

# vax: In Their Own Words

January 2010

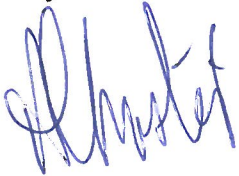
My low back pain started in earnest several years ago after I had stupidly been helping to move a piano. The following day I was in agony; I could not stand up without help. The pain was excruciating and I was reduced to crawling around on the floor from chair to chair to help myself get up. I realized that walking around was probably the thing I needed to do, so once up, I would just keep walking for as long as I could to keep my back from locking up completely. Sitting was excruciating, and sleeping was impossible as the slightest movement would wake me with the pain.

After seeing my doctor and chiropractor I was prescribed pain killers and told to be patient as I had "soft tissue" damage in my back which would take some time to heal. Well things did get better, but never to the point where I was pain free. I visited physiotherapists and did back strengthening exercises, but nothing seemed to really work. I realise now, that over the years I had been compensating for my back pain by moving my body differently so as not to aggravate the problem. I could not stand for long periods of time, nor sit for very long without having to get up. Swimming, my favourite sport, also brought pain, and I realise now that I was avoiding doing so much.

I had pretty much grown to accept that my back was a problem, and probably was never going to get much better. Defeatist I know, but when you have been given so much advice over the years without any really success, you begin to just accept things the way they are. Then one day while driving through Aurora, I saw Dr. Moore's sign outside his office regarding spinal decompression and it was then that after x-rays discovered I had problems with two of the discs in my back, we decided that I was a candidate for this treatment.

I had 30 sessions in total, and at somewhere around the 20<sup>th</sup> session I started to notice a real difference, my family started to comment on the fact that I was moving differently. I was standing better, and movements that I had avoided due to the pain they caused I now found I was able to do quite comfortably. I have continued seeing Dr. Moore for first twice weekly, and now once weekly adjustments and can honestly say that this has made a huge difference in my life. I feel so much better, but I also know that I have now found someone in Dr. Moore, who had taken the time to find out what was really going on with my back, and was able to actually improve a problem that had been going on for years!

Thank you Dr. Moore!



Andrea Charter