

## Musicians' Injuries - Fractured Finger Bone



Justine is a miracle worker. I am a professional guitarist with several award-winning albums, and was named "Guitarist of the Year" at the 2007 Canadian Smooth Jazz Awards. Recently, following a mishap I fractured a bone in my left hand; subsequently, I was unable to play. The really bad thing was that I had an upcoming CD launch event in 3 weeks and 2 days after the accident. There was advertising on the radio and in print for which I had already paid, so to cancel this gig would not only disappoint a lot of fans but would have cost me a lot of money.

What scared me most was that the hand surgeon said the x-ray showed that there was angulation in my bone, causing my "pinky" to curve inward. I feared that this would permanently affect my playing negatively. Fortunately, a week after the fracture occurred I walked into Justine's clinic. Hearing her describe her approach of blending the acupuncture and osteopathy therapies and having some knowledge of non-traditional healing modalities, I decided she was the only person I would trust to get my hand working again. But the clock was ticking - at this point, we had only two weeks until the big show! After the first treatment a lot of the swelling reduced, and after each subsequent visit there was further improvement.

A few days before the show I was still worried, and considered canceling as I didn't want to disappoint my fans by not being able to play my guitar up to my usual high standard. Justine kept giving me encouragement and hope. I went back to the surgeon who took another x-ray. After looking at it, he concluded "the bone is in the perfect position, and I don't know how." Justine's treatments corrected the angulation and got the bone back in place! I continued my treatments with her for the next four days, including the day of the event. That morning, when I picked up my guitar, for the first time I thought "I think I can do this!"

I invited Justine to my concert on October 22, 2009. After playing two 50 minute sets, we reached the last song. I had got through the ENTIRE SHOW perfectly! No one knew there was anything wrong. I was so overjoyed and overwhelmed that from the stage I told the audience of my experience and my concerns, and pointed out Justine. I explained that if it weren't for this special lady and her treatment I would have had to cancel the show. She received a round of grateful applause I dedicated the final song to Justine...and of course...we got an encore!

Johannes Linstead – Oakville – October 2009

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