

My Chiropractic Story

Name of condition: Chronic pain, scoliosis, recovering from knee surgery

Symptoms: Pain, low energy, no motivation for physical activities, restless sleeper

Location of pain: Hips, back, neck, shoulders and feet

Duration: 8 months and up to 2 years depending on stress level.

Severity: chronic, non-stop discomfort. On a scale with 10 being excruciating pain, I was an 8

Describe previous treatment and results: In the past I had seen a physiotherapist for my neck, which helped for a while but the discomfort came back over time. I had also been for my back many years ago which also helped at the time.

Indicate which drugs and/or medication you were taking, if any:
Tylenol, muscle relaxants (Robaxacet), Anti-inflammatory celebrex

What led to your decision to try chiropractic? My friend suggested it because I was always complaining of being in pain. Also, I read that it was beneficial for people with scoliosis.

Had you been to a Doctor of Chiropractic previously? Yes, for a short period of time.

Did you have any doubts that chiropractic would help you? No

What were your first impressions of chiropractic, this office and doctor? Excellent. The initial assessment is very thorough, caring and conscientious for your well being physically and psychologically. The staff made you feel special in a really good way. They are all positive and seem to encourage you on the fact that you are taking care of your body. There was no pressure to listen to their recommendations. They are very accommodation to your schedule and your financial situation.

What recommendations were made by Dr. Rodwin: She put me on a program to start to relieve the pain. Neck, mid-back, low-back (sacrum)

adjustments and foot adjustments. She did Active Release Technique (ART) on my gluteal muscles to help with my sacroiliac adjustment. She also suggested I would benefit from massage therapy.

Describe your results, including your time involved with the treatments: When I started at the clinic I would go from my desk at work to the couch at home to my bed. I have always been an active sports person and I was unable to do anything and had no motivation to do sports.

I went there twice a week for 4 months and by the end of that time I was spinning once a week and could walk up 5 floors at work 3 times a week. On my 5th month I started going for treatments once a week and took spinning classes twice a week. I was able to walk up 7 floors 5 times a week by my 9th month of treatment and cycle to work everyday. My energy has been regained, my motivation increased, my ability to deal with stress has improved, my digestive system functions better and I feel all around healthier and happier. I only started massage after 4 months of treatment and it along with my adjustments have increased my activity level tremendously. I sleep more soundly and I deal with stress more effectively.

Is anyone else in your family a chiropractic patient: If so, for what conditions? Yes, sister-in-law referred me to this clinic. Back problems from being in a car accident.

How has chiropractic helped him/her? Relieved her pain and increased mobility.

What would you recommend to others who are sick, suffering or in pain? Visit the Back to Health Wellness Centre for a chiropractic assessment to see if it would help them like I was helped.

How many others have you told about chiropractic? Several people.

How do you feel about chiropractic now that you have enjoyed the benefits? I would recommend it to everyone, it has helped me get my life back on track.