

## Lester Archambeau Story

October 23, 2009

Brian Glotzbach suggested I contact Lester Archambeau as someone with many years experience with Body Mechanics Sports Massage Therapy. This interview was transcribed from the recording I made of our conversation.

Body Mechanics and my NFL career:

Brian and his staff at Body Mechanics helped me survive the 2<sup>nd</sup> half of my NFL career. While they helped me recover from the usual stuff (low back pain, shoulder pain, tendonitis). The biggest issue I had was a nagging groin injury that last half of my NFL season. Every week following the injury I would wonder how I was going to feel good enough to play. Yet, after time on Brian's table, I was good to go on Sunday again. Turns out, I had symptoms leading up to 'malnap' (an athletic neuralgia - a sports hernia). The doctors were misdiagnosing my problem and were unable to give me any kind of relief, so I could do what I did professionally. But, Body Mechanics were great and they helped me play through my season with that problem.

For me, the things Body Mechanics massage helped me through were fantastic.

But the other piece for me (and I think it is even more important for the market you are looking at) is just general injury prevention.

In 1996 I learned about taking care of my body from Brian Glotzbach of Body Mechanics.

Brian and Body Mechanics was the first massage therapist group that I found I could trust to help in my athletic performance.

Body Mechanics did a ton of work on me while I was playing. They helped me feel good going into my Sunday competition, and also helped me recover on Monday after those competitions.

The Body Mechanics' approach was amazing in enabling me to perform, while avoiding serious injuries. In fact, after 1996 I never had a strained or pulled muscle. The only serious injury I had only one high ankle sprain with which they helped me.

Body Mechanics allowed me to be more athletic. They enabled me to keep my explosiveness and speed up and avoid injuries.

I played 11 years in the NFL, and I never missed a game due to Injury. An exception is when I broke a thumb and missed a game.

And so for me I always felt like what I did with Brian and Body Mechanics allowed me to stay healthy through my 11 year professional career, playing 16 games per year.

Body Mechanics from a parent's point of view:

I personally see this therapy fits for athletes of all ages of all kinds. You don't have to be a highly competitive athlete to benefit from this sort of massage. There is a cost involved, of course, and that shrinks the pool of people who can take advantage of your practice.

I always refer people I know all the time. Not everyone takes me up on it, but high school athletes who have injuries, I refer them and they usually get very positive results.

As a Professional Sport Agent for NFL Athletes:

I have been a sports agent for the last 6 years, and I often send my clients for massage therapy as well. Body Mechanics have seen a number of my clients over the years with repetitive injuries.

Summary:

So from all angles; for my clients, as a parent, and as a 11 year NFL professional I can and do enthusiastically recommend Body Mechanics as a great way to improve performance and prevent or ameliorate injuries.

Lester Archambeau

Atlanta, GA

*Transcription by John Alderman, Body Mechanics October 25th 2009*

*Edited by Lester Archambeau December 6th, 2009*