

Massage & Fitness Professionals of the Treasure Coast

Massage & Fitness Pro Helps Rider Get Back in the Saddle!

STUART, FL —**Sandee Ragl** Martin County resident, equestrian, and motorcycle enthusiast, has known **Debbie Roberts** for years. In fact, **Ragl** and **Roberts** had been friends in the late 1970's, meeting at California Bodyworks. Later the two would team up to own Wellness in Motion, a fitness center in Stuart during the early 1980's. Far ahead of their time, the two had offered classes for the disabled and stroke patients, combining **Ragl's** knowledge in nursing, and **Robert's** knowledge in fitness. The two would later sell that business, and both return to school. **Roberts** chose to further her education in massage therapy, and **Ragl** chose to pursue her Master's in nursing.



By 1998, **Ragl** would find herself a client when **Robert's** earned her certification in massage therapy. According to **Ragl**, "I visited her often just for a nice relaxing massage, but in 1998 that friendship was really put to the test. In November of 1998, I was in a very serious horseback riding accident, a multiple trauma."

Ragl fractured her left collarbone, eight ribs on the left, punctured her lung and fractured her right hip. **Debbie [Roberts]** heard about the accident and when **Ragl** was moved from the ICU to the floor, **Roberts** visited. Additionally, **Ragl** states that, "she [**Roberts**] gave me a gentle massage as well as my husband, who was very distressed." **Ragl** added, "I had severe burning on my left chest that was not addressed by my physicians. **Debbie** told me the brachial plexus was under that collarbone fracture and was disrupted." Additionally, **Roberts** suggested moving some pillows to let **Ragl's** shoulder relax and the burning subsided from the fractured collarbone. This small adjustment took the pressure off the brachial plexus. **Ragl** continues, "she [**Roberts**] brought me a roll-on container of bio-freeze and nurses would roll it on my chest wall before assisting me with sitting up." **Roberts** explained to **Ragl** that the biofreeze was applied to relieve the pain from the fractures so that **Ragl** could sit up and avoid the risk of pneumonia. **Ragl** was impressed with **Robert's** thoughtfulness, and said, "she [**Roberts**]

continued to visit me in the hospital, give me gentle massage, followed me to rehab, and even home.”

Yet the compassionate care did not end there, **Roberts** went so far as to visit **Ragl** on Christmas Day at home. **Ragl** was soon feeling so much better, that she was able to return to work only two months after the accident. Although results such as this are not typical for all clients, **Ragl** believes that, “it was due her [**Roberts**] care as well as my physicians and physical therapist. Moreover, “It’s my firm belief that massage should be included in regular health maintenance and I continue to see **Debbie** monthly or more often, due to my limitations from the accident; but I lead a very full life. I exercise daily, ride motorcycles, and horses. I doubt I would be living life so full if it wasn’t for her [**Roberts**] knowledge and therapeutic touch.”

Deborah A. Roberts, L.M.T., Certified Personal Trainer, Post Rehab Specialist is the owner of Massage and Fitness Professionals of the Treasure Coast . Since 1988, **Roberts** has helped hundreds of clients heal and reach their personal goals. **Roberts** and her staff strive to provide the highest quality Professional Massage Therapy, Personal Training and Spa Services to the Community, and were voted #1 in Martin County for therapeutic massage by the Stuart News. To find out more about the services offered by Massage & Fitness Professionals of the Treasure Coast, please see: www.massage-fitnessspa.com/about.html or visit: 2215 S. Kanner Highway Stuart, FL 34994, or call: 772-288-0073, or e-mail: massageandfitnes@bellsouth.net