

My Chiropractic Experience



“The Doctors focus not only on the spine but on wellness as a lifestyle.”

I began chiropractic care because I was experiencing lower back pain. At its worst, at night when I would go to sleep I couldn't straighten out. It would take me awhile to straighten out my body. I would cramp up and I'd have to slowly lower my legs into bed. This would happen if I were on my feet a lot. It affected my sleep because it took me so much longer to be able to fall asleep. I didn't have any previous experience with chiropractors. All I knew was that they corrected the spine.

My medical doctor had put me on an anti-inflammatory medicine but it never really did anything. Since beginning chiropractic care, I have been able to sleep at night because I am not in pain. In addition, my allergies are not nearly as bad as they used to be. I suffered from very bad seasonal allergies. Now they are so slight that I don't even take anything for them.

I was referred to Ochsner Chiropractic Center through my mother. I am very happy with my overall care here. I like how I don't just come here to get my spine adjusted, but it's also a lifestyle adjustment, because the Doctors focus not only on the spine but also on wellness as a lifestyle.

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

Signed