

I am writing to share my wholehearted testimony regarding the profound impact ARP therapy has had on my life, both as an athlete and as an individual.

From a young age, soccer was my passion and my identity. At ten years old, that passion was jeopardized when I was struck by a car as a pedestrian in a crosswalk. I sustained significant injuries, including two mandible fractures, a crushed ear canal, and a traumatic brain injury. The recovery process involved nine months of extensive physical and occupational therapy, and it took nearly a full year before I was able to return to the normal activities of childhood.

Despite these early challenges, by age fourteen I had earned a position on FC Stars, one of the top-ranked soccer programs in the country. Division I coaches were regular attendees of our games, and by fifteen I was on the verge of committing to play Division I soccer. It was during this pivotal time that I began experiencing severe and debilitating back spasms. I struggled to complete basic daily activities, let alone compete at a high athletic level. After consulting numerous physicians and physical therapists, I was repeatedly told that I should stop playing soccer altogether.

Unwilling to accept this as the end of my athletic journey, I continued searching for answers. After six months of “no,” I finally found my “yes”—a provider who introduced me to ARP therapy. Although initially unfamiliar with the modality, I committed to the process. While the journey was not without setbacks, ARP gradually enabled me to run, sprint, cut, and ultimately return to the field. *ARP restored my athletic ability when I had been told recovery was impossible.*

My relationship with ARP continued into my collegiate years. As a junior at Quinnipiac University—and now a team captain—my back spasms returned, preventing me from participating in the season. After months of frustration and limited progress through traditional rehabilitation, I returned home and resumed ARP therapy. I dedicated hours each day to treatment, and once again experienced the same pattern of steady, transformative improvement. I returned to play my senior year, allowing me the invaluable opportunity to finish my soccer career on my own terms.

The trauma from my childhood accident created long-standing physical challenges that traditional medical approaches could not fully resolve. ARP therapy provided the breakthrough I had been searching for. The strength gains, muscular development, and pain reduction I experienced were unmatched by any other treatment I had tried. Even my physicians noted the remarkable changes, observing significant improvements in muscle mass on MRI imaging both before and after ARP treatment.

Now, as a physical therapist, I have an even deeper appreciation for the biological and functional changes ARP promotes. I have yet to encounter another treatment that produces comparable outcomes in such a meaningful, measurable way. ARP not only gave me back my sport—it gave me back my identity, my confidence, and my future.

I am profoundly grateful to the ARP team for their expertise, support, and unwavering belief in my potential. ARP allowed me to reclaim my dream and ultimately achieve it.

Sincerely,

Lauren Wendland  
PT, DPT

Shortened Version:

**Testimonial – Lauren Wendland, PT, DPT**

ARP therapy changed the trajectory of my life. After being hit by a car at age ten and later developing severe back spasms that doctors said would end my soccer career, ARP was the only treatment that allowed me to fully return to the field. It helped me regain strength, eliminate pain, and ultimately achieve my dream of playing Division I soccer and becoming a team captain at Quinnipiac University.

Even years later, when my symptoms returned, ARP once again made it possible for me to finish my collegiate career on my own terms. The results I achieved—confirmed even through imaging—were unlike anything I experienced with traditional rehab.

Now, as a physical therapist, I continue to believe in ARP's unmatched ability to promote healing and restore function. ARP gave me back my sport, my confidence, and my future.