

## My Chiropractic Story

Name:

Name of condition: "pain"

Symptoms: sensation of a red-hot ice pick embedded in hip/butt joint...only when cycling

Location of pain: left hip/butt area

Duration: only when cycling, lasted for a whole season

Severity: very severe

Describe previous treatment and results: months of physio and stretching all to no avail

Indicate which drugs and/or medication you were taking, if any: Anti-inflammatories on and off

What led to your decision to try chiropractic? Fellow cyclists recommended a good "sports-minded" chiropractor; many recommended Dr. Rodwin. It was either the chiropractor's bench, or hang up my bike for good! I chose the former.

Had you been to a Doctor of Chiropractic previously? No

Did you have any doubts that chiropractic would help you? Absolutely! Although Dr. Rodwin couldn't guarantee complete recovery, she believed some improvement would follow her treatment.

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

Very favourable- knowledgeable and helpful Doctor, friendly staff, efficiently run office.

What recommendations were made by Dr. Rodwin: detailed assessment/ regular adjustments and A.R.T.

On my own: LOTS of stretches/weights/core strengthening

Describe your results, including your time involved with the treatments: AMAZING! Complete recovery- just completed a four-day,

625 km cycling tour (both flats and mountains). I did have to be patient as it took at least a year of treatment to get where I was today.

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

How has chiropractic helped him/her? **N/A**

What would you recommend to others who are sick, suffering or in pain? **I definitely recommend Back to Health!**

How many others have you told about chiropractic?  
**Anyone who will listen to me!**

How do you feel about chiropractic now that you have enjoyed its benefits? **Excellent treatment.**