

My Chiropractic Experience



“I have been under care for almost 4 years”

My name is Kathy and I began care after I was in a car accident and I had neck pain. At its worst, I would cry just sitting up, and just breathing made it hurt. I couldn't move. I couldn't function on any level. I wasn't able to interact with my kids. I had been to a chiropractor previously, but I would only go when I was feeling bad. One time I was on vacation, and I had to hunt down a chiropractor because I had a bad flare up. I did not want that to ever happen again. I told myself I would find a chiropractor at home that I would go to regularly. Then I was in the car accident, and I had to do something. I went to a medical doctor and they handed me prescriptions for muscle relaxers and pain relievers. I never filled the prescriptions; I was too nervous about what they would do to me. Since beginning care here I have never gotten to the point where I couldn't move again. I have been under care for almost 4 years. I might get some pain occasionally, but it never gets where I can't function. I have also noticed that I no longer have the minor lower back pain that I used to get. I am much more conscious of my children's spine and nervous system. I make sure they lift things properly, sit straight, and I have started my oldest son under care also after seeing his x-ray. The one thing that has motivated me to keep on track with my care is knowing that I never want to be in a position where I can't function. I don't want my children to experience that either. The office is flexible with my schedule if I need to change an appointment. I work and have children and it is nice to know that I do not have to plan half a day to spend at the office. I am in and out in about 10 minutes.

Please Feel Free To Use This Sheet To Promote The Benefits Of Chiropractic Care.

Signed