

My Chiropractic Experience



“When I first started here, Dr. Ochsner, had to help me sit up from the table, and now I am able to sit up on my own!”

The reason we began care was because we attended an arthritis support group, and Dr. Ochsner was a speaker. He said that if you are in alignment, and everything is firing like it should then you might feel better. That made a lot of sense to me. My husband Jim came to the group as a supportive partner, and after he heard Dr. Ochsner speak he said that this is something that I should try. Jim also was checked out and started care.

Linda: My pain was at a point where I became very immobile in terms of sitting, and easily rising getting out of bed. This was to a point that I was very concerned about it, particularly my knees, my lower back, and my neck.

I had absolutely no previous attitude or experience with chiropractic before we started care. We didn't know too much about it.

Jim: I experienced low back pain in the past, and I was treated by an orthopedic surgeon. He injected me with a cortisone shot, and that worked perfect for a while, but I knew I was just covering up the problem.

Linda: Since beginning care I have noticed that I am able to move more freely, and my neck isn't as restricted as much as it used to be. When I first started here, Dr. Ochsner had to help me sit up from the table, and now I am able to sit up on my own now. I feel like I'm doing something for myself, which in the past with the family and working, I didn't do a lot for myself. I feel like this is something that can do to try to help my arthritic condition, and to stay healthy and keep messages sent accurately from my brain to my body. It makes me feel good to do something for me.

Jim: I have seen a mass improvement in Linda's stance. I used to tell her to stand up straight, and that her shoulders were out of line. Now, I think that the alignment is a lot better. I have also noticed that my regularity in my bowels has increased dramatically. I know it's not a subject most people like to talk about, but it certainly has helped in that area.

The office is really nice. The atmosphere is very peaceful, and it's just like family. Everyone is very nice, and we are very happy that we took that next step.

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

Signed