



June 15 1999

RE: Mr. Al Vishnevetsky  
 Certified Fitness Professional and Personal Trainer

To whom it may concern:

I am writing to recommend Mr. Al Vishnevetsky for inclusion in your care network. Mr. Vishnevetsky and I have worked together for some time on various patient conditions, including cervicobrachial syndromes, rotator cuff syndromes, vertebrogenic lower extremity pain, and various other musculoskeletal conditions.

I have had faster and more lasting results when patients are able to follow up with a professional specifically trained in musculoskeletal rehabilitation, results far superior to standard physical therapy sessions. Mr. Vishnevetsky is skilled in the fine art of encouraging patients to perform and follow through with exercise programs I have co-designed with him. In addition to twenty years of personal training experience, he has acquired specialized and ongoing training in this field, including:

- Certified Senior Citizen Personal Trainer (American Senior Fitness Association certified)
- Advanced International Fitness Professionals Association (IFPA) Certified Personal Trainer
- IFPA Certified Nutrition Counselor
- Member of the National Federation of Professional Trainers

Mr. Vishnevetsky's specialized training and continuing education certification allows him to achieve faster, more lasting results for my patients and his clients. In addition, clients are encouraged by the positive results of specific and whole body rehabilitation (as opposed to the traditional problem focused physical therapy approach), and continue with healthier choices in exercise and lifestyle, reducing the likelihood of future orthopedic consultations.

I unhesitatingly refer patients to Al for follow up after initial treatment at my office on a regular basis, and have never been disappointed by the excellent follow through we have achieved, on both physical symptom and satisfaction levels.

If you have any questions, please feel free to contact my office.

Sincerely,

Noel L. Shaw, D.C., C.C.S.P.  
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