

VAX-D In Their Own Words

September 3, 2007

My name is Joseph Farrugia and I'm 14 years old. It has been nearly four months since I have been under the care of Dr. Moore and his clinic, but it all started the week before the long weekend in May, when I fell off my bike. I shook it off for the following week and thought nothing of it. The next week was very hard for me to get up in the mornings; in fact so hard that when I tried to sit up, I would have sharp pains and spasms in my right leg. My mom and I figured if we went to the hospital maybe they could explain some things to us. We went back and forth but all they could tell us was: "it is going to take time to heal."

Yeah, thanks, I didn't know that!

Day by day, Monday to Friday, it got worse until one day the pain just wouldn't go away. Not many hours later, I found myself in Dr. Moore's clinic, a little afraid and shaken, not knowing what was going on with me. Dr. Moore explained it was a spasm in my leg and it should calm down with further treatment. He also took X-rays of my back and found I had what was called spondylolisthesis in my lower back. Dr. Moore also found that my spine was in the shape of an "S"; he called it scoliosis if I recall correctly. So for the next few days we saw Dr. Moore early in the mornings. During this time we had seen our family physician that told us that if we kept seeing Dr. Moore he could potentially paralyze me. Then he recommended me to see a surgeon, naturally I said, no thank you.

Also that same week I found myself one morning unable to move out of bed, the leg spasms had become an 11 on the 1 – 10 pain scale and for the first time in my life I couldn't imagine myself walking ever again.

As you can imagine, I was unable to go to Dr. Moore's office, so for some time, Dr. Moore came out of his way, nearly every day to work with my leg. Every week or two we would see some slight improvement and just the slightest bit of hope, but every day there was a new challenge to face. I eventually got to the point where I was barely able to maneuver myself into Dr. Moore's clinic, and that is where a whole new branch of challenges began. Dr. Moore ran through the possibilities of what might be going on with my body. He said that there was a possibility a disk may be herniated, and that there is pressure on the nerve. Or the other case was, there was no herniated disk, and it was just going to take time to heal. We wouldn't really know for sure without an MRI. Our family physician pulled through on this one and got us in for an MRI the following week.

When Dr. Moore went over my MRI results with my mom and I, he confirmed I had a bulging disk. Dr. Moore said there might be a way to take away some of this pain I was feeling. He said this option; VAX-D may be what I need. During this time and before my MRI was done we had met with a friend of Dr. Moore's, Dr. Balon. He had also been monitoring my progress and my current state.

It took many weeks of adjustments and encouragement from the friendly staff to get me eventually lying flat on my stomach, which was a huge improvement. With that challenge clear, we immediately started talking about our options of what to do with VAX-D. I was on the VAX-D every day, with the added bonus of waking up at 6:00 in the morning too. During my time on VAX-D someone was always there to watch my sessions, if something was uncomfortable or something needed to be moved, someone was there to always make sure I was as comfortable as possible. VAX-D was pretty much painless; if you don't count the pain I was already previously feeling. After 25 sessions of VAX-D there was tremendous improvement from where I was, when I first walked into this clinic. Dr. Moore still recommended VAX-D once a week and also, swimming, so, about three times a week, before seeing Dr. Moore in the morning I would go swimming, practically half asleep when you have to wake up at 5:30 am.

vax-d In Their Own Words

Slowly but surely school has been approaching and with not a lot of time left, there is still much work to be done, in the means of healing. Hopefully soon, I'll get back into jogging and more athletic activities, but even where I am now, I would not know how to repay Dr. Moore and his amazing staff for all that they have done for me. I am still seeing Dr. Moore to this day and every day becomes a little easier and less challenging, but somehow we make it through another day. To anyone who faces the chance to try out VAX-D, I say there isn't anything to lose.

Thank you everyone at the Moore Chiropractic Clinic for all that you have done for me, I will never forget what you've done.

Joe Farrugia