

<http://diananyad.com/champion-caliber-care/>

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About this capture



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Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2011

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Champion Caliber Care

Posted by Xtreme Dream Team on Sep 21, 2011 in Blog | 2 comments

I ask you, how often does your Physical Therapist show up at your workout?

Archives

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Diana's Tweets



- Back in the water : <http://t.co/3vhOQQpl> about 1 hour ago from Twitter for iPhone
- @MattCNN get over here Matt! We are waiting for you! :) #XtremeDream about 1 hour ago from Twitter for iPhonein reply to MattCNN
- 12:20am Back in the water <http://t.co/3vhOQQpl> about 1 hour ago from Twitter for iPhone
- New blog post:<http://t.co/oy4tabxe> about 1 hour ago from Twitter for iPhone
- Keep sending your encouragement, well have another update soon #XtremeDream about 1 hour ago from Twitter for iPhone



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▼ About this capture

This is [Karen Joubert](#), widely considered the top PT of Los Angeles. I have met countless world-champion athletes in her clinic, not to mention Hollywood's elite, but the thing about Karen and her entire staff is that they dig in with every single patient. They push, they care, they encourage, they celebrate even the slightest improvements, they relish the challenge of getting people out of surgery plans and back to full, pain-free motion. Karen has now also introduced me to two other top doctors in their fields and I feel I'm in the best hands for every medical issue my body is facing. [Dr. Michael Levine](#), pulmonary specialist at UCLA, has gotten to the bottom of the extreme asthma seizure I suffered during the Cuba Swim attempt a month ago. He has rolled up his shirtsleeves to make a plan for me, should something similar happen again.

I already have the best orthopedic doc on the East Coast, [Dr. Jo Hannafin](#) from Hospital for Special Surgery, taking care of my left shoulder. A tear in the biceps tendon of that shoulder freaked me out and brought me to desperate tears last January. Jo convinced me I could get it strong again. She and her top-notch PT Theresa Chaia, taught me how to take care of it and it came through for me, as did they. And now I have a champion orthopedist here in LA in [Dr. Neal Elattrache](#), who has counseled me on recent pain in the right shoulder. There is considerable scraping of the rotator cuff against the bruised humerus bone but he has conferred with PT Karen Joubert and that shoulder is now coming around, too. There are many incompetent, uncaring docs out there. I've unfortunately known my share. But this team, they are truly superior in their fields.....and special human beings as well. How lucky I am to be in their care.

2 Comments

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Cat Rokitski

September 21, 2011

So glad that you have such a great team helping you to mend and also find ways to help you stay on a pain free path!! 😊

Reply



Joanne Lucky you! Glad to hear you are recovering so well and have such great care. Wish everyone did.

September 21, 2011

Your message...

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Diana Nyad's Xtreme

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is more than a swimmer.
I hope to us all
that we can dream big, live life
large, and look back at all of it with
no regrets whatsoever."

- 1220am Back in the Water
- Update 1130pm
- Receiving Medical Treatment
- Stung in the face
- After 24 Hours, Sunset

- Bbaall on Stung in the face
- Rachel on 1220am Back in the Water
- mike on Receiving Medical Treatment
- julie on Update 1130pm
- Eileen on 1220am Back in the Water

- AUG
- SEP 25 2011
- DEC 26 2011
- 2010
- 2011
- 2012
- July 2011 (20)
- June 2011 (11)
- May 2011 (15)
- April 2011 (4)
- March 2011 (2)
- February 2011 (1)
- January 2011 (2)
- October 2010 (3)
- September 2010 (7)
- August 2010 (14)
- July 2010 (13)





About this capture

Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian