





minutes a day invested and the dividends are certainly not limited to just golf.”

- Brian C. Graham

- “The golf conditioning programme Robert offers is excellent and would be very appropriate for golfers at all levels and will greatly benefit many Canterbury golfers. The programme works on the specific needs of clients, developing greater flexibility and consequently improved golf results. From beginning the programme in July 2005, playing off a handicap of 10, it is very rewarding to now be getting greater distance, more accuracy and down to a 7. These improvements are directly attributable to following the programme Robert prepared for me. His Seminar/workshop, offered to golfers, is well explained and practical, and allows prospective clients to make informed decisions as to how the programme could work for them. I am sure many golfers of both genders will definitely benefit from a personalised golf specific exercise programme.”

- Debbie Scott - Harewood Women’s Captain

- “Over the last 6 months on the Golf Conditioning Programme I have increased both my distance and accuracy in my driving and Iron shot. I have more stability in my swing and as a result a greater level of confidence on the course. I am hitting the ball great and my swing has never been better. My current scoring is average is even to 3 under as opposed to high 70s and low 80s prior to the golf conditioning programme. I appreciate what Robert Collier has done and will continually do for me and my career.”

- Aiden Berry NZPGA Trainee

- I presented to Robert Collier in early March 2003 having had 3 major back surgeries, a structural scoliosis, injuries to my hip, elbow and shoulder, losing my left leg below the knee, having had 6 hernia operations and weighing 124 kgs. I was in significant pain and struggling to continue in my current job as a landscape gardener. 3 years later I continue to work with Robert in a near pain free capacity, 25 kg lighter and in the same occupation.

- Rohan Tilley

- “I have known Robert Collier since March 1999 when he came to me with a thoracic spine problem. I have worked with Robert on several clients since then who had spine and other musculoskeletal dysfunction. Through working with these and other clients, Robert has developed excellent exercise rehabilitation skills. I am very happy to provide my full endorsement for Roberts exercise rehabilitation skills.”

- Mark Buckley, Gym owner, CHEK Institute Faculty, Musculoskeletal Rehabilitation Specialist.

- I originally saw Robert Collier because I was having problems continuing to play golf because of low back pain. After just 5 sessions and 4 months later I am able to play golf as well as do many other things with significantly less back pain.

- Graham. M





specific and interesting. My results are very pleasing including improved overall improved strength/tone, better posture and weight reduction. I also have no further left knee ITB friction syndrome.

- Robyn Owen (Physiotherapist)

- I started seeing Robert Collier about a year ago, with an interest in improving posture and gaining strength and stability for my upper body.

As full time, very hands on chiropractor I need to deliver quick and forceful movements, manoeuvring 100kg patients daily, while maintaining my own physical integrity. Added to this is my love for cycling and rock climbing, where a lean agile frame is paramount over that of a stocky endomorph figure that might better suit my profession.

Robert ensured that we had the best objective information on my posture, muscle strength, stability and length before embarking on a varied programme that progressed as I did, while giving me the encouragement for consistency that I needed.

I am now well on my way to better posture, I get less shoulder aches after work or heavy exercise, and as an added bonus I have better joint proprioception and rapid access to core stabilising muscles

I also feel very confident referring patients to Robert, knowing they'll get lasting results for posture, for their daily activities, or for improving their performance with whatever they love doing.

- Dr Jonathon Roughan (Chiropractor)

- I have had the pleasure of being associated with Mr. Robert Collier for approximately eight months. I have not only been associated with him on a professional level but also as a client. During that time I have found Mr. Collier to be extremely knowledgeable and totally committed to his profession.

On a personal level, the muscle balances he discovered regarding myself have been corrected and I am fitter and have more energy to do my job as a chiropractor.

As for the patients that I have referred to him for correction of muscular imbalances, I have found nothing but positive comments as well as results from them. I have found that they recover more quickly from their spinal instabilities and maintain their adjustments for longer periods of time.

All in all Mr. Collier is an asset to his profession and I will continue to refer patients to him.

- Dr. Michelle Hampton (Chiropractor)