

My Chiropractic Story

Name: Nancy H.

Name of condition: Sore hamstrings and pain in feet

Symptoms: Constant pain when walking or running in right hamstring and right foot toe joint

Location of pain: Up the back of my leg (right) and in the big toe joint of my right foot

Duration: The hamstring had been tight for years, progressing to pain for about 8 weeks, the foot had just started for about 3 weeks.

Severity: I was able to carry on regular activities with some discomfort but running was painful.

Describe previous treatment and results: None- didn't think it was treatable. I thought sore hamstrings was a price to pay for running (same with feet).

Indicate which drugs and/or medication you were taking, if any: Advil

What led to your decision to try chiropractic?

A friend convinced me after I met Dr. Rodwin at a Running Room Clinic. My friend said if Dr. R can't help she'll know where to send you!

Had you been to a Doctor of Chiropractic previously? Never

Did you have any doubts that chiropractic would help you? Yes

What were your first impressions of chiropractic, this office and doctor?

I loved the office staff; atmosphere. I am very pleased with Dr. Rodwin and her total approach.

What recommendations were made by Dr. Rodwin: Pelvic adjustments, stretching, Active Release and foot taping (until my orthotics arrive)

Describe your results, including your time involved with the treatments: After the first treatment I had some relief and within two weeks was virtually pain free running. I no longer suffer daily from tight hamstrings.

Is anyone else in your family a chiropractic patient: If so, for what conditions? No

How has chiropractic helped him/her?

What would you recommend to others who are sick, suffering or in pain? See Dr. Rodwin, start with chiropractic

How many others have you told about chiropractic?
Everyone I run with.

How do you feel about chiropractic now that you have enjoyed the benefits?
I'm SOLD.