

Patient Testimonial

Today's date: 2/14/2008

Date of Initial Vist:

What conditions did you have when you entered our office?

I could barely walk. Both of my legs were numb. My back, hips and legs were completely out of sorts. I was in so much pain. After visits to my physician and to a back surgeon, and an MRI, the conclusion is that I have central spinal stenosis, heriniated disks, etc.

What length of time had you been experiencing these problems?

It felt like it was overnight although it's obviously been building over time...guess I felt a little bit of discomfort for about 6 months prior.

List the medications you have tried to relieve your symptoms:

Prescribed anti-inflammarories, presribed pain medications, muscle relaxers, tylenol, motrin...

What types of medical treatment have you had for these conditions?

About 16 years ago, I had back surgery due to a herniated disk. Since then, I have managed occasional pain and discomfort with Tylenol, massage, & occasional chiropractic care. Had I known then what I know now, I would have tried chiropractic care before having had surgery.

How many different doctors and specialists had you seen?

At least 4 or more.

Did the medical approach solve the problem you were having?

No it didn't solve the problem. The surgeons that I have seen want to perform surgery again by removing the disks and putting nuts and bolts and whatever else in my back. Unfortunately this does not solve anything, but will only lead to further complications and surgeries down the road. I am a 37 year old Mom with 3 young children. I don't want to be in a wheelchair when I'm 50 because I have nothing left in my back to support my body.

What changes have you noticed since starting care in this office?

It was gradual and didn't happen overnight so I don't want anyone to be mislead. And it took more than just chiropractic care. It meant being diligent about doing the recommended home exercises and knowing when your body needs to rest. I am able to do everything I could before. I can run and play basketball with my kids. I can ride a bike. I can chase my one year old through the house. This sounds stupid, but I couldn't do that before. I do have some nerve damage and have numbness in my leg and foot and sometimes pressure on it can be uncomfortable...I'm hoping that with a little luck and the continued care I'm receiving will eventually eliminate this damage but noone knows for sure. Fortunately though this damage has not stopped me from doing anything. I give all this credit to these guys...they are wonderful...they gave my life back to me and my kids.

How did you hear of our office?

I drive by it almost everyday and the sign facing the street had caught my eye a few weeks prior to me coming in.

What else would you like to share with those who will read this?

I have always been a skeptic of chiropractic care. You hear bones cracking and you think oh my gosh, if they get a hold of me, they are going to put me in a wheelchair! In desperation, I decided to give it a try. They were amazing. They took me right in and I began a program that has made a tremendous affect in my life. I advocate for them to my friends, family and co-workers all the time. If I had gone with the surgeons advice, I would have been on my back for 4-6 months...missing out on life...missing out on my kids. Amazingly, I'm doing great! Yes I still have an ache here and there but it's manageable...no medications...no surgery. My weekly dose of Dr. R J and I'm living life the way I should be...the way everyone should be. Honestly, it feels so good. Every week, I walk out feeling relieved, revived and ready to take on my kids! :) I guess I would want anyone who is even considering chiropractic care to not give up hope...stay faithful to this program and the results will come. This is a great team and they listen to you, they help you and they are honest about what they can and cannot do. I have never felt mislead about my outcome. Without them, I really do not know where I'd be right now...probably laying in bed feeling miserable missing my son's basketball games, my daughter's gymnastics and my baby's new experiences. Life is too short...there are options when you feel like you have none. With chiropractic care, pain can be part of the past so you can enjoy the future.



Michelle Bemis