

My Chiropractic Story

Name: James

Name of condition:

Broken wrist, neck stiffness, headaches, knee

Symptoms:

Wrist – pain when performing exercises

- limited movement of hand

Neck – occasional stiffness/pain when turning head

Knee – limited motion, unable to squat

- pain when exercising

Back – asthmatic curve. Some lower back stiffness

Location of pain:

Neck - right side down to shoulder

Wrist - entire wrist and inside forearm

Knee – outer to middle

Duration:

10+ years

Severity:

mild to uncomfortable, occasionally extreme

Describe previous treatment and results:

hot/cold compress, some stretching, pain medications (anti-inflammatory), some physiotherapy (for broken arm)

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

Anti-inflammatory

What led to your decision to try chiropractic?

Doctor said nothing could be done to improve my conditions. I was having a difficult time exercising and was in constant discomfort. I was recommended to try chiropractic by a friend who said it had helped them.

I did some research on chiropractic and was slightly discouraged by the claims some were making that they could ‘cure’ most of my issues, including allergies and asthma which I have. My research also led me to Dr Rodwin’s clinic where none of those claims were made. As this also the clinic my friend used I thought I would give it a try.

Had you been to a Doctor of Chiropractic previously?

No

Did you have any doubts that chiropractic would help you?

Yes. I was very skeptical and was not sure what to expect.

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

Very professional, both Doctor and staff. Everyone was very friendly and courteous. Dr Rodwin made me feel very comfortable and at ease.

What recommendations were made by Dr. Rodwin:

Dr Rodwin was very up-front. She stated that a chiropractic and ART treatment plan could help but that there were possibilities that it may not work. However she was quite confident that I would experience positive results. She also said that my allergies and asthma would not be 'cured' but I may experience a lessening of symptoms as treatments progressed. Dr Rodwin, who is extremely patient with my unending questions, explained how this may occur to my complete satisfaction.

She also suggested special stretching exercises that would help between treatments.

Describe your results, including your time involved with the treatments:

Results have been outstanding. Through treatments it has been found that some other areas had been affected, my neck stiffness/pain was caused by affected vertebra and also from my shoulder, the wrist issues had affected my right elbow as well and the knee injury and hernia surgery had affected my right hip flexor.

Treatments started at 2x a week and have varied from 1/week to 1 every other week. Each treatment, which includes chiropractic and ART treatments for my neck, back, shoulder, wrist, knee and hip, lasts about 5 minutes. The ART causes some discomfort, but I learned very quickly that the little bit of pain during treatment was more than worthwhile with its results.

After receiving these treatments (over the past 2 years) I now have complete movement and no pain in my knee, increased movement and flexibility in my hip flexors, no lower back pain and a slight straightening of my asthmatic curve (I actually feel like I am 1 inch taller!!). My posture has improved, as I no longer slouch and can walk with my shoulders back. I rarely have headaches and my shoulder rarely has any stiffness.

My broken arm (wrist) has shown the most improvements. I now have most of the mobility back and it no longer aches all the time. Although it will never be 100%, due to the severity of the break and the way it healed, I am so happy that I can now exercise and have little or no pain and discomfort. As for my asthma/allergies they have not changed, however as my posture and back has been corrected, I am able to breathe easier and have improved my lung capacity.

I wish I had tried chiropractic 15 years ago.

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?

Try chiropractic and/or ART. It will not make it worse and will most likely be of great benefit. A little bit of discomfort gives fantastic results.

I am now a huge supporter of this type of treatment for injuries. I would only recommend seeing a physician if chiro/ART failed (highly unlikely!!)

How many others have you told about chiropractic?

Several friends/family

How do you feel about chiropractic now that you have enjoyed the benefits?

I feel that chiropractic and ART are amazing. I now have significant improvements in mobility, little to no pain plus other benefits.

I have done some serious damage to my body over the years. Chiropractic and ART treatments have reduced the effects of that abuse and are allowing me to enjoy myself, exercise etc without discomfort.

I will be using chiropractic and ART forever.