

Testimonial for Phil Hume
From Tom Slater (Great Britain American Football – Captain 2007)

I first met Phil Hume playing for a Southern Wildcats All-stars representational team in 2006; it was during a game together I tore my ACL (anterior cruciate ligament) and MCL (medial collateral ligament) in my left knee. It wasn't apparent how significant the injury was immediately but Phil took an interest in the case and my well being straight away as it was the first major injury I'd sustained. It would ultimately nearly end up costing me a place on the National team's tour to the California, USA the following summer. When the teams' physio and Phil examined my knee, discovered the extent of the damage and broke the news to me (and how long surgery/recovery would take) I genuinely thought my football career was over as I relied on my speed and ability to change direction quickly. Thanks to Phil and his caring and professional nature both as a friend and 'physician/chiropractor' I made dramatic progress pre-operation that allowed me to get back to playing football and making the tour to UCLA, Cal within just over a year of the original injury. I honestly don't know if I'd have had the strength or commitment to stick with the strict and vigorous pre and post operation schedules if it had not been for Phil helping me along the way. I have since continued to play football each year to a higher and more competitive standard and even managed to travel throughout the Asia-Pacific region undertaking a number of strenuous multi-day treks in New Zealand and Cambodia and through the jungle of Borneo. For his help during a very difficult time, I will be eternally grateful.