

# VAX-D In Their Own Words

November 2009

My name is Dave Gardner, and I am a retired NHL hockey player.

In the fall of 2002 when I started to skate again after the summer off I experienced numbness, shooting pain down my left leg from my hip to my knee and a tight and sore lower back with pain levels around 8/10 which required me to sit down every 10 minutes to rest or stretch. Prior to this when I had experienced back pain it didn't last for very long and if I stretched it would go away, but this time was different. I was unable to go up or down stairs without holding onto the railing; I couldn't stand on my tip toes, run or skate anymore; I needed a cart with a red flag to play golf; I couldn't stand for more than five minutes without having to lean on something or someone. This went on for three years.

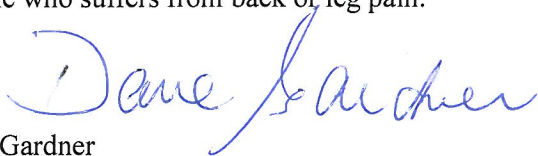
In 2005 an MRI concluded I had spinal stenosis which led to an operation in April of that year. The surgeon used a chisel and hammer to break up the excess bone around my spinal nerves. The surgery helped me to stand up straighter and walk a little further, but I still didn't have the mobility I wanted and needed to play with my ten year old son. I tried stretching more but that did not help.

Finally, in June of 2009 a good friend told me about the VAX-D program he was undergoing with Doctor Moore and suggested I should try it. I went in for an initial exam and consultation. Doctor Moore did a thorough history of my condition as well as an examination, thermographic scan, x-rays and a review of my MRI. He spoke to me about the disc herniation in my low back and suggested VAX-D spinal decompression to correct the herniation. He recommended 30 treatments on VAX-D to be followed by adjustments. Beginning the program I was excited. I had seen the results my friend now enjoyed – he was able to get back to a normal life again and I was hopeful I would have the same results. After about a week I noticed I had a better range of motion and every day got a little easier. I did as I was told and didn't play golf or do household chores. The sessions themselves were painless and after every treatment he thoroughly reviewed my progress and improve my flexibility.

I have now finished my VAX-D program with virtually no pain remaining, but I continue once weekly adjustments to maintain my progress.

After 15 years of professional hockey I thought I would just have to put up with the pain, live and work through it as I have done in the past, but I learned differently. I can now walk an amusement park without sitting down, play soccer in the yard with my son, rake leaves and do chores around the house and cottage that I could not do before without help. I am also back on the ice coaching – something I haven't been able to do in almost two years. This is what I am most excited about – being able to skate again.

I am very glad I took my friend's advice to try VAX-D decompression and I would recommend VAX-D with Doctor Moore to anyone who suffers from back or leg pain.



Dave Gardner  
Retired NHL Hockey Player