



Emmett Bailey
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When I first injured my knee, I was fearful that my senior soccer season would be over. After getting an MRI, I learned I had suffered a patella dislocation. My doctor told me the timetable for returning to play was 4-6 weeks. I began working with Troy immediately. He did a thorough evaluation of my strength, range of motion, etc. and started me at a pace I was comfortable with. From there, he challenged me to push my limits, but in a safe and therapeutic way. Troy was very personal and gave me drills that were specific to me and my injury. We worked at his facility, as well as working on the turf when I got back to that level of training. He combined therapy/ recovery and training and I always left my sessions feeling as though I worked hard. He made every effort to accommodate my schedule and was clearly invested personally in my recovery. I think Troy did an incredible job helping me recover from my injury and I would recommend him to any athlete that has sustained an injury or wants to improve in their sport.