes on our dirty carpet.

The exercises were largely from your 'Neck, Shoulder and Arm Exercises' series with a few adapted from your 'Crook Back Exercises' series. While useful, I could see that we needed to build on them.

After an impromptu visit from you earlier this year, a number of newcomers joined our group and more intense stretches and exercises were added to the session. With the aid of mats, floor work was added and many more exercises from your 'Crook Back' series were employed.

So far, I have noticed a big difference in the balance of people who regularly attend.

I know of one person who was very anxious about pain and lack of power in her arms and hands. Since regularly attending these sessions, she has slowly developed more flexibility in her shoulders but, most importantly, she has found some stretches that relieve the pain in her hands and fingers! She seems much happier and has bough 3 newcomers to the sessions!

One person regularly rides horses and has found great benefit from stretching before the working day. Exercising in work time has been the motivating factor.

Our manager has been doing your exercises since the session and has noticed a large decrease in the number of headaches he suffers.

Personally I have appreciated the benefits of exercising as we do. I am more supple, particularly in the hips and shoulders, and have found a few specific exercises that can help my niggling back. I am so conscious of opening up the chest area and 'pinching' my shoulder blades together now. I think about it when sitting at my desk, working, too.



I like exercising before work as it relieves any tension built up from the drive into work and assists me to focus and get on with the job quickly when I get back to my desk. Some time ago I hurt my feet. Although they are repaired now, without the stretches in the morning I would certainly damage them again.

Apart from the benefits of the exercises you gave us, you told me I could run the sessions! Without this I would not even have attempted it. Further, three people I know of have taken copies of your exercises and do them at home. As I left 2 copies in one work area, I don't know how many others have taken their own copies.

Thanks for all your help, John. I have made a lifestyle change because of you!

Lyn Transport SA

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Hi John

I am aged 74 and attended a course of exercises conducted by you over a period of six weeks in early 2009. These included stretching, flexibility and weight training. My need from the course was to gain improvement in shoulder movement which had become limited. X-rays of the shoulder indicate very limited space remains in the joint.

The exercises you recommended proved most beneficial and increased movement and strength in the muscles around the shoulder.

The other exercises you presented were also very useful especially those increasing body and limb flexibility. You provided a detailed but simple written guide easy to understand and to use when exercising at home.

The exercises were presented simply and clearly and were suited to individuals of many different body types and condition and age.

Close supervision and guidance was provided for each of the 14 (approximately) individuals in the class. The introduction of the harder and more demanding exercises was done with care. I benefited from the course and would have no hesitation in repeating and would recommend unreservedly your programs for anyone wishing to improve their overall muscular condition and flexibility.

Michael Narrabundah

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Hi John

Thanks for your email - I am glad to be able to provide a testimonial to your methods and techniques.

I attended one of your **CrookBack clinics** a number of years ago (I have lost my sheet of exercises so would appreciate another copy) even though at the time I had only an occasionally sore back (i.e. I had problems when pregnant but within a few months after the birth was ok - but for each child the recovery period increased) and so attended. I was reasonably diligent for a while and my back was great.

However I got slack and stopped doing any of the exercises for a number of years and although I don't have a lot of the other risk factors i.e. reasonably fit and not overweight (52kg - 164cm 49y.o) I found that over time my back got worse - i.e. it would be bad and then improve, and then get bad again but each time it was bad it was worse.

It got to the point late last year where I could not bend over and then to the point where I was in serious acute pain and could not even go from standing to sitting (or reverse) without major spasms.

I did consult a physio and maybe I was lucky but here I have to disagree with you about the approach physio's take to fixing a problem - he did require a number of appointments to treat the acute pain but he prescribed exercises to strengthen my core and increase flexibility to fix the chronic problem. He provided me with some exercises and they were helping but I knew that what you had provided at the crook back clinic was much more comprehensive.



So I went back to those (by checking with another attendee who has kept his sheet) and have been fairly diligent in performing them and my back has improved greatly - it is still not perfect but it is improving.

I can now bend over, get up in the morning and be able to move and don't have constant pain. Initially if I missed one day of exercises I was in real trouble by that night but now I am able to do so (sometimes circumstances as such that they just don't happen) and I am still ok - I believe that my overall alignment is improving and even though I still have a way to go am at least not living with constant pain.

Martina , ATO

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John

I have found that your exercises from the **CrookBack Clinic** certainly assisted me to overcome back, neck and shoulder problems. The information you provided in clinics and books has been a great resource and has assisted to improve my health. I would recommend to anyone, particularly those who undertake computer based work.

Linda, ATO, Brisbane

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John

Without a doubt your exercise classes have been a boon for my back. I do resort to chiropractor treatment from time-to-time to put a few things back in place because I have failed miserably to commit myself to doing a range of your exercises that I find do work to maintain strength and structure.

Without a doubt, when I do commit myself to doing the exercises you have shown us my back is stronger and is much better able to cope with the indiscretions I regularly throw at it and my chiropractor visits are few and far between.

Thanks for everything you have done for me, I would strongly recommend your classes to anyone, not just those of us with crook backs but also to athletes who suffer from tight muscles and seek more flexibility.

Regards

Chris Carder

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Hi John

I thought I would take this opportunity to thank you for the exercises and stretches I learnt attending the **CrookBack Clinic**. After breaking my back several years ago (L1, L3 & L5) it took some time to find suitable exercises to assist with my rehabilitation.

The exercises you showed me throughout the session have assisted greatly. In completing these exercises, I have dropped from 91 kg to 83kg and recently went on my first surfing holiday in years. I was able to fully enjoy the experience for the first time in years with little discomfort.

Once again, a big thank you.

Shane James

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Hi John,

Great stuff, thanks very much for your emails, I really appreciate the exercises and stretches which are working well. I use them often at my sedentary job and in my build up to riding the Great Vic Bike Ride this year, my second year.

Cheers, Doug

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John

I originally started as a reserve for the seminar but was fortunate to attend. For me, 85% was information I already knew, but the manner of presentation meant that I was able to enjoy reinforcing some previous knowledge.

Was it beneficial - yes. Would I attend again - yes. Looking at the group on the day, the majority of people gained knowledge and experience on their own health and fitness.

This was a good day and I would recommend holding it again.

Ledy, Defence, Russell

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John

Good to get your updates & reminders. Helps keep me in line as the tendency to slacken off creeps in.

Since attending the **CrookBack Clinic** in June up here at Oakey, I have modified my exercise - stretching routine and am much better for it. I can attest to the positive results of the exercises plus the life-style advice I have also taken up.

It's been very beneficial. With your permission, I'd like to forward on your correspondence to others I am sure would benefit from the information. There's a network of 'damaged' helicopter pilots around.

Many Thanks for your presentations, not only content, but the delivery was terrific too.

Warren, Defence, Oakey

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Dear John

Once again I've been totally absorbed by your message. You hit the nail right on the head with what you say.

Thanks so much for continuing to make us realise what idiots we are and giving us a wake up call.

Best wishes, and many thanks,

Trish

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Dear John

Just a small note to let you know I have been following the stretching routines you showed us in the **CrookBack Clinic** at Puckapunyal mainly the ones for hamstring and hip and I have noticed a big difference specially in my walking and squatting exercise.

Bob, Defense, Puckapunyal

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Hi John,

Thanks for the report. The workshop was excellent, I gained so much from the day. Your website is a wealth of information ... very motivating.

Phil, Defense Aviation

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John

Thank you for your concern and advice. I have listened to you and I will implement your recommendations. I am very positive about reducing my back and neck pain with your recommended stretching exercises.

I believe that things happen in our lives for a reason and I am sure I was meant to attend your presentation to provide me with the knowledge and motivation to get back on track.

You have made a huge impression. Thank you for being you!

Allison



John

Thanks for your **Seven Habits** course which I did recently at the AIS with other Defence personnel. I was interested to see how many books you have authored. Is there a brief description of what they cover - yes I realise that the titles give it away to a large extent but is there more?

Thanks again for the inspiration - I have started down a better path to health and fitness.

David, Defense

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John

I found the regime of exercises targeting the back most useful, in particular the hip crossover. I regularly fall back on the exercises when I am going through a period of back soreness. I also incorporated the hip crossover into the stretching routine for the junior soccer team that I coach. A few of them (16 and 17 year olds) have back ailments and they also use the stretch regularly to help them.

Peter, Defence

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Hi John

I attended a crook back clinic run by John which was organised through our corporate Health and Wellbeing program. John made sense and his advice and exercises helped me tremendously in managing my back pain. I am not the best at sticking to a routine, especially when the pain subsides. However, when the discomfort returns I use the exercises given to me by John and they never fail to bring relief.

Bill, ATO

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John

Thank you for the training provided on Monday & yesterday. It appears from the feedback the **CrookBack** sessions were a great success, in particular for those people who were skeptical about going in the first place.

Attached is a copy of the evaluation reports I've put together for you.

“I thought it was great.”

“Great help – will keep practicing exercise.”

“Very informative and a good practical example of the benefits of stretching.”

“Good a few new stretches to try. Also not complicated (easy to do) thanks!”

“Enlightening, informative and interesting.”

“Wasn't happy about coming but very valuable information was received.”

“Very useful, very good.”

“Informative and worthwhile.”

Lisa, Chief Ministers Department

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John

I have attended one of your crook back clinics and found the information presented made me very much more aware of my posture and general health.

I have tried to on a regular basis complete the exercises shown to me during that clinic and that together with physio I have noticed a marked improvement in my range of movement and musculo-skeletal health.

Regards

Paul, ATO

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Hi

I attended the **CrookBack Clinic** yesterday afternoon and wanted to report that it was fantastic. I found the time to be very beneficial and hopefully I will be able to remember all the exercises for the future. Thank you for providing this seminar.

I would recommend this seminar be held again for others in Latrobe St, especially the less flexible of us in the workforce.

As an aside, I would like to attend the yoga classes but missed out on the initial offer. Will there be another series being run?

Maree, ATO Finance

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John

Just wanted to let you know that I thought the **CrookBack Clinic** run this morning was very useful and quite an eye-opener. Enjoyable and educational. 10/10.

David, ATO Latrobe St

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John - I still stretch regularly and the effect is a general improvement of over stiffness and pain. I recall your advice on posture, strength and flexibility as the key ingredients to a better back. I practice all three regularly and keep my back in check.

Many thanks

Brad, Parks Australia, Darwin

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Dear John

The last remnant of my Miller Health Management record is a Fitness Profile dated 18/3/99 which gave me a good mark and 10 years later at age 80 my body is still in fair condition. Much credit must go to me reading an advert in the Canb Times asking 'Do you have a crook back, stiff neck and dicky knee?'

I am unable to provide you with clinical proof of your positive influence on my ageing body, but I can give anecdotal evidence that you are a most effective teacher and I have benefited greatly from your tuition. Thank you John.

Keith Gray

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John

Thanks very much for the newsletter. As I do not have a computer at home and do not have internet access at work I look forward to your newsletters and if there is any link that I simply cannot live without I get my daughter to download it for me and eventually I get to look at it.

I thought would let you know that having changed my eating habits, to a much healthier choice and doing much more exercise daily I have lost almost 20 kg and I can now sit on the floor, reach forward and get my wrists past my toes. Only just, but as I could barely get my finger tips to my toes at the beginning of the year I am very pleased with my progress. I don't really know why I chose this goal, but I did and am proud of my achievement.

I have not been a yoyo dieter and at 62 years of age this is the first time I have actually 'dieted' (although it is not really a diet, but just being careful of the fat and calorie content of the foods I eat). I have change my whole way of looking at food and have found that there are a lot of foods I thought I didn't like that I now eat and enjoy.

I give thanks to you and the seminars on healthy living that you have given at the Brisbane ATO.

Helen, ATO, Brisbane



John

Thanks for the **CrookBack** sessions yesterday – much appreciated. Some of the exercises will certainly help to stretch the muscles I never use – it may even improve my tennis.

Regards, Glennis

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I attended John's 2 hour **CrookBack Clinic** about two years ago whilst employed in a large Government department. Although a regular gym attendee at the time and able to reach the benchmarks John advocates as the minimum necessary to maintain good back health, I vividly recall how much better I felt during my journey home that afternoon, despite having been at work for 10 hours that day.

I have continued to practice as many of the very simple yet effective exercises in front of the television and have noticed I need to visit my chiropractor less often as my core and back strength and flexibility have improved. I have also found some of the relaxation techniques beneficial in helping me to fall asleep, particularly as I'm a long time sufferer of stress-induced insomnia.

I now work for a non-Government employer and an employee wellbeing program does not exist. Given the physical but repetitive nature of my work, I would greatly benefit from participation in another CrookBack Clinic. I do hope to be able to find a fitness centre in my area that will convene either the CrookBack Clinic or one of John's other beneficial health programs.

Regards,

Janet

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John

I went to a couple of sessions you held at DSTO in Edinburgh and I've touched base with you before; once to get on your mailing list and another to buy How to Fix a Crook Back. I enjoy reading your newsletters and the back's going without any problems (MUCH better - thanks for your pearls of wisdom).

I'm writing with an idea about the meditation script. What do you reckon if you made up a downloadable (and purchase-able - I'd certainly pay for it!) file of the script? This will be just like accessing a song over the internet really.

I suppose this would be good because I (absolutely) HATE listening to my own voice. I'd put it on a memory stick and have a "meditation - chill" with head phones during my lunch break with my computer at work and copy it onto a CD so that I can listen to it (probably through a walkman) whilst meditating at home.

This is just a thought mate. Let me know what you think. If the idea is a goer, definitely count me in definite buyer! Keep up the good work. All the best.

Richard

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Hi John

I don't think Stirling and I have ever felt as good as we did when we were doing your classes at the Gym. I could move like a 20 year old but now, even though I stretch after walking, my body has gone back to its creaking and cracking self. I walk around 40 to 50 kilometers per week but my knees are giving me curry and my back feels quite weakened. Have you ever thought of putting out a DVD of those classes? If you did, I would really like to get hold of a copy. It seemed to have a bit of everything and I felt fantastic.

Hope you are well and happy and I look forward to hearing from you.

Anne



John

As an attendee at your CrookBack Clinic in Albury last week, I found the exercises for neck, shoulder, back pain extremely beneficial. Thank you.

Oh, your website is incredible, so much valuable information.

Chris

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Thank you for your email John most interesting.

Thanks for the booklet back too I have forgotten some of the stretches so it is good to have it back to make sure that I get them right. I have passed these onto a couple of my friends who I exercise with twice a week and they are getting easier. Even the one where you sit on the floor with the legs out front and try to touch your toes by lifting the legs up and moving the hands down further towards the ankles then straightening the legs out on the floor...I have never, never been able to do this very well but I do believe it is getting easier. So thank you for your info Woohoo!!!!

Cheers

Roger

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I attended a couple of John Miller's workshops with my employer and cannot speak too highly of what he presented.

At the first session (**Seven Habits of Fit and Healthy People**) I gained a holistic perspective of how to actively stay well. Two points that impressed me were 1/ the value of meditation (and overlooked) regarding maintaining wellness; and 2/ the infeasibility of the alternative of relying on others (mainly doctors who profiteer from others being sick!) to maintain your health.

At the second session we did some hamstring and back stretches that had a profound effect. I had some spinal issues when I was a teenager and (before this session) regularly saw a chiropractor for "adjustments". Since this workshop, chiropractic consultations are only required when I am too slack to do the exercises John introduced to me.

I am quite passionate about the things that John has introduced to me because they are fundamentally right. He is an excellent motivator and his intent is (beautifully) simply about accepting responsibility for my fitness and well being – and maintaining them exceptionally well.

Claude Ball

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John

I attended your CrookBack Clinic run through the Southern Cross Gym in 2007. I can definitely say I have noticed an improvement in my back comfort from doing many of the exercises you taught us. I have incorporated some of the main ones into my gym program and they have definitely helped my flexibility and general musculo-skeletal fitness.

I could also say that the improvement would be greater if I practiced them more, but that is no reflection on your teaching.

All the best,

Wendy



Hi John

I did a CrookBack session at the Office for Rec and Sport a number of years ago and still use those basic exercises to keep me in shape...the ones I remember anyway.

Please send me a copy of the main stretches and I will certainly be happy to give them some positive feedback on your behalf.

Damian, Sport and Recreation, SA

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Hi John

Yes I have had an improvement in my back & shoulders, my shoulders don't ache when I am sleeping anymore & my hamstrings are better plus my lower back stopped aching.

Thanks

Grant

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Hi John,

I completed your program as part of your involvement with SA Police. Prior to completing your program I was suffering from back pain on regular basis.

I have been involved in regular exercise since that time which include the push ups, stretching and back arches. I have also been doing regular running on a treadmill.

As a result of the regular exercise and stretching covered by you in your session I have strengthened my core and I no longer suffer back pain.

Kind Regards,  
Bernie, SAPOL.

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John

I have certainly benefited from your program and would be happy to provide the following testimonial

I was undertaking 4-5 hours of aerobic and strength exercising per week and thought I was fit despite the fact that I was suffering back and neck problems that necessitated regular chiropractic treatment.

Through the Crook Back Clinic program John was able to show me that I had been ignoring flexibility as part of my exercise regime and that this was contributing to my problems.

As well as maintaining my aerobic and strength regime, I now perform a number of John's stretching and flexibility exercises at least 3 times per week and have found that my flexibility has improved and my back and neck problems have significantly improved.

Regards, Peter Welsby

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Hi John

I'm more than happy to send you a testimonial, as I have been meaning to contact you and send you a thank you email for you help.

When I attended your one day "7 Habits" program in November 2008, I was suffering from a headache and a sore neck. I was very depressed, as was involved in a severe car accident in October 2007 and had been suffering from a whiplash injury ever since. I had been going to a physiotherapist weekly ever since, and she had given me a series of neck exercises, but I just wasn't improving. I was unable to do weightlifting or even much gardening since the accident.



I spoke to you before the class started and asked if you could offer any suggestions to help my problem. You got me to do a few simple tests, and told me straight away that I had a very bad posture which would be causing a lot of my neck problems. You gave me a series of exercises to do daily, and pointed out that as the accident occurred more than twelve months ago, I could start pushing myself a bit harder. You also suggested attending Pilates or Tia Chi classes.

I have been doing the exercises every morning ever since, and took up Pilates classes in February. I also do some of the stretches sitting on the floor every second night while I watch TV. No great changes happened for the first month, but in January I started to feel a lot less pain in my neck.

Six months later, am now at the point where I feel like a new man. The headaches are now a rare occurrence, and I can get through the day on the computer at work without suffering a sore neck. I accidentally banged my head a few weeks ago, and had a bad headache for several days. I was walking around at work with a really fuzzy head, and realized that I had previously been like that for twelve months before you helped me. That made me realize just how much I had improved.

The other thing that has happened is that when I walk now, I can feel my hips move. It feels really strange, and I feel like I'm swinging my hips around like a woman, but my wife told me that she couldn't notice it. I'm sure that is from sitting on the floor with one leg over the other in the difficult position you showed me. This has loosened up my hips and straightened up my spine.

Thanks a lot John, I've been to all sorts of specialists but you were the one that fixed my problem. I go the Physiotherapist once every three weeks now, and may be able to stop the sessions completely in the future. The Physio is very pleased with my improvement. I've now arranged stretching classes for staff in my section three times a week so that other staff can get the benefit of your exercises.

Regards,

Jeff Goode, Transport SA

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John,

I attended your Crook Back Clinic at CSIRO late last year, and would be pleased to offer a testimonial.

I have been doing several of the stretching and strengthening exercises you outlined that day, for about 5 min a day - in particular the stretching of both front and back leg muscles and sit ups. I have found that I can now sit with my bottom on the ground, and my back straight and my back has straightened up to the point where I don't suffer from any back pain at all, and my posture has improved noticeably. I now rarely suffer from stiff neck/ shoulders.

Prior to this my back was moderately sore most days and my neck and shoulders were as stiff as a board with occasional headaches, and I had a monthly massage by a physio to release the stiffness in my neck and shoulders. I no longer need this regular massage.

I have found your approach simple, but it works. I am happy to speak on your behalf anytime.

Greg Tanner, Research Scientist

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Hi John

I did attend a Crook back Clinic, and although I thought I was in good nick for a 50 year old, I have found that by following your exercise routine I have improved my posture and the way I carry myself when walking and sitting.

I don't suffer back pain, but I still follow the program. Back rest feet up for 30 minutes and upper body strength [push ups] and sit ups all just work. When I start each morning, I do some of your stretches, even that puts me in touch with the rest of me. I can now get up off the floor with ease and walk with my stomach pulled in effortlessly. Even my suits fit without gapping at the front. I have also taken an interest in my diet, and the two together makes me feel I want to tackle things I had given up on, jogging is even back in for me.



Hope that doesn't sound too contrived but it's the fact of it. Also one staff member here has also started the program 'fixing back pain' and just doing the flexibility exercises.

Thanks to you, Regards

Richard

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John

In somewhat of an unfortunate coincidence, your e-mail arrived a day after I returned to work after having suffered from a bit of back and neck related pain.

The need to resume a sensible and beneficial exercise program is clear.

I would appreciate your offer of being sent another copy of the exercises and would be happy to provide a testimonial to how helpful they have been (and will again be).

Regards  
Ian Duckworth

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In 2007 I first went to a John Miller CrookBack Clinic in Darwin. I was very tied up in my back and hamstrings.

After going through the program devised by John I have realised the absolute necessity to maintain flexibility. I make walking, situps, press ups and stretching a part of my daily routine. I highly recommend John's teachings to anyone who is concerned to improve their personal wellbeing as they age

Joe, Darwin .. NT

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John

I found that doing the exercises allows me to keep at bay sports injuries that flare up every now and then and has in fact allowed me to do more as it loosens me up. I have also found this has a flow on affect in that it allows me to sleep better at night as well. I feel more energized and active.

Have also used these exercises on my children who are involved in sport to assist with stretching.

Donna, Adelaide City Council

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John

I gladly write to say how much I enjoyed your bad back class held in our office although my intentions to continue the exercises did not last as long as I hoped! But this email serves as a reminder to get cracking again. As I get older I should be including your exercises in my daily exercise program as they are easy and simple to do and not at all time consuming, without the need of expensive equipment.

The class I attended was very interesting and upbeat, a hands on session which gave attendees the chance to try the exercises with you to guide and assess our efforts. Certainly made following the exercise chart at home very easy having done them in class.

You are a very motivational speaker, explaining the value of the exercises and encouraging participants to take up a program of exercises. You provide the same value in your email newsletters which are interesting and encourage readers to keep on track or in my case restart the exercises!

I thank you again for a timely reminder to get the chart out again and get exercising.

Regards  
Penny Chesney



How's this?

After attending the CrookBack Clinic, my body felt years younger and my back problems disappeared. The decrease in pain and increase in flexibility was amazing and very welcome. I longer attend the Clinic but still do the stretching and flexibility exercises regularly. Highly recommended.

Anne

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John

I attended one of your Crookback Clinics that you ran in the Tax Office here in Newcastle.

Being fairly fit for my age (47 at present), I figured all my surfing, bike riding etc would mean I would breeze through your flexibility and strength exercises that we did.

What a shock I got! I was nowhere near as flexible as I thought I was, and my core strength was very poor.

I currently combine your exercises with some I've picked up in my weekly pilates and yoga classes (these I started as a result of your session). I do these in front of the television at night.

My core strength and flexibility are now much better, albeit that there is a long way to go - the rest of my life!

Your session was the catalyst that turned my "should do" attitude into action.

Thanks John, much appreciated.

Tim ATO

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John

I attended one of your Crook Back Clinics in Biloela.

The information and basic techniques that were explained and most importantly demonstrated have been of benefit to me and my family. I have shared this information with other family members and friends.

I recommend to anyone that they should undertake a Crook Back Clinic if the opportunity arises. There is no age restriction to learn back care even more so I believe that more young people should take notice of the basic principals taught in the Crook Back Clinic.

Kind regards

Gail Roylance

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John

I found your session very informative and helpful to me. I have been doing some of your exercises at the gym after my regular workout and I feel that the stretching after my gym workout is really helping to relieve stress and tension within both my mind and body. I have also been feeling better about myself and as I feel more relaxed I feel more ready to quit smoking and am in the process of quitting smoking now.

I have also been concentrating on strengthening my core body muscles, as my back feels better when I do these exercises. I have little to no problems sleeping since I have been going to the gym regularly and stretching at the end of each workout, with some of the exercises you prescribed. I find the glut stretch you prescribed very useful and the one where you cross your legs and push your bottom to the wall.

Can you please send me the exercises again as I am only using my memory of exercise at present as I have lost the document and I would also like to show my boyfriend Steve these exercises.

Cheers and thanks.

Cheryl Spencer, Environmental Health Officer, Toowoomba Service Centre



Good morning John

At the stage I attended the Crookback Clinic, I wasn't exercising apart from the sedate daily morning walk with my dog. I started doing the exercises which I found challenging at the beginning

I decided I also needed to do more and I did joined a gym.

Now, I find I am more supple and with practicing the exercises taught to me by John at the Crookback Clinic in between times, I will continue to improve my fitness.

My husband has also started using my sheet of exercises to help his flexibility. The exercises are challenging and it is amazing what the body can do once it starts being gently stretched- my back problem has improved tremendously.

It would be of further benefit to all staff if Toowoomba Regional Council were to hold regular sessions, perhaps once or twice a week in lunch hours to encourage others to flex up.

Regards  
Robin Beazley, Toowoomba Service Centre

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Dear John

I haven't attended a Crookback Clinic, but many years ago you taught me a daily exercise routine to help me with chronic lower back pain. I've practiced this routine religiously ever since with amazing results. I am pain free and able to participate in strenuous activities without any problems. I recently completed The Great Ocean Walk (104km) that would have once been impossible. It was through your fitness classes that I got on the road to good health, and I'm very grateful to you.

Regards,  
Crissy Fyfe

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Hi John,

I haven't attended any of the Clinic's myself - but have viewed you DVD on Crook Back. Some of the exercises I can do - some I cannot do. The leg crossovers do help a lot, other exercise's also help - I have other ones I do for my frozen shoulder when it was really bad & this did help - but I don't have 100% function back with the shoulder, but am managing.

Colder weather doesn't help with my back, too cold to get walking when its so dark outside.

But what I have viewed on your DVD is fantastic for certain people - my back pain, won't allow some of those exercises to be done.

Bev  
Vic Workcover

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Yes I can confidently say that the clinic helped me improve and better manage my lower back problems. The exercises have strengthened my lower back and stomach muscles plus improve my flexibility. I still do these exercises on a regular basis and feel that its an important part of my back pain management.

Regards  
Guy Elliott, Training and development consultant, IAG

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John

I attended your Back in Alignment course conducted at the ACT Legislative Assembly in June 2004.

Since attending your workshop I have joined a gym and undertake a regular strength training program along with some cardio cycling classes and an occasional yoga/balance class. I use the stretching exercises from your booklet whenever I get a bit of lower back pain or stiffness.



Early intervention ensures that the condition does not exacerbate, and as a result I rarely miss a gym session.

The key message I received from your workshop was to take responsibility for your health and fitness, and it needs to be an ongoing commitment.

Sandra Viney, ACT Government

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Hi John

I attended your Crookback Clinic a couple of years ago and found the course very enlightening and worthwhile. Since the clinic I have performed most of the exercises demonstrated every night with very good results. I encourage by family and work mates with back complaints to do the same.

Best Wishes

Regards  
David, CGU Insurance

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John

I don't have any hesitation in passing on my recommendation for participating in your **CrookBack Clinic**. I was one of many people who suffered from chronic lower back pain. My problem stemmed from a spinal misalignment which was probably exacerbated by a trade-related work background from a young age and a history of bad lifting techniques.

More recently, this problem had not improved - I assume it was not helped by bad posture and a more sedentary working life. I am by no means unfit or overweight. I am 45 years old and I have been cycling to work for the last 16 years and have a resting heart rate in the low 50's. However, I still experienced lumbar pain and muscle tightness for no apparent reason.

When the opportunity came up to participate in your program, I jumped at it just to see if I could gain any relief. I am pleased to say that this is definitely the case. I have continued with your exercises on a routine basis which is promoted by our site health co-ordinator who schedules 3 sessions a week at work.

Over the last 6 months, I have started jogging again (something that I gave away because it used to aggravate my condition) and competed in the Cadbury half-marathon in January this year, completing the circuit in 1h-54m. I put my improvement down to engaging in your program and following through with regular sessions.

Thanks.

Nigel, Nyrstar

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John

Send me the sheet again - I'll check the exercises against what I do now. I did the habits program a couple of years ago and I have had improvement in flexibility against what we measured then. I also used to get right leg numbness (sciatica related) when sitting at length but the back arches in particular have almost eliminated that.

Peter, SAPOL



Hi John,

Whilst I only attended two or three of the **Crook Back** sessions that you delivered at Nyrstar Hobart in 2008, I did gain a wealth of information that inspired me to take responsibility for my own spinal health.

I re-discovered the benefits of improved flexibility and I have since committed to a regular stretching routine that is certainly improving my spinal health and general wellbeing. By following the principles of the CrookBack program I have seen a measurable improvement in my core strength, flexibility and range of joint mobility.

Many thanks,  
Tony, Nyrstar

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John

I have attended 2 of your corporate programs in the ATO in the Newcastle Office. The programs were well attended by staff and received high accolades on each occasion.

For myself personally your programs started me on the path of regular exercise. I often wonder where I would be now if not for the exercise routine you presented in the CrookBack Clinic. My problems manifested themselves in my right neck and shoulder. I did not focus on this when exercising but started by doing all the exercises from your handout once a week. I also did an abridged version (always doing the hip crossover) a few times per week. Over the years I have incorporated massage and some physio, yoga and cycling to arrive at a very good place. It has all helped with the neck and shoulder issues which do flare up from time to time but are not disabling as they once were.

I was also the Wellbeing representative at the Newcastle Office and organised two of your sessions here. I can say they were very well attended by staff and you are held in high regard for the programs you have run. I think they contributed to the success of the Wellbeing program in engaging staff to think about their health. I often think about what you said about people needing to be fit enough to do their work which includes sitting at a computer on a daily basis.

Good luck with your future programs.

Nola, ATO, Newcastle

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Since your **Crookback Clinic** conducted onsite we now have 3 half hour sessions at work each week. These are regularly attended by between 5-10 people. I have found these sessions an excellent means of strengthening my core body muscles and general flexibility and have been a major contributor to removing previous lower back pain. They also provide for a good rejuvenating session mid way through a working day.

Thanks again for your introductory session.

Regards

Tim, Nyrstar

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I enjoyed your **Crookback Clinic** and found your approach refreshing. (I think the name of your clinic is too restricting and potentially negative because the information transfer and hand-outs had a more general application to overall musculo-skeletal health - this information was valuable and immediately usable.)

I have increased my exercise level and now do regular "stretching" exercises such as those on your sheet at least twice per week. Flexibility has improved and my recovery from more aerobically demanding exercise has also improved.

David, Nyrstar



John

I'm happy to endorse your **CrookBack** program for help in relieving back pain and how to exercise in order to prevent further pain.

I attended one of your clinics a few years ago here at Bandiana and was able to incorporate your exercises into my own fitness program and this had lead to an improvement in my back problems and has resulted in me visiting Chiro's on a much less basis. I have lower back problems from very bad lifting techniques in the past which has given me a squashed disc which my GP told me would get worse over time and restrict my lifestyle. By incorporating your exercises plus my own fitness regime I have never been fitter and approaching 50 am probably fitter than I was 25 years ago.

The various stretches have helped me greatly and I do 1/2hr on a daily basis (lunchtimes) using mostly your exercises plus some I have been able to use from yoga, Thai-chi etc.

I also found your session very informative and I have been able to increase my understanding and knowledge of my own body which has also helped.

Thanks heaps

Eric, Defense, Bandiana

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Hi John

I took your advice and have been doing pilates which goes through much of the program that you worked on with me. I do squats, sit ups, push ups and buttock stretch regularly and have gone from a back that could drop me to the floor without warning to playing golf two or three times a week, swimming, bike riding and walking with no pain in the back or the sciatic nerve of the right leg.

Truly amazing but it took time and perseverance but worth every minute. I wish I had done this thirty years ago, certainly before computers became the major work tool.

Best Regards

Rhonda, Defence

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