

My name is Danny Putnam and I play professional baseball for the Oakland Athletics. I was drafted in the first round out of Stanford in June of 2004. I am currently playing at the Double A level and I cannot thank John Iams enough for how much he has helped me throughout my career.

I first met Mr. Iams in January of 1999, my sophomore year of high school. I was coming off a great freshman year, which was hindered at the end by lower back pain. Before working with Mr. Iams I had gone to 6 months of traditional physical therapy, I had a bone scan, an MRI, X-rays, you name it. A back specialist even told me that I had to be ok with the fact that I may never be able to play again. I had received a wide spectrum of diagnosis ranging from weak back muscles to herniated disks: none of which were substantiated by test results or successful treatments. After these 6 months of treatment and tests, I still could not even walk up stairs without my back going out.

I was out of options at the time when I heard about John Iams' work. I had no idea what to expect, but to be honest I had given up most of my optimism. John worked on me, and after about 10 minutes of that first session a smile of hope began to show on my face. For the first time someone was able to relieve the pain and tightness. The next day I went running with the team for the first time in over 6 months. It actually felt as if I was running faster and more freely than before I began feeling symptoms. Needless to say, I continued a series of treatments with Mr. Iams and I was completely resolved of all the issues I had. Since then, I have been able to continue a successful career. His techniques both healed my injuries and helped maintain my muscular health. Not only did Mr. Iams help me get back on the field, but he also helped me elevate my game to a higher level.

I cannot speak highly enough about the effectiveness of John Iams' techniques, both immediately and long term. I became so intrigued by his work that I did some short term interning/observing in his clinic. Since then I have been able to unofficially treat family members, friends, and teammates with similar success. If I have been able to learn a small number of techniques and have impressive results, imagine what a fully trained and licensed professional is able to do. I now have countless stories of how his techniques are changing people's lives. I wouldn't be the same athlete or the same person if it were not for John Iams' influence in my life. His work is truly a godsend.

Danny Putnam
Oakland A's