

# “*REAL* LETTERS FROM *REAL* PEOPLE”



Rebecca, LISW

***“The Pain Had Become Debilitating and Took My Breath Away.”***

“Do you know what it is like to live with pain everyday? The pain in my lower back and neck had become intolerable. The interesting thing was I didn’t know how bad the pain was until nearly a year after Dr. McCluskey’s treatment. It had become the king of pain that gets to be like background noise - I was living with it without realizing how much my life was organized around managing it. After I had injured my neck in an auto accident, my family physician recommended anti-inflammatory medications and muscle relaxants. When that didn’t help, I spent several weeks in physical therapy. In a separate incident I was treated in the same manner for a “bulged disk”, a work related injury. All this was years before I came crawling into Dr. McCluskey’s office on the recommendation of a friend. *The pain had become debilitating and took my breath away.*

Dr. McCluskey took a series of x-rays and explained that the problem in my neck was more severe than the problem in my back, was acute and needed treatment. His wonderful staff assisted me through treatments including ultra-sound, heat, and electric stimulation. Then, Dr. McCluskey used the Activator to begin realigning my spine. The pain relief was immediate. I walked out of the Dr’s. office at least a half-inch taller! Even my husband commented on how much taller I was after that first treatment.

The Activator Dr. McCluskey uses provides gentle, non-invasive and extremely respectful relief from pain. It gently nudged my spine back into alignment and over time the pain in my back disappeared. I am now able to run on a treadmill - before treatment I couldn’t even walk on a treadmill without pain.

Then my job changed and I began driving all over the State of Ohio. Within six months of taking my new job, the neck massages I demanded my husband give me were useless to alleviate the knots, headaches, and pain. It was time to deal with the results of multiple whiplash injuries that had never been treated effectively. Dr. McCluskey told me it would take time and perseverance, but if I was willing to go the distance he promised a pain free life. It took about 6 months of regular treatments and learning new exercises that I continue to use today. My treatments ended nearly a year and a half ago and I continue to be amazed and ever so grateful for the pain free life I am currently living.

The background noise is gone. I now enjoy a life of fitness and vitality. No longer is it necessary to compensate for lower back or neck pain. When I drive across the State I can now enjoy the beautiful scenery of Ohio. I attribute this wonderful breakthrough to Dr. McCluskey, his training, his wonderful staff, and his use of the Activator. It’s sometimes difficult to remember the life I used to live. I will be forever grateful for my new pain free life”.

Sincerely, *Rebecca, Licensed Social Worker, Medina*

***"I Was Ecstatic About My Appointment. But When I Got There The Nerves Set In..."***

"I was recently in an auto accident where I suffered a neck injury. While feeling nothing at first, about a week later I could not turn my head to the left. After talking to some friends who had their chiropractic experiences, I decided to call one. I called Dr. McCluskey based on convenient location and I am really glad I did. They got me an appointment right away, and the receptionist assured me they could help. After a week of pain and having to take care of 2 small kids, I was ecstatic about my appointment. But when I got there the nerves set in and I was afraid of the twisting & cracking. When I met Dr. McCluskey all my fears & nerves were gone. He made me feel comfortable & with the x-rays he showed me exactly what was wrong & how he would fix it. I first started with massages. I was in heaven and it really worked. The pain slowly went away & by the end of the hour I felt better. Then I got ultrasound & cold laser therapy, both were very soothing. I then got moist heat (my favorite) & the Activator adjustment. No pain just a few clicks and I felt better instantly. After a few weeks of treatment the pain disappeared. I started rehab visits, where I had the traction machine massage my back & neck & I did exercises to strengthen my neck muscles. It was a lot of visits but well worth it. My neck pain from the accident is gone & I don't get the sinus & tension headaches I used to anymore. I can actually wake up without pain and enjoy my days at home with my kids. Thanks for all your help, Dr. McCluskey, & all my friends at your office!" ~ ***Renee, Parma***

***"I Love The Activator...It Is Very Pain-Free, Gentle, Surprisingly Pleasant."***

"Upper and lower back pain. Left knee, left upper foot, left heel spur, both wrists from sprains, possible TMJ. The pain in my lower back showed immediate improvement/upper back after a couple treatments. Other parts are feeling relief. **Activator Treatment:** "Wonderful! It is very pain-free, gentle, and surprisingly pleasant. I have gone to other chiropractors and I usually left hurting. I love the Activator because it makes me feel better. **Cold Laser:** My foot problems are not as severe. Jaw problem seems some relief. Gentle, relaxing, definitely pain free, you cannot feel anything. The profession that it relieves pain from scar tissue and other forms of pain and it appears to be true. Thank you, Dr. McCluskey." ~ ***Diane, Vermilion***

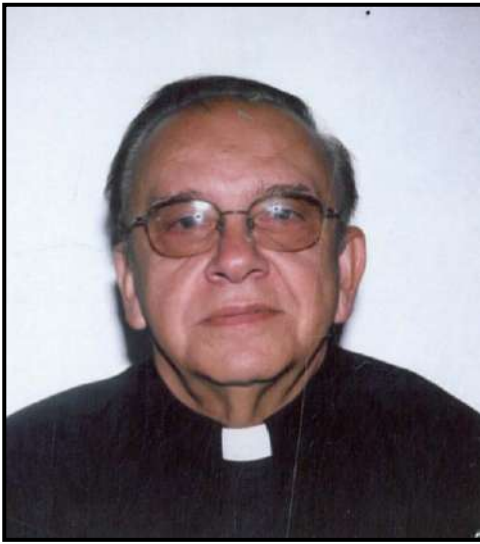
***"The Thought Of The 'Crack Your Back' Method Made Me Nervous."***

"Migraine headaches-left side. My headaches have improved-they are less severe and occur less often. **Activator Treatments:** Pain free, gentle. The thought of the 'crack your back' method made me nervous. This tool is pain free." ~ ***Janet, Strongsville***

## ***Parma Man Told No Treatment Necessary***

“I visited Dr. McCluskey concerned about a minor lower back pain. He did a thorough exam with x-rays. He indicated minor treatment was available but not necessary. I visited a second time but only for a great ½ hour massage. I’ve recommended a few individuals and have positive feedback.”

*~ Dennis Akos, Parma, retired*



## *Spinal Decompression Helps Local Priest Find Relief*

*“I thank God for Dr. McCluskey and his wonderful staff and have recommended him to others.”*

“The first week of June 2008 I started having back pain. I thought that it would go away in a few days since I had similar pain about 4 times in the last 30 years. I went to Dr. McCluskey as he had treated me for some minor pain a few years earlier. He told me to do an MRI ...I went home and before I could make an appointment for the MRI my pain became so severe not only in my back but also in both of my feet below the knees. My whole body felt as if it was on fire. I thought that paralysis was setting in because I could not stand on my feet. I called 911 and was taken to emergency. I spent a week in the hospital but all they did was give me pain medicine and tried to do an MRI but to no avail because of the severe pain. The pain was so severe that I could not even lift a washcloth to my face. The hospital took me to the pain management department where I received two “blocks” and released me. A friend took me in a medical van

to an open MRI in a neighboring county. I was diagnosed with severe stenosis, herniated disc and arthritis among other less severe problems. I then received a third “block” and was sent to another doctor and a physical therapist for three weeks. That doctor told me to see a neurosurgeon because I would probably not walk without surgery and possibly even braces. By this time it was the end of July 2008.

I then called my brother who is a medical doctor in southern Ohio and he told me to avoid surgery at all costs. ....At this time I was able to get around the house in a wheelchair and slowly with a walker. By the first week of October I realized that I was at a standstill. This was already the fifth month that I could not sleep in a bed because of the severe pain. Then a friend of mine went to see Dr. McCluskey and the doctor inquired about me. I gave my friend a copy of my MRI to take to Dr. McCluskey. He looked at it and said that I should already have been able to walk and said that he could help me.

I started therapy with five sessions a week for the first two weeks and then after that it was three times a week. I started decompression... The fourth time and succeeding times I had no problems with decompression and even started to walk into the office without a walker or the four legged cane that I was using in my home. Besides decompression I received cold laser, electric stimulation, ultrasound, vibration, caloric, and adjustment with the Activator. All of these procedures were totally painless and slowly lessened my back pain until it basically went away ....

All this time I had set a goal for myself. I wanted to celebrate Mass on the occasion of my 40<sup>th</sup> anniversary of ordination to the Priesthood unaided by a walker or a cane. And I did it on February 1, 2009.

During all my therapy dr. McCluskey and his very able staff were very encouraging and always made me feel very comfortable. Although they are all very professional they make you feel like a friend. I thank God for Dr. McCluskey and his wonderful staff and have recommended him to others.”

*Msgr. Michael, Parma*

**"After Several Fender Benders Years Ago, I Lived In Constant Pain, Blurry Vision, Almost Unable To Function."** "After several fender benders years ago, I lived with constant pain, blurry vision, almost unable to function. All the specialists I visited had no answers for me except back surgery!! I found a chiropractor who used the old fashioned chiropractic methods. I did get some relief, but the treatments were painful and sometimes would take a few days in bed to finally begin to feel better. I was not happy with the painful treatments, went online looking for answers and found Dr. McCluskey's website that explained the Activator Method. I went for my informative consultation and first treatment with the Activator. I couldn't believe how great I felt without a painful treatment. Dr. McCluskey called me that evening to see how I was doing. I thanked him for the instant pain relief. I was so excited to finally get the help I needed. I told my wife, my sister, and my family. We all have experienced relief from Dr. McCluskey and the Activator method. The staff at Timber Ridge is always so pleasant and helpful. It is a real pleasure to deal with Dr. McCluskey and the staff at Timber Ridge. Thank you!" - **David, Strongsville**

**"It all started shoveling snow one night."**

"It all started shoveling snow one night. The next day I couldn't walk, heck I could hardly get out of bed. Dr. McCluskey's office got me right in even though I was not an existing customer. I scared the krap out of my kids when I had a spasm in the van. I was screaming in agony. After several hours in therapy over 2 or 3 days, I was back to work and darn near normal I continue to see Dr. McCluskey for preventative reasons, and plan on utilizing the massage therapy in the near future. I appreciate the flexibility when I needed help the most. Dr. McCluskey's office will continue to be my chiropractic office for a long, long time. Thank you to the doctor and the especially Friendly staff. ~ **Larry, Elevator Technician, Brook Park**



***"I Literally Couldn't Swallow Without Pain Shooting Down The Back Of My Neck."*** "Back in the summer of 2001 I was in so much pain I didn't know what to do. The back of my neck was in so much pain, I literally couldn't swallow without pain shooting down the back of my neck. At this point of my life I was only 14 years old getting ready to go into high school. My mom had heard about Dr. McCluskey so we decided to go check

***Devin*** it out. I had never been to a chiropractor before so I had no idea what to expect. Everyone there was so pleasant and Dr. McCluskey was able to figure out my problem right away. Somehow my spine had been curved. After many visits I was feeling great and back to normal for the upcoming years... About a year after my spine injury, I was starting to get sharp pains in my lower back, but that wasn't all this time. When I would be sitting down for some reason I was getting pain shooting from my lower back, down my butt and right thigh...we still couldn't quite figure out the problem, so we decided it was time for an MRI because my pain kept getting worse and worse. The results came in and it turns out I had two herniated discs along with a pinched nerve. Many treatments later, my herniated discs and pinched nerve were completely healed. To this day I still go visit Dr. McCluskey and the gang about every three months for check ups. Everything is good and I feel great. All thanks to Dr. McCluskey and his helpers." ~ ***Devin, Parma Hts***

***"I Was Very Hesitant Because I Had Been To A Chiropractor..."***

"A number of years ago I was in severe pain in my back from my waist to my toes constantly. I was treated by a sports doctor with cortisone & with a series of 3 shots in my spine which worked for a while & also put weight on me. I again was in severe pain & couldn't get in to see the doctor for a long time. He prescribed pain pills. Someone recommended Dr. McCluskey & I was very hesitant because I had been to a chiropractor & didn't like it nor believe in it, but I called, & to my surprise I got right in & the whole experience was wonderful. It was painless, comforting & fast. I have recommended it to my friends & I am a believer in Dr. McCluskey & his technique." ~ ***Jean, Real Estate Sales, Middleburg Hts., OH***

## **Spinal Decompression**

"After I was diagnosed with herniated discs in both my neck and lower back I was asked to see a neurosurgeon with my MRI pictures in hand. To my utter delight, I was informed that I did not require surgery. I then consulted with Dr. McCluskey as to therapies available to alleviate my daily discomfort. I was asked to consider the LCD (Lumbar Cervical Decompression) being newly offered at the Neck and Back Pain Clinic, along with daily Activator adjustments, cold laser therapy and electric stimulation with hot packs.

Not long after the orthotics were in place and the various treatments began, I noticed a significant improvement in my overall mobility (I was walking more erect with increased range of motion) as I moved about at the factory where I work. My problems with chronic sciatica seemed much less bothersome as well. I felt less foot and leg pain. I had the added bonus of laser therapy and Activator adjustments to my hand, at the time of each LCD appointment, as I often experience pain due to repetitive motion work on my job. I was very pleased that this additional issue of pain on my hands, which I struggle with daily, was seen by Dr. McCluskey as significant enough for consideration along with the more major issues of herniated discs that caused me persistent pain.

I experienced neither pain nor discomfort with any of the treatments given at any time in Dr. McCluskey's Neck and Back Pain Clinic. The entire staff always helped make my visits stress free, also by efficiently accommodating me with my active schedule of traveling from home to therapy, and directly to work after each visit. This attention to detail by everyone felt therapeutic as well.

When my LCD (spinal decompression) sessions were completed, I took the ultimate test of taking a brisk walk around the block in my neighborhood. When I tried this a year ago, I could barely make it halfway without experiencing pain in various places, including my sciatica. Now with my new orthotics Stabilizers and the LCD treatments behind me, I have had a very successful experience walking through my neighborhood, a renewed activity I hope to enjoy on a more regular basis.

My newly-acquired freedom of movement has elevated my overall mood and outlook on life. That alone is something I haven't felt in much too long a time. I can only surmise that the increased blood flow and the decreased level of pain I now experience as a result of the remarkable positive effects of targeted decompression have contributed significantly to my overall recovery." ~ **J. D., Cleveland Heights**

## **“What the Activator Did For Me.”**

“I got up one morning and my right ankle was very painful. I could not walk to the bathroom. I limped and then I crawled the floor to get to the bathroom. I didn’t know what happened to me. It took me a while to stand up. I knew I had to go to work. My job consists of walking & standing. When I walk it out it feels better. I thought it would go away, but it didn’t.

I suffered a year going to three different doctors. I had an MRI taken. It showed that my right ankle pain was coming from my lower back. I was diagnosed with herniated disc and central canal and foraminal narrowing.

I went to see a neurosurgeon. He told me I would need back surgery down the road – no way.

I was treated by another doctor. I had cortisone with a series of three shots in my spine that did not help.

A friend of mine saw my limping and asked what my problem was. I told her, she recommended Dr. McCluskey because she goes to him and he has helped her. She explained he is a chiropractor and uses an Activator.

I called and made an appointment. I got in right away. I took my MRI with me. Dr. McCluskey took x-rays. After looking at the x-ray he told me he can help me. I started to cry because the other doctor said I needed surgery down the road.

I started my treatments right away, three times a week, then two times a week, and then once a week. I was going for a while. I was getting heat on my upper back, it felt wonderful. I wanted to take a nap. The ultrasound did not hurt; the electric stimulation was fast and did not hurt. The Activator that Dr. McCluskey uses provides gentle, non-invasive on my back and legs. No pain.

I am walking normal again and pain free. I’m still working and enjoy planting my flowers every year.

The staff at Timber Ridge Clinic is very caring and works with my schedule.

I have recommended Dr. McCluskey to several other people that he has helped.

Thank you Dr. McCluskey, you helped me to walk again.”

*~ Mary Ann, Sales, North Royalton, OH*



*“I started to cry because the other doctor said I needed surgery down the road.”*



**"I Was Unable To Write More Than A Sentence Or Two Because Of Pain And A General Loss Of Coordination/Control."** "A mix of pain & numbness running from my neck to fingers-all the way down the arm-with soreness at joints (shoulder, elbow, wrist & fingers). I was unable to write more than a sentence or two because of pain and a general loss of coordination/control. **After Activator and Cold Laser Treatments:** I sleep through the night & wake up refreshed. I'm in a much better mood now that I'm not experiencing continuous pain all day & night. I am more able to focus on what I'm doing instead of how much I hurt. After my treatments I feel very relaxed and refreshed. The treatments are relaxing & painless. The various phases of treatment all work very well together. None of my experiences have been uncomfortable. I can't wait to recommend this to my family - I've already told everyone at work about this amazing treatment & results." ~ **Barb, Cleveland, OH**

**"I Can Remember Several Times Sitting Outside The Nurses Office At School Unable To Move My Neck Or Shoulders & In Terrible Pain."** "As a child, I dislocated my shoulder & because it was not put back for a few days - I, over time, developed a herniated disc in my neck. I can remember several times sitting outside the nurse's office at school unable to move my neck or shoulders & in terrible pain. As I grew into adulthood, I sought out medical help - I was prescribed painkillers & Prednisone - not good for you in the long term and I knew when I least expected it - my neck would go out again and I would be out of commission for days. About 5 years ago I discovered Dr. McCluskey - his comprehensive treatment of my neck & back has really changed my life - that 1<sup>st</sup> day when he saw me (in terrible pain, again) he treated me in the morning & again in the evening - I started feeling the muscles "let go" and relax - all without the use of drugs - the combination of the stimulation, massage, the precise use of the Activator, and strengthening exercises have made the neck & shoulder pain of the past 40 years a thing of the past - unbelievable. Thank you Dr. McCluskey & your terrific staff. **\*P.S.** I also know that when I sent friends & family for help - they will be very well taken care of." ~ **Eva, Strongsville**

### **"Extreme Lower Back Pain"**

"Extreme lower back pain. Could not stand upright. I also had chronic headaches. **Benefits from Activator:** No more pain!! Yeah! I can walk, stand, and sit without pain. **Likes Best:** It targets the problem directly. No pain involved. Quick results." ~ **Debbie, Insurance, Parma**



***"I Developed A Serious Sciatica Problem...Had Constant Pain, Could Hardly Walk..."***

"I developed a serious sciatica problem after an operation on my knee...I had constant pain, could hardly walk, and had a very difficult time sleeping. An orthopedic surgeon and a neurologist examined me and I was treated with prescription drugs. I was then referred to a pain clinic where I received three procedures called **Patrick Corrigan** "blocks" and another operation. I was still in pain and was referred by a friend. Dr. McCluskey gave me an examination, which included an x-ray. After several treatments my pain went away and I could walk and **sleep** without pain." ~ **Patrick, Parma**

***"My Feet, Heels And Toes Were In Pain" (Cold Laser)***

"My feet, heels and toes were in pain. **After Cold Laser:** The benefit of being able to walk pain-free. **Likes Best:** The pain relief from them. They also are quick but offer so much relief." ~ **Kathy, Multi-Handicap Aide, North Royalton**

***"My Shoulder Was Really Hurting And I Had Lots Of Overtime To Go."***

"I was working lots of overtime sitting at a computer all day and my shoulder was really hurting and I had lots of overtime to go. Dr. McCluskey gave me treatments until the shoulder pain was gone. Thanks to Dr. McCluskey I got through a very stressful part of my job. I was so impressed with his work, I have recommended him to several other people that he has helped also. They (all) staff do Great work there and it's a pleasure to come there! Thanks much." - **Janet, Parma Hts.**



**Janet**

***"I Am So Thankful That A Friend Of Mine Referred Me To Dr. McCluskey"***

"I am so thankful that a friend of mine referred me to Dr. McCluskey. She had been suffering for over a year from a fall and found relief from treatments at the center. After manipulation therapy, physical therapy and an occasional massage a car accident four years ago, I had a whiplash that had me going for chiropractic. After the first treatment with Dr. McCluskey and a proper diagnosis, my neck was loosened, I slept better and my pain down my arm was lessened. After three treatments and one massage therapy, the pain down my arm and neck has dropped dramatically. Referrals do work and I am proof of my friend's referral to you and your wonderful staff." ~ **Linda, Fingerprint Examiner/Cleveland**

***“I Can Walk On The Bottoms Of My Feet With No Pain” (Cold Laser)***

“Inflamed ligament on bottoms of feet. **Cold Laser Benefits:** I can walk on the bottoms of my feet with no pain. ~ **Marilayne, Business Analyst, Parma**

***“I’m 62 Years Old And I Started At Dr. McCluskey In My Late 40’s - That Was The Best Thing I Could Have Done.”***

“I came to Timber Ridge because I was having neck pain. I couldn’t move my head to the left or right and always had headache. There was a coupon in the paper my husband had gone a couple of times to another chiropractor and I really didn’t care for that hands-on treatment. So I thought I would try Dr. McCluskey. The office was close and if I didn’t like it, it didn’t cost anything. Well I made my appointment and was given a tour of the facility, showed what was done and got a video on how chiropractic works and how your body gets out of alignment. Dr. McCluskey gave me x-rays and then we had a consultation and I started treatment for my neck. I went 3 times a week, then 2 then 1 time. I told him about having headaches. Now I get them but maybe 1 in a great while where before I would have them constant. I’m 62 years old and I started at Dr. McCluskey in my late 40’s - that was the best thing I could have done. I tell all my friends when they say their back hurts where to go”. ~ **Barbara, Bank Teller, N. Royalton**

***“It Feels Like A Firm Nudge – A Tiny Click & A 1/2 “Quick Push”***

“Terrible – horrible pain neck & shoulders. **Activator Benefits:** I can’t really think of the last time my neck went out. **Describe Activator:** It feels like a firm nudge – a tiny click & a ½” quick push. I absolutely hated having my entire body yanked around during normal chiropractic treatments.” ~ **Eva, Strongsville**

***“You Don’t Have To Force Yourself To Relax Before The Treatment...”*** “Middle back pain, neck pain. After Activator: Pain free from a treatment that isn’t painful or uncomfortable. Compared to regular chiropractic treatment, the Activator is very comfortable and easy. \*You don’t have to force yourself to relax before the treatment as you do with the old fashioned chiropractic adjustment. I love how easy and quick the treatments are with almost instant results.” ~ **David, Strongsville**

***From Only One Treatment, My Pain Had Gone Away By 50%...”***

“Pain in neck causing severe headaches. **Benefits from Activator:** Relief of pain. Gentle, Relaxing, Pain-Free. No twisting. **Cold Laser:** “(Had) Pain caused from scar tissue. From only one treatment, my pain had gone away by 50%. ... I will be able to avoid surgical treatment. Thank you and your staff for always providing GREAT!! service.” ~ **Tina, N. Royalton**

**“But For Almost 40 Years I Suffered From Terrible Headaches. You See, I Was In A Car Accident When I Was 16 Years Old.”**

“I am a 56 years young woman and now I feel wonderful thanks to Dr. McCluskey. But for almost 40 years I suffered from terrible headaches. You see, I was in a car accident when I was 16 years old. The car rolled over, but I walked away with not even a scratch. Shortly after that I began having headaches. Sometimes my headaches would be on only one side of my face, other times they would affect both sides. My eyes hurt and my sinuses would be full. Then some of the headaches felt like migraines. Doctors said my sinuses were fine and open. They said it must be migraine. So I took the drugs they gave me. These headaches came two to three times per week and even when I did not have a headache I always felt a heavy feeling hovering around my head. The drugs did not really help except to numb the pain so I could work and take care of my children. Then a friend told me about Dr. McCluskey. After an x-ray, in consultation he told me I had a vertebra turned in my neck. That is when the pieces of the puzzle began to come together as to why I have had these headaches all these years. I never before associated this with the car accident so long ago. After the first treatment I felt relief, but I needed a series of treatments in order to get it to stay in place. I no longer have congestion, I rarely get a headache and if I do, relief is just around the corner (literally). Thank you, Dr. McCluskey.

**P.S.** The staff at Timber Ridge Clinic is so very loving and caring to all who come in. The atmosphere is great.” – **Sandy K., North Royalton**

*“The Activator Gives A Simple “Plunge” At The Target Area. You Don’t Even Feel It.”*

“The Activator gives a simple “plunge” at the target area. You don’t even feel it...Whenever I get up from the table, I just feel better and in line...When used in the hands of a professional like Dr. Pat, you can be sure that ultimate results will be obtained.” – William, Valley View, OH

**“Lower Back Pain, Disc Out, Pinched Nerve”**

*“Lower back pain, disc out, pinched nerve. Activator Benefits: Disc back into place. Pain of pinched nerve minimal after. Describe Activator: When it “snaps” you feel positive results immediately.” – Rob, Medina*

**“My Wife And I Literally Don’t Know What We Would Without Dr. McCluskey And His Activator.”**

“My wife and I literally don’t know what we would do without Dr. McCluskey and his Activator How many times have we limped into your office in pain and walked out erect and smiling? The staff also is very helpful and courteous. Thank you – Thank you.” Sincerely, **James, Truck Driver, Retired. North Royalton**



***“I feel no tightness or pain in any of my activities, so to me Decompression therapy’s been a lifesaver.”***

***“It wasn’t until I started Spinal Decompression that I was able to do just about anything.”***

“My name is Kevin Smith and I’ve had persistent lower back problems for the last 10 years! My problems were diagnosed as degenerating discs and arthritis in my lower back. My family has a history of spinal degenerative disc disease. Before starting Spinal Decompression therapy, my lower back would tighten up anytime I had to do bend over motions. Being a 44 year old father of active 10 and 12 year old children, a bodybuilder, and a certified personal trainer, I was worried about how I

could keep up with my lifestyle. I was afraid that this might turn into a need for back surgery and was worried that this might affect my finances. But after a series of treatments of Spinal Decompression therapy, I feel no tightness or pain in any of my activities, so to me Decompression therapy’s been a lifesaver.

I’ve taken care of my health very well in the past, and although keeping my back in chiropractic alignment has helped me considerably over the last 10 years, I thought I’d never eliminate the pain I had with bending forward. It wasn’t until I started Spinal Decompression that I was able to do just about anything. My symptoms have been eliminated with no downtime, and with no drugs or surgery. In fact, I’m looking forward to competing in the Natural Northern USA Bodybuilding Championships.

Thank you Timber Ridge for giving me back my active lifestyle. I would highly recommend this Spinal Decompression course of treatment for anyone who qualifies.”  
***Kevin, ISSA Certified Personal Trainer, Strongsville, OH***

### ***Cold Laser***

***“Neck pain, headaches. Benefits: Pain free. Describe: They were very gentle. Likes Best: It really is soothing!” ~ Renee, Parma***

***“Feel Better Than I Have In 25 Years.”***

“Lower back, thoracic & neck & shoulder pain. Also hip pain.” ***After Activator Treatments:*** “Feel better than I have in 25 years. Sleep more comfortably.”

***Describe Activator:*** “Fun actually. Fast & effective. Pain free. No discomfort. No twisting or jerking.” ***Cold Laser:*** “Pain significantly decreased after 2 or 3 treatments. Relaxing, Pain Free, Effective, Quick Acting, Soothing, gentle, non-invasive.” ~ ***Laura, N. Royalton***

“Could not turn head to left. Back pains & headaches. **Benefits:** Neck mobility, less tense & headaches are gone. **Describe:** They were so relaxing. My pain would be gone shortly after it started. **Likes Best:** I love that it really felt good & at the same time relieved my pain. I would fall asleep every time!” ~ *Renee, Parma*

***“Increased Neck & Shoulder Movement, Decrease In Pain After A Couple Of Treatments.”***

“My neck and shoulders were very stiff and difficult to move. The pain was intense and sharp. **Activator Benefits:** Increased neck & shoulder movement, decrease in pain after a couple of treatments. Relaxing! Effective! The treatment feels very good and I am able to relax knowing I am taking care of myself.” ~ *Amy, Olmsted Falls*

***“I Was In A Car Accident And Had A Whiplash Injury.”***

“I was in a car accident and had a whiplash injury. My shoulders were also extremely knotted. Many sessions of physical therapy helped but Dr. McCluskey’s program worked the best. I had massages combined with ultrasound, heat and the electrical stimulation along with adjustments. After every treatment I felt better.

I had been to other chiropractors in the past but got little relief as I am very flexible therefore almost impossible to crack. The Activator is exceptional as it adjusts without manipulation of the body.” ~ *Kathy, Mortgage Broker, North Royalton*

***“It Was Almost As Good As Going To A “Spa” When I Came For My Appointments.”***

“...I know now of an extremely dedicated doctor who I will come for any other pains I get in the future, and without a doubt I will recommend to other people. It was almost as good as going to a “spa” when I came for my appointments.” ~ *Denise, Retired Homicide Detective*

***Activator Treatments***

“Neck pain & headaches. **Benefits:** Pain free & headache free. **Describe:** They were pain free & quick working. **Likes Best:** I like that there is no twisting & it feels good.” ~ *Renee, Parma*

***"When I First Came To Dr. McCluskey I Was In Tears..."***

"Pain in center back radiating to chest. Headaches. **Activator Benefits:** Felt 100% better after two treatments. When I first came to Dr. McCluskey I was in tears - for weeks I felt terrible. He was kind and reassuring that he could get me back on my feet - what a miracle worker. **Describe Activator:** Pain free, quick - I love it! **Likes Best:** After receiving "hands - on" treatment, I was sore for 2-3 days after. They had a hard time adjusting me because I would tense up. The Activator is quick & painless. The staff is the best I've ever met - they actually care. When I was trying to visit my husband in the hospital (he has leukemia), they were very flexible in letting me call & come in 15 minutes later - didn't even have to wait. A million thanks!! ~ **Linda, Parma Hts.**

***"I Drive From Solon... To Be Treated By Dr. McCluskey."***

"It is my pleasure to write a recommendation for this superb doctor. I had a sudden back injury on a Saturday. I called the doctor just as he was leaving the office. I explained my problem and he offered to stay overtime after the office closed to help me. I was so impressed by his dedication and knowledge of my injury. I would never go anywhere else. I drive from Solon to Parma to be treated by Dr. McCluskey." ~ **Renee, Solon**

***Cold Laser For Neck & Shoulder Pain***

"My neck and shoulders were very stiff and sudden movement caused sharp pain. **Cold Laser Benefits:** Increased movement - less pain. **Describe Cold Laser:** Effective! Soothing and gentle." ~ **Amy, Olmsted Falls**

***Sharp Pain In My Back When I Would Bend Over."***

"Sharp pain in my back when I would bend over. Pain is gone. (**Activator Treatments**): very gentle. No twisting." ~ **Anthony, Broadview Hts.**

***"Bad Lower Back Pain. I Couldn't Straighten Up."***

"Bad lower back pain. I couldn't straighten up. Numbness and tingling in hands. **After Activator:** Back pain almost gone. Straight again. Helping the numbness in hands. **Activator Treatments:** Gentle, simple, quick. There is no manipulation, dropping tables, or cracking. When you are in pain the Activator treatments are so much easier. **Cold Laser:** has helped my back... Feels good and massaging." ~ **Sheri, O. Falls**

***"I Was Unable To Perform Some Activities And I Was Having Trouble Writing." (Carpal Tunnel)***

"I was unable to perform some activities and I was having trouble writing. My right hand was stiff and painful. I was considering surgery until I heard about the Cold Laser treatment for carpal tunnel pain. After a few cold laser treatments, the pain in my hand was disappearing. I was able to perform my activities without pain. I was able to make a fist without pain afterwards. The cold laser treatment was painless, gentle and very relaxing. With the cold laser treatments you have pain relief and it feels good, I would recommend the cold laser treatment to everyone who suffers from carpal tunnel pain. Don't hesitate-do it now!!" ~ **Irene T., North Royalton, OH**

**"I Had A Herniated Disc That Was Putting Pressure On My Spinal Cord."  
(Spinal Decompression)**

"Here is my story: As most people, I heard that chiropractic medicine was a form of witch doctoring. After visits to the hospital, my family doctor, and a therapist and not receiving any relief or answers, I decided to see Dr. McCluskey.

When I met Dr. McCluskey, I was experiencing numbness in my leg and foot. My foot was losing its mobility. Dr. McCluskey diagnosed that my sciatic nerve was pinched, causing the loss of motion and numbness in my leg. After a few weeks of treatment, I regained all my movement in my foot and the numbness lessened, but Dr. McCluskey was not happy with my progress. He felt there may be more than a pinched sciatic nerve. He sent me out for an MRI. He was s right. The MRI showed that I had a herniated disc that was putting pressure on my spinal cord. Dr. McCluskey recommended Spinal Decompression. Dr. McCluskey thought that this new procedure was a better option than surgery. He was right. I am in my last third of the Spinal Decompression and the numbness in my leg is lessening.

Dr. McCluskey is a doctor who cares about his patients' well being. I have been to a lot of doctors in my life. It is refreshing to see a doctor who takes the time to make sure the patient is getting well and just not treating him/her as a number.

Thanks for everything!!!!!!!"

~ **Robert, VP of Distribution, Hinckley, OH**

**"At First, The Activator Sounds Like It Would Be Causing Pain..."**

"Pain in the shoulder & neck area. Lower back was also very sore. **After Activator:** The pain has subsided considerably. Also, after the adjustments my body in general seems to respond by being more relaxed and calm. At first, the Activator sounds like it would be causing pain and you anticipate it but it really causes no pain and offers the relief your body needs gently. **Likes Best:** That the Activator is gentle enough and feels good after being used." ~ **Kathy, Multi-Handicap Aide, North Royalton**

**"The Massages are Absolutely Fabulous"**

"Neck and upper back pain. It only took a few treatments with the Dr. until I felt great. I still continue to come in for massage therapy, which I absolutely love, the girls are great, the massages are fabulous. More mobility in my neck after treatment, less pain in my back. I feel all over better when I leave there." ~ **Tracy, Police, Fire & EMS Dispatcher, Parma**

**"I Was Finally Able To Walk And Drive Again".**

"Four years ago I was diagnosed with scoliosis (found only by the chiropractor) after visiting medical doctor after medical doctor and finding nothing wrong with me. After using the Activator too and heat stimulating therapy, I was finally able to walk and drive again. I continue to do exercises and visit the chiropractor regularly to stay healthy." ~ **Kathy, Multi-handicap Aide, North Royalton**



***“Numbness In My Fingers All The Way Up To My Elbows And Also Weakness In My Wrists. I Hadn’t Had A Good Night Sleep In A Very Long Time.” (Carpal Tunnel)***

“Before the Cold Laser treatments, I was experiencing numbness in my fingers all the way up to my elbows and also weakness in my wrists. I hadn’t had a good night’s sleep in a very long time. I was very uncomfortable with a lot of pressure in my fingers. I work with my hands all day. I use various pieces of equipment for extended periods of time. After receiving the Cold Laser, I have noticed that I can go longer with little to no discomfort during my work schedule. The Big Plus is that I’m finally sleeping through the night without waking up from numbness or pressure. The Cold Laser treatments are direct, fast and pain free. It’s amazing what this instrument can do!! You need to give this procedure a chance to work. In my case, it took several treatments before I noticed a difference. This is “cutting edge” technology, and if you work with Dr. Pat, he will help you feel better...I came to Dr. Pat for a hand problem (Carpal Tunnel). He explained to me that everything works as one with your spine. He told me after my first visit, “stick with me, I can help you”. I’m glad I did, 'cause I feel 100% better. Dr. Pat, you are the man!!” ~**William, Valley View**

***“I Walked Out Of The Office With Much Less Trouble Than I Went In With”***

“I slid on the office floor, twisted & turned but managed to remain standing. That night, I woke up with a terrific headache. So I went to see Dr. McCluskey who adjusted my back & I walked out of the office with much less trouble than I went in with. Since then, he has helped me with several other issues including my inflamed ligaments at the bottom of my feet by using the cold laser. The regular adjustments have lessened the symptoms of sinus pressure and inflammation in my digestive tract as well.” ~

***Marilayne, Business Analyst, Parma***

***“Trigger Points – Great Release When She Hit Them.”***

“Lower back pain, disc out, pinched nerve. **Massage Benefits:** “Trigger points – Great release when she hit them. Relaxing, can almost feel stress leaving with pain.” ~ **Rob, Medina**

***“I Had A Friend Waiting For Me Who Fell... And Can Barely Raise His Arm.”***

“While I was in treatment at the Timber Ridge Neck & Back Pain Clinic – I mentioned to Dr. Pat McCluskey – that I had a friend waiting for me who fell about a week ago & has a very painful shoulder & can barely raise his arm – Dr. Pat said, “I could x-ray him now”. My friend said “Great”. Lo & behold he had a dislocated shoulder. Dr. Pat said got to the Hospital right away & have it set. And do you know what? Dr. McCluskey didn’t even charge him. What a great Dr. ~**Ruth, Seven Hills, Ret.**

***"...Walked Out Feeling Like A Brand New Person"***

"I am a full time mother of two, 1 yr. old and 2 ½ year old. On top of cleaning, cooking, making sure the house looks good, and my children's needs, I'm cashier at a busy station, on my feet for 8 hours at night. I had bad, terrible back and neck problems as young as 12 years old. As I got older and had kids it got worse, so I looked up Dr. McCluskey and made an appointment. Best decision in my life! I got my first exam free, finding out the extent of my problems. And then I received my first treatment and walked out feeling like a brand new person! Let me tell all of you this, the Activator treatments, heat/cold therapy on my neck and back is like heaven. I feel like a brand new person each time I go! It's gentle, did I mention relaxing, and best of all, pain free! I've lost the curve in my neck and my spinal discs aren't aligned on the lower part. After having Dr. McCluskey align them I feel brand new. I wake up being able to bend my neck down w/o pain and pick up my children w/o pain and agony. Later I found I had carpal tunnel in both hands. I now receive the same pain free Activator treatment on both hands. It's much easier to lift, write, and do everyday normal things. Call today to find out how he can help you feel brand new!" ~ **Lisa, Cashier, North Royalton**

***"...In Doing So It Affected My Sciatic Nerve."***

"I was at work & an inspector had fallen & as I attempted to help her up, she pulled down on my right arm & in doing so it affected the sciatic nerve. After going to the pain clinic & having the Activator treatments it helped a great deal. After all the great work Dr. McCluskey has done I felt much better & I even referred my wife there & she's happy with the treatment." - **Joseph, Operating Engineer, Parma, OH**

***Chiroflow Pillow***

"Unstable neck - I never knew when it would "go out" on me - the pillow helps me stay in a good position all night. **Benefits of Chiroflow Pillow:** More restful sleep - keeps my neck in a healthy position. It is like a nest for your head to rest in. It also helps keep from getting in a bad position to sleep in - waking up with a numb arm, or your back twisted up like a pretzel...and the peace of mind of knowing I won't wake up with my neck & shoulders in pain." ~ **Eva, Strongsville**

***"Thanks To The Combined Treatments Of The Activator, Cold Laser Therapy And Electrical Stimulation With Hot Packs My Back Is Pain Free."***

"I was having lower back pain and had a hard time walking, sitting, standing or bending in any way. After the treatments my back is as good as old. I am able to move without pain. I am able to do the everyday things we all take for granted. **Describe The Activator:** Pain free and gentle unlike any other treatment. If it were not for the snap you probably would not know it was in use. **Likes Best:** It's a lot better than being twisted around like a rag doll." "Thanks to the combined treatments of the activator, cold laser therapy and electrical stimulation with hot packs my back is pain free." The cold laser "was like getting a massage."

~ **Dora, Berea/Toll Collector**

***"Even Making A Fist Hurt, Writing A Letter Was Horrible, And Makes Lifting At Work Awful And Excruciating."***

"Pain in my neck and lower back along with stiffness. It made it complicated to do everyday things such as lifting, looking down, stretching my neck & back. Then I found out why my hands constantly ache, are painful and cramp & swell, the wonderful carpal tunnel. Even making a fist hurt, writing a letter was horrible, and made lifting at work awful and excruciating.

***Benefits From Activator:*** I can move around, play more with my kids, do a better job at work! Every treatment is amazing and it works! I don't wake up feeling 80 and can't move! I wake up feeling young and ready to go. ***Describe Activator:*** It's so relaxing, relieves my stress from a long day. Gentle, pain free treatment that I never want to end. I could sit there for hours if they'd let me and receive it all day long. I look forward to it when I go. I love the fact that I can sit there, forget about a bad day when relaxing and reading a magazine. It feels amazing and all I have to do is sit back and enjoy. It's pain free, doesn't pinch, twist, or hurt. I love it!" ~ ***Lisa, cashier, North Royalton***

***"I've been sent to many different chiropractors or physical therapists in the past, none of which helped to cure my pain."***

"I've had back pain for several years now due to a few car accidents. I've been sent to many different chiropractors or physical therapists in the past, none of which helped to cure my pain. One day my back was just killing me and I received an advertisement for Dr. McCluskey's office, so I called. I was greeted by a kind, helpful receptionist who was able to get me an appointment the next day. On my first visit I met with Dr. McCluskey who really took the time to find the cause of my pain, by taking x-rays, feeling my back – 1<sup>st</sup> time in all my chiropractic visits that that had happened. He explained what type of treatment would help me. It only took a few treatments with the Dr. until I felt great. I still continue to come in for massage therapy, which I absolutely love, the girls are great, the massages are fabulous. I would recommend Timber Ridge Neck and Back Pain Clinic to anyone suffering from neck or back pain." ~ ***Tracy, Police, Fire & EMS Dispatcher, Parma***

***"My Husband Is Jealous Of My Pillow!"***

"Very, very stiff neck and shoulders. ***Chiroflow Pillow Benefits:*** Sleeping better, neck & shoulders much more relaxed. Comfortable! My husband is jealous of my pillow! ***Likes Best:*** Better support, good sound sleep. Neck & shoulder pain is gone." ~ ***Amy, Olmsted Falls***

***Chiroflow Pillow***

"Headaches & sore neck in morning. ***Benefits:*** No stiff/sore neck & no more morning headaches. ***Describe:*** Relaxing. I like that I sleep better because I don't have the pain." ~ ***Renee, Parma***

***"If Only I Had A Glass Of Wine."***

"This thought comes to me while I'm enjoying a cold laser treatment and even an Activator treatment. Why the wine, you ask? Simple – Dr. McCluskey's various types of treatment are so relaxing in and of themselves that, to me, a nice glass of wine seems to be the perfect compliment! Thanks to the Activator method, treatment for my chronic lower back pain was quickly absolved. This method comes free from anxiety or concern, unlike the original method of pushing on the spine. While this type of chiropractic care is effective, the Activator method is, hands down, 1000% better! It is pain-free, simple and most definitely successful! Thanks to Dr. McCluskey, I am no longer suffering. In addition, Dr. McCluskey has one of the most professional and personable staffs that I have ever encountered in a doctor's office. Therefore, a toast to Dr. McCluskey – Thank you, thank you, thank you 😊 ~ ***Karen, Pre-School Teacher's Aide, Strongsville***

***"I Have Avoided Back Surgery As Recommended By A Neurosurgeon".***

"Severe sciatica. Pain radiating down my left leg all the way to my foot... I have avoided back surgery as recommended by a neurosurgeon. I now live almost pain free. I believe in God given miracles and my chiropractor. As I lay on the table getting my first treatment I was extremely skeptical. I thought how could something as simple as these little impacts from the Activator possibly do anything. Well, I stuck with it. And I'm glad I did! No knives, no stitches, no invasive surgery and NO PAIN! Lying on the table face down was comfortable, almost too comfortable. It is quick and not painful at all to receive these treatments." ~ ***Ronald, Stationary Engineer, Parma***

***"It was a Sunday afternoon when my 13 yr. old daughter started complaining about lower back pain".***

"It was a Sunday afternoon when my 13 yr. old daughter started complaining about lower back pain. I asked her all the usual questions-did you fall-did you bump into something, etc. – nothing, she said...I gave her a Tylenol and the next AM the pain was there – it seemed she found it very painful to either sit or try to get up from a sitting position. I took her to her pediatrician who promptly told me to go to the Emergency Room with her. After waiting for 5 hrs. with my daughter in pain ...she was given a pain killer & sent home. We were told to see a specialist. Knowing Dr. McCluskey has helped my husband & me for our continued back pain in the past – I took my daughter the next day to see him. The 1<sup>st</sup> treatment was immediate relief. She continued to go four 4 more sessions during the week. She is completely free of pain now. I shudder to think of the pain she would have been in – had I not taken her to Dr. McCluskey as promptly as I did. I was frantic thinking of a spinal injury, a cyst... but Dr. McCluskey assured me none of that was the case. By using cold laser treatment, adjustments, etc. he completely rid my daughter of her intense pain. The only thing I regret is that I did not immediately take her to Dr. McCluskey ....I wasted precious time & money but most importantly my daughter remained in pain for 2 days without relief – until Dr. McCluskey treated her. I will not hesitate to take my daughter back if necessary. His staff made my daughter & me truly at ease during our visits. Calling for an appt. was wonderful. I had one the same day for my daughter – if I would have called any other Physician it would have taken weeks & my daughter would have remained in pain waiting for an appt. With no heavy medication Dr. McCluskey got rid her of her pain. I can just imagine what a Physician would have prescribed for her.... We live in a world of medication being given out too freely. It's a pleasure to know someone like Dr. McCluskey. ~ ***Susan, Payroll Supervisor, Parma Hts.***



### ***“MY NAME IS EARL”***

“Does that sound familiar? My life changed for the better on Dec. 15<sup>th</sup>, 2000, on that day I had my first treatment from Dr. Patrick McCluskey using the amazing Activator adjustment instrument. Operated by his trained skillful hands it works like magic. If you have ever been twisted, bent & popped by traditional chiropractic methods while in extreme pain, you will love the Activator! No longer will you hear the dreaded instructions “just relax & breathe out” used during the twist & crack system.

***“I highly recommend Dr. McCluskey and his super staff.”***

After getting preparatory treatment from ultrasound, electrical nerve stimulation, hot or cold packs, etc., you will be introduced to the tilt table, laying on your front (not your back). Dr. McCluskey will check your alignment and adjust you with the Activator as he instructs you to perform various movements. If left alone for any period of time you may “nod off” as relaxation overcomes you & the pain subsides, when Dr. McCluskey is satisfied that your treatment is successful, the table is tilted vertical & you are done, unbelievably easy & painless. Follow up assignment & you will be good as new soon.

I have required chiropractic care at various times over a 40 plus year period by approximately a half dozen professionals with varying degrees of ability. In my experienced opinion, none can even remotely compare with Dr. Patrick McCluskey in knowledge, caring & desire to make each & every patient pain free.

Additionally, Dr. McCluskey’s use of the Activator seems unlimited, it’s not just for spinal disc manipulation, you name it, if it can be serviced, he will do it.

Originally, the work with my body involved neck, shoulder and lower back, the result of an accident at work. Approximately one year of treatments, therapy, massage & exercise brought me back to my normal level of functionality, plus I have more range of motion in my neck than before the accident.

Whenever I become aware that someone has a need for chiropractic care, I highly recommend Dr. McCluskey and his super staff at the Timber Ridge Neck and Back Pain Clinic. Over the years many acquaintances, friends and family members have enjoyed exceptional relief from their disabilities.” ~ *Earl, Business owner and Teacher, Cleveland*

### ***“Severe Lower Back, And Leg Pain...”***

“Severe lower back, and leg pain, which prevented me from carrying out some of my everyday activity. **Benefits:** Much relief from pain. Now sleeping at night with no pain. Also, much less pain during the day. **Likes Best:** The painless treatment.”  
~ *Barbara, Parma*

## SPINAL DECOMPRESSION

***“I Am More Mobile Now Than I Have Been In Five Years... My Pain Has Gone From A Hair-Raising, Excruciating Level To An Achy Tolerable One; All With Non-Invasive Therapy That Is Painless And Gentle.”***

“Unless you’ve experienced the debilitating pain of back injury, you cannot know how it changes your life. Your lifestyle and the activities you take for granted every day become a painful chore. Even walking requires a deliberate effort. The pain and depression become part of you.

Five years ago I severely injured my back. Because I’ve always been health-conscious and athletic, I believed with rest and the proper exercises I could spring back to normal in a few weeks. But this was not the case. My MRI showed herniated discs, spondylolisthesis (the cracking and movement of vertebrae), bilateral facet hypertrophy, and severe stenosis of the spinal cord resulting in painful sciatica down my left leg. Though fusion of the vertebrae was suggested, my problems were many and would require other surgeries as well. Naturally, I took the alternative route; doctors, medications, physical therapy and series of pain blocker injections. Some helped, some didn’t.

Then one day a friend showed me an article on a procedure called lumbar spinal decompression and how they used this on astronauts for their back problems with excellent results. That same week my husband came home with a brochure on the same procedure with a coupon to try it at no cost. He slapped it on the table and said: Go.”

I will forever be thankful, for that’s when I met and put myself in the capable hands of Dr. McCluskey at the Timber Ridge Neck and Back Pain Clinic. He took x-rays, consulted with me about the procedures he uses, how he felt the Activator could be beneficial and had his staff put me on the decompression table to see if I could even start treatment at the lowest level. He took two hours with my “free” consultation that evening. He never promised me any results, only that he felt he could help me. I knew then that I was going to try everything he suggested.

After six weeks of Dr. McCluskey’s therapy with the decompression table and Activator, I am more mobile now than I have been in five years. Nothing is ever going to reverse the damage I’ve done to my back, but my pain has gone from a hair-raising, excruciating level to an achy tolerable one; all with non-invasive therapy that is painless and gentle. Do I recommend Dr. McCluskey? You bet I do and so have all the doctors listed on the board in his waiting room who have referred patients there.

Please give this a try. Like me, it could be the best move you’ve made in a long time.” ~ ***Kathy, Independence, Ohio***

***“...my neck and shoulders were so sore that I couldn’t turn...”***

“I was a skeptic. But when my neck and shoulders were so sore that I couldn’t turn, I had to do something. So I finally “broke down” and called Timber Ridge Neck and Back Pain Clinic. With a few treatments with moist heat and the Activator Methods, I felt a million times better! When it happened again six months later, most likely due to stress, I called Dr. McCluskey immediately. Once again, it worked.

When a co-worker complained of a similar problem and said she had been seeing another chiropractor who “cracked her back”, and it wasn’t working, I recommended Dr. McCluskey. She came back to work and reported her great results as well.

Thanks to Dr. McCluskey and the friendly and professional staff for helping me!

***~ Stacie, Public Relations Specialist, Brunswick, OH***

***“So stiff I was in tears!”***

“Pain in shoulders, upper back, neck, lower back from a car accident. I could not turn my head left to right or right to left without pain. So stiff I was in tears! **Activator Benefits:** Full range of motion after the Activator! I did not realize how much pain I was in and how little my range of motion was until you fixed me! **Describe Activator:** Gentle, non-traumatic, good for chickens like me who hate the thought of someone cracking my back! **Likes Best:** That it actually works! Before I got up off the table I was doubting it did anything, and I was truly amazed! Dr. McCluskey took actual time with me to discover what was wrong, and was intent on making me feel better! Thank you! ~ **Holly, Communications, Seven Hills**

***“The upright table eased me down and Dr. McCluskey worked his magic.”***

“Lower lumbar sciatic pain kept me couch bound for two weeks. Prescription pain pills made me ill and muscle relaxers just didn’t seem to help. A good friend of mine emailed a list of Activator doctors and urged me to go. ~ I’m very thankful to both her and Dr. McCluskey.

**Benefits:** After the first visit Dr. McCluskey relieved my sciatic nerve pain. Subsequent visits helped in aligning my spine and hips. **Describe Activator:** Looked forward to the relaxing feel good therapy. The actual Activator treatment was painless. I remember thinking that’s it ~ I’m done. **Likes Best:** I was so grateful I didn’t have to climb onto a table for treatment in my condition. The upright table eased me down and Dr. McCluskey worked his magic.”

***~ Kim, Airline Customer Service Ticket Agent***

***Cold Laser And Carpal Tunnel***

“Carpal tunnel pain, burning & numbness & loss of grip in my hands. **Cold Laser Benefits:** No more pain or numbness. My grip and strength in my hands have all come back to normal.

**Describe Cold Laser:** There was never any pain during any treatments – only continued improvement in the carpal area. I like the end results of this modern high tech treatment as compared to the old “let’s cut it out” treatment of the surgeon.” ~ **Tom, Forklift Service**

***Technician, Strongsville***

**“THAT WAS THE 1<sup>ST</sup> NIGHT THAT I SLEPT THROUGH THE NIGHT IN MONTHS!! I WAS IMPRESSED!!!” (Carpal Tunnel)**

“After months of extreme pain, burning and numbness in my hands, I reluctantly went to my primary care physician. After the pain of his needle examination it was determined that I had moderate to severe carpal tunnel in left hand and mild to moderate on right. He prescribed some pills (which by the way never even gave any relief). I made an appointment with the doctor who did the carpal surgery on my wife. He was very quick to acknowledge surgery was the only treatment. Due to a conflict of someone else at our shop being out of work for another surgery, I tried to postpone the surgery. FORTUNATELY just about that time I received Dr. McCluskey’s letter in the mail about NON-SURGICAL PAIN RELIEF FROM CARPAL. Dr. McCluskey’s painless diagnosis confirmed the same problem... but now is where the different treatment plan came in. Along with the free examination I also got my first free cold laser treatment & therapy. THAT WAS THE 1<sup>ST</sup> NIGHT THAT I SLEPT THROUGH THE NIGHT IN MONTHS!! I WAS IMPRESSED!!! The numbness and pain & loss of grip were still there but the Dr. set up a treatment plan & got the ball rolling with workers’ comp. The treatment consisted of cold laser, stimulation, massage therapy & hand/wrist exercises. Along with each treatment included the good doctor and his trusty Activator treatment. Throughout the whole treatment the pain “MAGICALLY” (well maybe not magic) constantly lessened with each visit. I kept on saying I’m not sure what part of the treatment helped the most but I sure was happy that it was helping a lot!! There was no excessive twisting or painful treatments. Only painless cold laser, relaxing, invigorating massage of the nerve areas in the arms & wrists, and the exercise therapy for that area. Most people are quick to complain when something doesn’t work right but also slow to accept & thank when things work good. I must say a big THANK YOU to the Dr. and his great staff of therapists and office people. The friendliness and efficiency was GREAT.

DR. MCC...YOU BE THE MAN!!

Now it is over 6 months since my treatment ended and I am still pain free & able to sleep throughout the night with NO PAIN, NO LOSS OF GRIP, NO REHAB, NO TIME MISSED FROM WORK. And, best of all NO REGRETS for making the phone call for pain relief without surgery ...to Dr. McCluskey. I have and will continue to recommend the great doctor to anyone in unnecessary pain. Thank you, *Tom, Forklift Service Technician, Strongsville, OH*

**“Low Back Pain”**

“Low back pain. *Activator Benefits:* No more pain! *Describe:* It was a lot less stressful than traditional chiropractic manipulation. Likes Best: No twisting or wrestling moves.” ~ *Ken, Civil Servant, Parma*

**Cold Laser**

“Neck, upper back, shoulder, lower back. *Benefits:* In conjunction with the Activator quicker healing.” ~ *Holly, Communications, Seven Hills*



### ***“Massage & Carpal Tunnel”***

“Carpal Tunnel pain & numbness in both hands. After massage treatments along with Cold Laser & therapy pain & numb no longer exist. The massage treatments were not only good for the Carpal problem but they also felt REAL SOOTHING & RELAXING!! Dessa’s massages were very relaxing and they seemed to soothe the pain away. She got the blood flowing to the nerves and while doing that it moved the pain & numbness out. I must compliment Dessa especially on her massage treatments. She was very thorough and still allowed me to relax and enjoy the massage. I would recommend her highly.” ~ **Tom, Forklift Service Technician, Strongsville**

***“Decompression seems to be as advertised. My spine seems to have been rejuvenated. I hope this lasts a long time.”***

“Pain was traveling from my lower back down my inner thighs. Because I don’t like ingesting poison, I would not take pain pills. Sometimes I could not sleep unless I took a pain pill.”

***Decompression Benefits:*** “The back pain is gone although I have had relapses. My lower back and inner thighs are less stiff.

***Describe Decompression:*** I felt no pain. As the weight was increased my spine would not be accustomed to the strain. This kept me alert to the machine’s movement. Once my spine became looser, I found it very relaxing.”

***Likes Best:*** “The results. Decompression seems to be as advertised. My spine seems to have been rejuvenated. I hope this lasts a long time.”

“I would be remiss if I did not acknowledge how well the clinic is run. From the office staff to the therapists, they are friendly and competent. Contrary to the intense stretching and strengthening exercises that I experienced in physical therapy, my treatment at the Back and Neck Pain Clinic was relaxing - and the results were better. I have less pain and stiffness in my lower back and inner thighs. Although I have relapses, I usually recover faster and to a better condition than I was in before going to the clinic. Spinal decompression and adjustments have rejuvenated my spine. I have more flexibility and much less pain.” ~ **James, Custodian, Parma**



***“My spine seems to have been rejuvenated.”***

**"Each One (Massage) Felt Better & Better."**

**Before Massage:** "Shoulder tightness, neck & back pain, headaches." **After Massage:** "Relief from all muscle tightness, back & neck pain." **Describe Massage Treatments:** "1<sup>st</sup> one was 60% painful, 40% felt good. 2<sup>nd</sup> one more comfortable. 3<sup>rd</sup> one best. Each succeeding treatment improved muscle pain & neck & back pain decreased." **Liked Best:** "Initially helped relieve muscle tightness, then each one felt better & better. Also, very relaxing & stress relieving." ~ **Susan, RN, Brunswick**

### **Chiroflow Pillow**

"Didn't notice much difference, but my friend from out of town came to visit & used it. She said she slept thru night (for 1<sup>st</sup> time in ages) and felt a great difference in her body from it. She couldn't afford one, so I gave her mine. She has had chronic pain for 20 yrs. & was very happy with the results from the pillow." ~ **Susan, RN, Brunswick**

**"When I returned to the MD for F/U visit for surgery - he was very impressed..." (Cold Laser)**

**Symptoms Before:** "New surgical incision scar." **Benefits From Cold Laser:** "Decreased scar visibly - very effective. Also, when I returned to the MD for F/U visit for surgery - he was very impressed with new bone growth and how well scar had healed at that point." **Describe Cold Laser:** "Pain-free, gently, fast & effective." **Liked Best:** "How fast & effective it was. Thanks for recommending it. I felt very pampered." ~ **Susan, RN, Brunswick**

### **Activator Treatments:**

"Headaches, neck pain - severe to left side. Back pain - that was progressing downward over several weeks - muscle relaxers were not helping at all. Some relief from Vicodin. With each visit I felt some relief of above symptoms." **Describe Activator:** "Very gently. Hard to believe such a small thing can do so much." **Liked Best:** "Very fast & effective. Dr. McCluskey knows how to use that tool!" ~ **Susan, RN, Brunswick**

***“Very Bad Pain In Lower Back & Neck...From Shoveling Snow”***

“I injured my back snow shoveling. Was in a lot of pain. Could not stand up straight or walk very well. Had a lot of pain sitting, standing, walking or lying down. When Dr. McCluskey was done with all his treatments, and only 6 days of treatment, everything was in line and my pain was gone & I could walk right again.

“I was very pleased with Dr. McCluskey’s techniques. They are very gentle and pain free. In a very short time he had my back & neck back in line and without pain. Could stand up straight and walk again (just in 6 days). I received 4 different types of treatment each time and by the end of the day I felt better & better.

“If I had gone to my regular Dr., it would have taken 3-4 weeks of treatment, and I would have had to wait 1-2 weeks to start therapy. Where here I was seen & treated the first day and done in 6 days. ” ***Describe Activator:*** “Very Gentle – I’ve gone to Chiropractors and they want to twist & jerk my neck & back back in line...Where this was Gentle. But still did the trick.”

~ ***Cherlyn, Retired from my own cleaning business (Very Hard Work), N. Royalton***

***“I Would Never Even Allow A Chiropractor To Adjust My Neck Out Of Fear Of Being Injured.”***

“Low back pain. Back pain has been eliminated. Nervousness about getting adjusted eliminated as well. I used to be nervous about manual adjustments & couldn’t relax during an adjustment. I would never even allow a chiropractor to adjust my neck out of fear of being injured. All fear is eliminated with the Activator. I feel at ease getting my neck adjusted with its quick, simple noninvasive technique.” ~ ***Patricia, Homemaker, Parma Hts.***

***“... Nicole had a complete ear examination with fantastic results...no fluid, normal pressure readings and improved hearing!”***

“I wanted to thank you for treating my daughter, Nicole, over the summer. After an eight-month bout with fluid in her ears and numerous infections, an Ear Specialist recommended in April 1999 that she was a prime candidate for tubes. He suggested at that time that we wait out the summer (for swimming, etc.) and consider tubes in late July or early August. A friend suggested an alternative approach (chiropractic) for ear problems in children, and my grandmother recommended I speak with you. Throughout the months of May/June, I believe four to six treatments were administered.

On July 20<sup>th</sup>, Nicole had a complete ear examination with fantastic results...no fluid, normal pressure readings and improved hearing!

Again, thank you so much. My second child is due any day now and should he have persistent ear problems, I won’t wait so long before calling you!” ~ ***J.S., North Olmsted***

### **"Frozen Shoulder."**

"Frozen shoulder. The aftermath of treatment for a lump in my breast eventually left my arm and elbow "locked up." It was impossible to shampoo my hair, lift heavy objects and even sleep comfortably. The orthopedic doctor wanted to operate. I couldn't endure another hospital stay. A friend suggested I try chiropractic therapy. I called your office and knew from my first conversation with the doctor that he had heard and understood me, and he could help. During several weeks of adjustments, ultrasound, and a little exercise therapy, the pain slowly subsided and my arm began to loosen up and move again. Finally, I could sleep through the night and get through a whole day without pain medication. I am back to working out, basketball and playing with my 9-year-old son without any trouble at all! I am very grateful to the doctor and his staff for essentially curing my problem, allowing me to go pain free and moving my arm and shoulder with normal function.

You guys are awesome, I recommend you to anyone" - **L.L., North Royalton, 2002**

### **40 Years of Headaches**

"I am a 56 years young woman and now I feel wonderful thanks to Dr. McCluskey. But for almost 40 years I suffered from terrible headaches. You see, I was in a car accident when I was 16 years old. The car rolled over, but I walked away with not even a scratch. Shortly after that I began having headaches. Sometimes my headaches would be on only one side of my face, other times they would affect both sides. My eyes hurt and my sinuses would be full. Then some of the headaches felt like migraines.

Doctors said my sinuses were fine and open. They said it must be migraine. So I took the drugs they gave me. These headaches came two to three times per week and even when I didn't have a headache I always felt a heavy feeling hovering around my head. The drugs didn't really help except to numb the pain so I could work and take care of my children. Then a friend told me about Dr. McCluskey. After an x-ray, in consultation he told me I had a vertebra turned in my neck. That's when the pieces of the puzzle began to come together as to why I have had these headaches all these years. I never before associated this with the car accident so long ago. After the first treatment I felt relief, but I needed a series of treatments in order to get it to stay in place. I no longer have congestion, I rarely get a headache and if I do, relief is just around the corner (literally). Thank you, Dr. McCluskey.

P.S. The staff at Timber Ridge Clinic is so very loving and caring to all who come in. The atmosphere is great." – **Sandy K., North Royalton**

***"I Decided to Try Chiropractic Care For My (18 Month Old) Son."***

"I have two success stories about myself & my son. I first went to see Dr. McCluskey after my back went out a few years ago. He noticed that my pelvic bone was tilted (probably due to difficult deliveries of my 1<sup>st</sup> 2 kids) & he worked to put it back in place & eliminate my lower back pain. In only a few visits, my back felt great. The AMAZING thing is that I soon realized that the severe pain in my left hip that interfered with my sleep for 3 years was gone! GONE! It's a whole new experience pain-free. My pelvic bone tilted again after a third delivery & Dr. McCluskey helped me again. Life with 3 toddlers is much easier now without chronic back pain. The other amazing story is about my 18 month old son. His pediatrician wanted me to take him to an ear, nose, & throat specialist to inquire about getting tubes in his ear due to fluid that would not drain from recurrent ear infections. Not wanting him to have surgery, I took him in the Dr. McCluskey. I remember reading a testimonial in a past newsletter from a patient in a similar situation with her child & her child not needing surgery after some adjustment. My pediatrician did not believe this type of treatment would be effective. After talking with some parents & then Dr. McCluskey, I decided to try chiropractic care for my son. He had four adjustments before I took him back to his pediatrician. To my amazement & joy, she stated that his ears were "the best they've ever looked." For anyone afraid of manual adjustments like I was, his Activator tool makes adjustments noninvasive & comfortable, even for my 18 month old. I am so thankful for how Dr. McCluskey helped me & my son." ~ ***Patricia, Homemaker, Parma Hts.***

***"...better able to deal with my painful heel spurs, and plantar fasciitis."***

"I have been seeing Dr. McCluskey for a few years now, and it is such a relief to know he is always there. He is both professional and kind, and I always leave the office better than when I came in. Since seeing Dr. McCluskey, I have become informed and better able to deal with my painful heel spurs, and plantar fasciitis. He is a miracle worker, and his staff is second to none. I would never go anywhere else. He is the reason I am able to continue my physical activity. After receiving the ultrasound and cold laser treatments, my foot is ready to go again, and I am most grateful." ~ ***Bonnie, Fitness Instructor, Hinckley***

***"For At Least 15 Years I Didn't Attempt To Dance Because Of My Back And Leg." (Spinal Decompression)***

"When I came through the doors of the clinic, I could hardly walk and was limping noticeably. I had gone through much pain. I was having problems sitting, standing, and driving my car. Before entering the clinic, I had undergone being in traction twice a week for a month. Then I had the caudal block shots in my spine - twice in three years. I had massage therapy for several weeks. All these gave me temporary relief over the past twenty years. After five treatments in the clinic, my limp got better and had some relief in my back.

Now that I've had my final 26 treatments, I feel little pain in my back, I have no limp, the doctor also addressed my neck problem, and I'm able to turn further swivel of my head than before.

Since my treatments I have bowled in 2 leagues and now play golf twice a week. For the first time in 25 years I **feel no pain**. I can do many more things around my home that I could not do before the treatments.

As for my right leg, it was so painful to even drive my car a block to buy my prescriptions. Pain killers some. Now I feel I could drive across the country. **I feel that I limped into the clinic and danced out when finished with treatments.** As for dancing, I did a slow dance with a partner just recently.

For at least 15 years, I didn't attempt to dance because of my back and leg. Now I can do it! If I were to have a problem again, I would go to the clinic in a "NEW YORK MINUTE".

Also, the staff of ladies at the clinic are terrific, pleasant, friendly and capable, well-trained and a pleasure to be amongst. They learn your name, address you such, and they care and are very accommodating. You can be very proud of them, Dr. McCluskey. I shall miss their "cheery" hello and goodbyes. God Bless You, Ladies. For what it's worth, I feel younger now." ~ ***Sincerely yours, William, Retired, Brook Park.***

***"Carpal Tunnel Symptoms. Tingling of fingers, mostly at night or early morning." (Cold Laser Therapy)***

"Carpal Tunnel Symptoms. Tingling of fingers, mostly at night or early morning."  
***Since Cold Laser Treatments:*** "I have none of the symptoms now since I had the



***"I limped into the clinic and danced out when finished with treatments"***

Cold Laser treatments." ***Describe Cold Laser:*** "It was very relaxing. After the treatments were completed I have not had any pain. The staff was very friendly and patient with me." ~ ***Ruth, Semi Retired-pack snacks in boxes for "Snack Attack" ~ Parma Hts.***

***"I Was Involved In A Car Accident Some 22 Years Ago."***

"I was involved in a car accident some 22 years ago. Over the years I'd suffer from some pain in my shoulder, but I actually came into see Dr. McCluskey for a lower back problem that started two yrs prior. I could not get any relief from regular physical therapy. So I decided I had suffered long enough & made the call. I had no problem getting an appointment that same day. I reviewed my history with Dr. McCluskey & started treatment: cold laser therapy, ultrasound, electrical nerve stimulation & the Activator. My pain level went from ongoing & constant to just something that is just a test now & again. Dr. McCluskey also took care of my shoulder problem as well. The Dr. & staff are really great. My pain is becoming a thing of the past. I can go & do the things I need to do without a problem. Would I recommend Timber Ridge Neck & Back Pain Clinic? You bet." ~ ***Patricia, Lead DEO/Cashier, North Royalton***

***"...I woke up with excruciating pain in my right shoulder down my right arm and numbness in 2 fingers on my right hand."***

"I originally went to Dr. McCluskey several years ago for lower back pain and numbness down the back of my right leg. I went through a series of adjustments and treatments. Starting with the first one I felt relief. On January 14<sup>th</sup>, 2006, I woke up with excruciating pain in my right shoulder down my right arm and numbness in 2 fingers on my right hand. My husband drove me to Timber Ridge when they opened. Dr. McCluskey made an adjustment and I received some treatments. Dr. McCluskey said to come back the next day - A SUNDAY - so he could see how I was. When I returned on Sunday I was still having intense pain. I have great respect for Dr. McCluskey for what he told me that Sunday. He advised me to go to the emergency room. He didn't treat me for something that he didn't feel he could take care of. Dr. McCluskey called me early in the week after the weekend in January to see how I was doing. How fantastic is that! I continue to come to Timber Ridge periodically for adjustment/treatments for both my lower back as well as my right shoulder and arm when needed. I am very grateful for the team at Timber Ridge. THANK YOU FOR YOUR WONDERFUL SERVICES." ~ ***Robin, Administrative Assistant, Parma***

**"As A Singer With The Cleveland Orchestra Chorus, I Spend A Long Time Waiting On Stage; Sitting For Long Periods Was Becoming Increasingly More Painful."  
(Spinal Decompression)**

"I had severe pain in my lower back (L4, L5) and was unable to sleep or sit comfortably. Driving was painful. I was miserable." "I have had back pain since '95. I was in a car accident and had 2 pregnancies in 2 years.

After my family practice doctor recommended an MRI, I discovered that I had two herniated disks L4, L5. After a meeting with a neurosurgeon who wanted to schedule back surgery, I chose another route. I had facet injections which helped but it was a temporary fix. As a singer with the Cleveland Orchestra Chorus, I spend a long time waiting on stage; sitting for long periods was becoming increasingly more painful."

"Dr. McCluskey said he thought I would be an excellent candidate for decompression therapy, as it would be a great alternative to invasive surgery and a permanent fix instead of all the temporary ones that hadn't worked for me. So I signed up. After only 4 sessions out of the 20, I realized that I had been sleeping through the night. Not waking up every time I rolled over from the pain. I was actually refreshed all day. I hadn't realized 'til then that I hadn't had a full night's sleep in 12 years! Imagine my joy!"

"I enjoy my time on the bed - it's relaxing, I almost fell asleep today."

"I am thrilled at the prospect of being pain-free after so many years - I can't believe how fast I felt a difference, after only 4 sessions I noticed a huge change."

"No down time from surgery, no repeating the facet injections every 3 months - just a great non-surgical alternative that works!"

Thank you! Thank you!" ~ *Sarah, Singer & Homemaker, Strongsville*



*"No down time from surgery, no repeating the facet injections every 3 months - just a great non-surgical alternative that works!"*





*"Within 3 days the horrible pain was gone..."*

### ***"I Had Horrible Sciatica"***

"I had bilateral knee surgery in 2000. After the surgery, I had horrible sciatica. It started in my low back and went to my leg down to my big toe, which is still numb. I was told it would go away but (it) never did. After the hospital released me, I went to get the Activator treatment. Within 3 days the horrible pain was gone and I do a monthly maintenance to keep the horrible pain away. This works!" ~ ***Sally, Retired, North Royalton***

***"Whenever I strain the muscles in my back..."***

"Whenever I strain the muscles in my back, I feel free to call for some help at Timber Ridge that very day. An appointment is promptly set up for the same day that I call for help.

I immediately feel relief and within only a couple of treatments (or more) my problem is resolved. I have referred others to Dr. McCluskey and they have also been happy with the services at Timber Ridge.

The table is especially helpful because you don't need to climb up to get on the table that tilts down for access." ~ ***Richard, Retired, Richfield***

***"Whew, What A Relief. After Pregnancy, My Body Was Just Not Right."***

"Back pain, muscle pain in my abdomen, difficulty sleeping, not a very comfortable way to be with a new baby. After visiting Dr. McCluskey's office a few times, the discomfort ceased. I felt great! I wished I would have gone to him sooner, and I would have avoided a lot of discomfort & suffering.

The treatments took away the pain and allowed me to take better care for my child. The staff was also great, and a lot of fun. They provided a professional & a fun, relaxing environment. I looked forward to going. Overall, the visits improved my health & boosted my spirits.

~ ***Mary, Registered Nurse, Parma Hts.***

***"Very sore, lower back & shoulder pain. Walking crooked & hunched over."***

"Sore lower back, spine out of alignment." **Activator treatment:** "Back to work, back to normal lifestyles. No pain during & after treatment. I feel a lot better. **Cold Laser:** "Very sore, lower back & shoulder pain." **Cold Laser Benefits:** "Walking crooked & hunched over." Walking without pain & straight." "Pain relief after 4 treatments." ~ **Robert Jones, Sr., President of Mr. Pools, Inc., North Royalton**

***"I injured my knee in a fall shortly before Christmas '06" and could not walk without pain."***

"After two treatments I was walking with very little pain and was able to complete all my Christmas preparations. The cold laser & electrical stimulation were soothing and Activator treatment painless & gave immediate relief. As always, the staff at Timber Ridge was friendly & concerned." ~ **Charlotte, Legal Secretary, Parma Hts., OH**

***"The Residual Pain Associated With Chiropractic Manipulations Is Eliminated."***

"Lower back and sciatic nerve pain. The lower back pain is pain free. The Activator treatment has cleared my sciatic nerve pain to the point where it is becoming a non-factor. Gentle and effective. The Activator eliminated the pain, twisting, and discomfort associated with other chiropractic methods. The residual pain associated with chiropractic manipulations is eliminated." ~ **Theodore, Retired, Broadview Hts.**

***"I do not have the same pain and only after 2 treatments of the Activator."***

"Pain in my neck, back, shoulders & lessened mobility in my arms. I do not have the same pain and only after 2 treatments of the Activator. It is wonderful to have full range of mobility in my arms. I had visited the traditional chiropractor before and after 1 time of having my neck snapped, would not go back. The Activator does not cause any pain but gives relief & lessens symptoms quickly. It just makes me feel good!" ~ **Kathleen, Hair Stylist, Brunswick**

***"I was very nervous about seeing a Chiropractor for the first time."***

"Severe low back pain. Could barely walk... I was very nervous about seeing a Chiropractor for the first time. All my fears disappeared after talking to Dr. McCluskey."

"I can walk and move without pain... I don't think you need to change a thing. It's been a wonderful experience." ~ **Deborah, EEG Technologist, Parma**



*"...and today I am  
totally pain free in my  
lower back."*

***"I Was Told I Had Spinal Stenosis, Herniated Discs And Sciatica."***

"Living with lots of pain – could not stand up straight most times because of the pain – never had a good night's sleep – lots of weakness in my lower legs and feet – numbness and tingling. I had an MRI a few years ago, because of a lot of pain in my lower back and weakness and tingling in my lower legs and feet and was told I had spinal stenosis, herniated discs and sciatica. I was advised to take pain medication, perhaps get a few times cortisone shots and if the pain persisted, I would need surgery, as there was not much else it would help me.

However, I heard a lot of pros and cons about this surgery. So for a while I took my pain pills, but the pain was always there, and my legs got weaker, so much so that my knees would give out, and I had a few falls.

Then one day I saw an ad in the newspaper about a non-surgical treatment and decided to make a call and an appointment with Dr. McCluskey. He took some x-rays and showed me exactly what was wrong with me and why I had so much pain. He started me with the Activator and electric stimulation and suggested I probably would benefit to take the spinal decompression therapy. I took a series of treatments on it, along with electric stimulation and the Activator and today I am totally pain free in my lower back."

"The pain in my lower back is completely gone – it was the best treatment I received. I feel like a whole person again. It is a relaxing and gentle treatment – the spinal decompression machine beats surgery any day." "I am still taking treatments with the Activator, the electric stimulation ...for the trouble with my legs. However, I do have less spasms now and my legs are getting stronger little by little."

"I started on this therapy with lots of pain and after going through it, I came out a new person – to take the treatment relieves your pain, is soothing and I would take it again if needed."

"So Dr. McCluskey and wonderful staff a big thank you for all the help I get here."

***~ Rose, Parma, Retired.***

***"Thank You Dr. McCluskey!"***

"One Sunday morning about 3 weeks ago, I woke up with severe low back pain. So bad, walking across the room brought me to tears. 2 days later, an ad was in my mailbox for Timber Ridge Neck & Back Pain Clinic. I was still in severe pain & thought I should give this a shot. It was one of the best decisions I've ever made. Within a couple of days I was feeling great. Dr. McCluskey ordered cold laser, ultrasound, electric stimulation & Activator treatments. The treatments are completely painless and 3 weeks after starting treatment I have almost no pain at all.

Dr. McCluskey & his staff are a great bunch of caring people. I couldn't have picked a better facility to go to.

Thanks All!! ~ ***Deborah, EEG Technologist, Parma***

***"Pain in neck greatly reduced – No longer have problem with arm."***

"Neck & upper back pain from a car accident – arm was going numb. Pain in neck greatly reduced – No longer have problem with arm. Pain free – easy adjustment. There is no twisting – Recovery is a lot quicker than when you are twisted by a doctor.  
~ ***Pamela, Nanny, Brunswick, OH***

***“I thought I would go in and get “cracked.” After watching the video, having x-rays and meeting with Dr. McCluskey to describe the treatment, I was relieved.”***

“I work full time and am a graduate student, so I have a bit of stress. Once in a while I get a bad shoulder pain that tends to shoot into my neck and sometimes, my arms. It’s terrible! In the past, I put heat on it, took pain killers and waited for weeks for it to go away. When it started to feel like it was happening more frequently, I decided to take some action and try a chiropractor. I decided what I was doing was no longer working and friends recommended chiropractic care.

I thought I would go in and get “cracked.” After watching the video, having x-rays and meeting with Dr. McCluskey to describe the treatment, I was relieved. He put me at ease by explaining what, and more importantly why, he was treating me with the Activator. I had alignment issues on my left side, the side of the shoulder and neck that was bothering me.

The benefits I received from the Activator treatment were relief from pain and just an overall general comfort that I hadn’t felt in a long time. The Activator treatments were gentle and obviously worked. I had mobility back in my neck and shoulders!

I was having trouble driving because of the pain and sitting at my desk and concentrating on my schoolwork was becoming increasingly difficult. Following the treatment, I still had stress in my life, but I wasn’t feeling it in my shoulders and neck anymore! In addition, I am very active and enjoy aerobics, walking, lifting weights and Pilates. I was able to get back to all at full force instead of favoring certain sides of my body.

I was skeptical about chiropractic care, but now that I know firsthand the benefits of the Activator and other treatments, I do not hesitate to recommend Dr. McCluskey and his staff to any friends or family. In fact, my husband was complaining off and on of lower back pain and I was always massaging it for him and he was taking a lot of Ibuprofen. He finally took my advice and went to Dr. McCluskey and couldn’t be happier! Almost daily he tells me how glad he is he took my advice!

Also, with a busy schedule like mine, I am so impressed with how easy it is to make appointments and how respectful the team is of my time. I now know I have time for treatment. What I don’t have time for is pain! With the Activator, massage therapy and other treatments at Timber Ridge, I am able to correct any problems and be pain-free. I highly recommend Dr. McCluskey to anyone experiencing stress pain or discomfort of any kind. Like my husband and me, you won’t be sorry!” ~ ***Stacie Schafer, Public Affairs, Brunswick Hills***

***“I have had many massages in my life... Timber Ridge was the BEST I have ever had!”***

“Prior to the massage at Timber Ridge, I had neck and shoulder stress. In addition, both my arms, especially my right arm, were sore. The pain was primarily in my forearms. I also just had general stress in my back.

I have had many massages in my life. The massage treatment at Timber Ridge was the BEST I have ever had! The therapist took care in assessing my issues. She spent more time on areas that needed it – my arms. She worked hard on all areas that were bothering me. The massage truly relaxed me and my arms never felt better. In addition, my neck had more mobility and I left feeling completely stress free. WONDERFUL!

I love massages and this treatment was fantastic. I enjoy the relaxation and pain-relief I receive from massage. I left feeling invigorated and relaxed. I felt like the stresses had been worked out!”

~ ***Stacie, Public Affairs, Brunswick Hills***

***“I had gotten into a car accident the day after Thanksgiving.”***

“My name is Rachel and I started going to Dr. McCluskey’s office when I had gotten into a car accident the day after Thanksgiving. I was so worried about it being around the holidays and me having a second job that I wouldn’t be able to fit in a Dr.’s appt. But I went anyway to see what they would say. With them being so flexible with their hours I had time for it all. It is now 2 weeks after Christmas and I feel the difference. I went in with neck, middle back, and lower back pain and it being a 7 on the scale. I am now only feeling a 2-3. I could not thank the Dr. or his staff enough for the help they had given me. I had gone to a chiropractor before and all he did was crack my back. At Timber Ridge I got a heat massage, laser massage, ultrasound massage, and adjustments in about 45 min. I’m done. My body feels so relaxed and I can move without discomfort.” ~ ***Rachel, Medical Assistant, Parma***

***“I don’t know if any words can describe the massage.”***

“I had pain in the left side of my neck, lower back and a persistent pain in between my shoulder blades.” ***Benefits:***” I now can feel relaxed. I’m not tossing and turning in my bed at night to try to find a comfortable position. I don’t know if any words can describe the massage. I know it is so relaxing but I also feel revitalized. The best thing is the calm feeling you get while you’re getting your massage and how the calm feeling extends throughout the day. ~ ***Rachel, Medical Assistant, Parma***

***“I will not be twisted like that ever again.”***

“Through the years I have had several mishaps that resulted in a bad back. I also have medical problems with my back such as arthritis and protruding discs. The Activator treatments really work. I have seen several chiropractors over the years and I usually felt worse when I left the office. I will not be twisted like that ever again. When I leave Dr. McCluskey’s office I feel great. I wish I didn’t live so far away. But the trip is worth it when I’m in pain. I get cold laser treatment on my wrists that were previously sprained. I am in pain daily. When I get cold laser treatments on them I am virtually pain free for months, which is wonderful. I recommend Dr. McCluskey to everyone I know. ~ ***Diane, Retired from Ford Motor Co., Vermillion.***

***“I had sprained my wrists in a fall and the cold laser treatments helped my pain tremendously.”***

“I had sprained my wrists in a fall and the cold laser treatments helped my pain tremendously. W/O the cold laser my wrist are in daily pain. And not just pain but extreme pain. Describe: “Very relaxing. You don’t even know you’re getting a treatment. The fact that it works! To be able to do various chores w/o pain for months is the best feeling.” ~ ***Diane, Retired from Ford Motor Co., Vermillion.***

**"...surgery for both the neck and back problems was not an option!"**

"My story began some 44 years ago when, with a cup of coffee in my hand, I twisted to avoid spilling it as I sneezed which brought me to my knees with severe pain in my lower back. This action caused me to '**slip a disc**' and after living with that condition for 5 years going through two pregnancies it became so worn out that the disc ruptured and began to break apart, forcing me to undergo lumbar decompression surgery at the age of 29. I have lived with **degenerative disc disease** for most of my adult life, and throughout the last 44 years I have experienced much pain in my lower back, even after having the surgery.



**"These treatments have been a gift from Heaven to me."**

In 2005, I was diagnosed with **spinal stenosis and 2 herniated lumbar discs**. This condition brought severe pain in my lower back, sacrum and buttocks as well as down my left leg. Again, decompression surgery was the recommendation by the spine center... Several years ago (2003) I was diagnosed with **2 herniated cervical discs** and underwent intense physical therapy...This relief too would prove to be temporary. So with the onset of the **severe pain in both my neck and lower back** last year I knew it was time to seek out a better type of treatment.

That is why I called and came in to see **Dr. McCluskey**. After consultation, exam and x-rays, it was determined that the L1 through L5 in my lower lumbar region were compressed (as Dr. McCluskey said they were bone on bone), and the C5 and C6 in my neck were also pretty much the same way. He said that I had one of the worst neck and back conditions he had seen. With that information and diagnosis I began the Spinal Decompression Treatments in January 2008. These are the benefits I have received...

- I am **standing straighter** than I have for a very long time, and being able to **stand up straight and walk well** like I am now is really something I didn't think I would be doing again! For this I am grateful to **Dr. McCluskey and his staff**.
- I can **rise from sitting position** without hesitation or pain in my lower back.
- I can **stand and walk for a longer period of time without severe pain** or feeling that I have to sit down to take the pressure off of my back
- For the most part, I am at **zero to a very low pain level in the lower back**
- I have the rotation back in my neck and **move my head up and down** more easily with no pain
- The **numbness and tingling** that was occurring in my left shoulder and arm. hand and fingers **are almost completely gone**
- I am **resting and even sleeping much better** as **pain is no longer keeping me awake**.

I would describe the Spinal Decompression Treatments as completely pain-free and quite relaxing...I feel I have gotten **many benefits out of The Spinal Decompression Treatments** but the **best thing** is that I am now **without pain** and **being without severe pain is something I had given up hope of ever knowing again...**

Without **The Spinal Decompression Treatments** I truly believe I would have had to make another trip to the Operating Room and have surgical decompression to relieve my symptoms. **These treatments have been a gift from Heaven to me.**

**Dr. McCluskey and his staff are very warm and friendly**, making you feel very much at ease at all times. They are **much attuned to every patient's needs, and they have been wonderful to me."**

~ Marie, Bedford Hts., Retired

## ***Drives From Solon***

“I live in Solon, Ohio. I drive past many neck and back clinics to go to Dr. McCluskey. The one time when I tried to get out of bed and had a nerve pressing on my back, he met me at his office on a holiday. I called that morning desperate for some help and he put my needs before his. When your back goes out, you cannot function. I was so blessed that he helped me that I tell everyone I know about this dedicated, caring, and superbly talented man.”

~ *Renee, Special Education Interventionist, Solon, OH*

## ***“Dear Dr. McCluskey...”***

“Dear Dr. McCluskey,

I wanted to thank you from the bottom of my heart for making me feel good again. I now can do all the things I love to do. You are indeed a Great Doctor. Your staff and Dr. Phillips were so helpful too. Have a Nice Day.” ~ *Mrs. Josey, Broadview Hts.*



***“I was given nine epidural injections.”***

“In 2007, the Cleveland Clinic diagnosed my condition as spinal stenosis. Also, severe arthritis in both ankles and knees.

I was given nine epidural injections. The first was great and took all my pain away. As time went by, the pain returned until I could stand it no longer. The next step was to see a surgeon. Surgery was something I did not want to go through. One day a friend of mine suggested going to the Timber Ridge Neck & Back Pain Clinic. She told me they had something called “spinal decompression” and heard it was helping many people.

*“...the pain lessened until it was completely gone.”*

The following day I phoned for an appointment. On my first visit I found the staff to be very friendly and congenial. Comfort for the patient was their primary concern. I received my three free spinal decompressions and decided to continue with Dr. Patrick McCluskey.

When I started, I could not sit down or get up from a chair without tears in my eyes. The pain was excruciating. After each treatment, the pain started to subside. As time went on, the pain lessened until it was completely gone.

I would recommend this Clinic to anyone living with pain. They treat you with dignity and tenderness. They are there to help you and they do! Don't be hesitant, pick up the phone and call them now!”

~ *Lucille, Sherwin-Williams Retiree, Poet and Screenwriter, Parma Hts*



### ***Massage Therapy***

“I had a tight, sore back and knots in my back and neck, probably from typing and sitting at a desk all day! I scheduled a massage at Timber Ridge, and was lucky to have been assigned Kait! I was very impressed by her knowledge of the body and how dedicated she was to giving me the best massage possible in order to help me. She was able to massage out the knots in my back without being too forceful, as I am very sensitive. I was blessed to have found someone as dedicated as Kait.” ***Before:*** “Tight, achy back, hard to move neck. Loss of movement.” ***After:*** “Freedom! Full range of motion in neck and back!” ***Describe Massage:*** “Pure Relief! Gentle because I am sensitive, but still very effective.” ***Likes Best:*** “There is nothing like a professional massage by a knowledgeable therapist!”

~ ***Holly, Dispatcher, Seven Hills***



***10 out of 10 pain level before starting and now 0-1 out of 10.***

***"After about six treatments the numbness and burning feeling was gone in my right leg."***

“It was hard to walk and sit for long periods without pain in right leg - Get in and out of my car. I was a 10 out of 10 pain level. After about six treatments the numbness and burning feeling was gone in my right leg. I was able to sit and drive in comfort. My movement has returned to normal (he now rates himself as a 0-1 out of 10 pain level). The spine decompression treatments were painless. The back stretching was relaxing after each treatment I felt refreshed and rested. I highly recommend spinal decompression. The STAFF were always very concerned and pleasant.”

~ ***Stanley, Maintenance, Seven Hills***

***“I am blessed to have been referred to Timber Ridge.”***

“I had suffered in pain for the past 2 ½ years in my lower back going across my right butt cheek & down my right leg to my knee. I was unable to stand or sit or sleep longer than 20 minutes or I could hardly walk or move & would drag my right leg and limp. I went to my regular family doctor and then to a Spine Specialist and was diagnosed with scoliosis, osteoarthritis, and sciatica. I received injections which did not work and 4 months of physical therapy which only taught me how to live with my pain. My hairdresser Becki Breckel referred me to Dr. McCluskey at Timber Ridge. After 4 visits my pain level of 8 went to 1. I am blessed to have been referred to Timber Ridge. All the treatments were pain free, relaxing, & gentle. I am the Controller and now I can sit or stand for as long as I want & no pain. I can also sleep without turning every 20 minutes. Thank you Timber Ridge & entire friendly, caring, staff.”

***~ Eunice, Controller (Accountant), Cleveland.***

***“Left leg would go numb and could not walk or stand”.***

“My name is Bill. When I first came to Timber Ridge I could not stand or walk for than 5 minutes. As the treatment started, I started to feel less and less pain as the weeks went by. I did 25 visits of treatments and feel much better. I would say at the end of treatment I am at 95% recovered. They told me to come in twice per week for adjustments for the other 5%.” (Describe Spinal Decompression): “Pain free and relaxing. I am very happy with the results. Thank you very much.”

***~ William, Business Owner, Strongsville, OH***



**“After the full 24 treatment sessions, I wake up in the morning feeling normal.”**

**“Pain in lower back, traveling down legs. Especially severe in A.M. about 5 minutes after rising, effects lasted all day with difficulty walking.”**

“I first met Dr. McCluskey several years ago when I was North Royalton’s Ward 1 Councilman and he was a highly regarded business owner in my Ward. Little did I know that a few years later I would be his patient. Lying in bed was the only time I was pain free. Minutes after getting up the pain would start alternating between my lower back and hip and running down my leg. I was hard pressed to walk, stand and climb steps at my job. An occasional tennis game with my wife was no longer an option. After consulting with my family physician, I got a prescription for a well known pain killer which didn’t work at all. After having an MRI done, my family physician’s first words to me were “Well, are you ready for surgery?” I had two herniated discs apparent on the MRI. My reply was “let me think

about it.” In my mind I was thinking “Yah, when pigs fly.” Dr. McCluskey reviewed my MRI and was optimistic that spinal decompression therapy could help me. After my first trial session, I could feel a difference. Now, 24 sessions later, I get out of bed pain free and can get around on the job just fine. I haven’t tried to play tennis again, but I just might. There is no doubt in my mind that the best thing I did was to see Dr. McCluskey before opting for surgery. I know several people who have had back surgery and none of them has a happy story to tell. It is totally beyond me as to why anyone would submit to an invasive, risky surgical procedure before investigating alternatives such as spinal decompression. My sessions at Timber Ridge Neck & Back Pain Clinic were relaxing and enjoyable. You can feel the spinal decompression working as you are being treated. The staff is second to none in caring, kindness, friendliness and professionalism. I highly recommend it to anyone with a back or neck pain problem before going under the knife.”

*~ Robert, North Royalton, Court Bailiff, Parma Municipal Court*

## **“The pain went from an 8 in pain level to a 0 on some days, 1 on others.”**

“I hurt the lower middle part of my back moving some automotive batteries around at my store. On average I would say the batteries weigh 50 to 70 lbs. I was stacking them on a skid for shipment to the company that recycles them and I twisted around with two heavy batteries and felt a twinge in my lower back and immediately felt the pain. It was actually so bad that I had to go home about an hour later as I could not walk upright at all. I went through this pain for a couple days each day I had to leave work shortly after arriving as I just could not move around the store with any comfort level. One of my coworkers suggested Timber Ridge that he had used them in the past and liked them so I found their listing on the internet and called for an appointment.”

***Describe Activator treatments:*** “Pain Free, work great, Easier to deal with versus the bend and twist method.”

“Now for me personally I had been to a chiropractor before I had major back surgery in 2004 and I went through 4 months of physical therapy to recover. I also saw a chiropractor for adjustments weekly. I have been two types of chiropractors now and for anyone who may be nervous or feel like they could not relax to let a chiropractor adjust them, maybe you should give Timber Ridge a try. They use a tool called the Activator to do the adjustment and it’s very comfortable. I am in no way putting down the bend and twist kind of chiropractics as I benefitted from it as well. But I believe those people who may have had reservations in the past against the bend and twist style would be able to benefit from the Activator style of chiropractic.

I guess mainly I just wanted the staff at Timber Ridge along with Dr. McCluskey and Dr. Phillips to know how much I appreciated the help they gave me. It has made my life and my work life much better and I can now do my job with little to no pain (hey I'm 40 now I know I'll never be 20 again).”



Jason

General Manager

Automotive Parts Company

## **“My pain level drastically decreased, and my symptoms improved dramatically. It was an answer to my prayers!”**

“I am a 43 year old woman. When I first came to Timber Ridge, I literally felt twice my age! I had constant pain in my calves and my feet. Also I had headaches and migraines. I also had a lot of bladder trouble among other annoying problems. All I kept thinking was “I am too young for this!” I had gone to at least three different doctors, who wanted to write me prescriptions to mask the problems (which could not be pin-pointed). One day I was praying for someone who could help me find out why I felt so horrible all the time, and I found the Timber Ridge clinic ad in my mail. I had heard the testimonials before, but this time I realized maybe I was a candidate for chiropractic treatment. I actually went online and read more personal testimonials and read one from someone I knew, which was a friend of mine that was a nurse. I called her and asked her about Timber Ridge, and she said nothing but good things about them. Sure enough, I made an appointment and my x-rays showed my back was out in 12 places. I realized looking back over the years, I’ve had many falls, incidents, and car accidents which explain why I have been getting worse and worse. I began going for adjustments multiple times per week (most people do not realize it takes many adjustments to get things back in the right). Slowly but surely I began to feel like a brand new person. My pain level drastically decreased, and my symptoms improved dramatically. It was an answer to my prayers! Dr. Phillips is very knowledgeable as well as the staff. Everyone is kind, compassionate, and very understanding, while still maintaining the office in a professional manner. I am blessed to have found Timber Ridge and would recommend them to anyone!”

~ **Deborah, Medical Receptionist, Parma Hts., OH**

## **Leg Pain**

“My left leg hurt me so bad I could hardly walk. I called Dr. McCluskey’s office for an appointment and started treatments. Within a few weeks I was walking and free of pain. I can’t thank him enough... The Activator treatments were gentle and pain free. I prefer them to taking any medication that didn’t help. He’s very caring and couldn’t have helped me more. I’m walking like I should be and I’m very relieved” (**Likes Best About the Activator**) “You don’t even know you’re getting the treatment. It helped me so much. I thank the doctor for helping me walk again. Without the treatment I still would be hurting. He’s the best!”

~ **Dorothy, Strongsville**

**“Shooting pain, severe burning sensations after walking any distance.”  
(Peripheral Neuropathy)**

“I first contracted neuropathy in my feet several years ago. In the last year, the pain and burning sensation has increased dramatically. When I went to the grocery store (or any other shopping trip), I would have to rest my feet and experience pain for an hour or so. Also, I would get shooting pains in my feet that would literally take my breath away. I would be awakened with pain 4 to 5 times a night and have trouble going back to sleep. Two months after starting the ReBuilder program, I no longer get shooting pains. I don’t wake up in pain, and the other day I spent ½ hour walking the store and came home to almost no pain. It’s been an incredible improvement.” **Describe the Peripheral Neuropathy Program:** “It’s easy to use and no pain involved.” **What Do You Like Best About the Neuropathy Program:** “It works!”

~ Dave, Medina

## ***Foot Pain***

**Here is my story:** “In late November 2013, I got tendonitis in my right foot and ankle. I went to Urgicare, ER’s, my family doctor, foot doctors and orthopedics. Everyone agreed it was tendonitis, but they all gave me different advice on how to treat it. They drained my foot and put Cortisone shots in both feet and knees. That lasted only 3 days. I took packs of Prednisone, and it only helped while I was taking it. Tylenol helped a little. Tendonitis is a very painful condition. The foot doctor put a boot on it, and that was a mistake. It made it harder for me to walk and put such a strain on my left side that I got tendinitis in the left knee and foot too!

Now I have it in both feet and knees at the same time. Both were badly swollen and inflamed, making it very hard to walk. Not having the correct treatment and advice from the beginning caused me 6 months of severe pain and made it very difficult to do my work.

I finally decided to call Dr. McCluskey to see if he could help me. He had helped me over the years with my back and neck. I saw him on a Monday morning, and he treated my back and foot. I went back on Tuesday to get another treatment. On Monday, my foot was swollen so badly that you couldn’t see my ankle or toes. I was barely able to walk. But on Tuesday—only 24 hours and one treatment later—the swelling was reduced 50% and some of the inflammation was gone.

My foot is almost back to normal after only 3 weeks of treatment. To think that I suffered needlessly for 6 months—when I should have thought of Dr. McCluskey first!

If you have a knee, foot or ankle problem, don’t hesitate to see Dr. McCluskey. Make him the first doctor you see, not the last. It will save you a lot of pain and suffering. Believe me, tendonitis is a very painful condition that limits you in what you can do.

Thank you Dr. McCluskey and Staff for caring so much.”

~ Marion, North Royalton, 07/10/2014

## PERIPHERAL NEUROPATHY

***“On a recent vacation I walked 10 miles in 7 hours without pain.”***

“About 5 years ago I started feeling a tingling and numbness in my toes. It progressed through time to also feel numbness in the bottom of my feet. This progressed to feeling sharp zapping or shooting pain occasionally. By the time I realized I should seek help, I occasionally had the feeling I was stepping on sharp objects. My feet hurt so bad in the morning or after sitting for a long time I could barely take the first few steps.

I have had 11 treatments and no longer feel the sharp or shooting pains. Most of the tingling is gone and I can get up from bed or a chair and have full balance and can walk immediately. The biggest benefit is that I know my feet are no longer going to be hurting, and I have got a great peace of mind. I have no doubt it is because of the program. On a recent vacation I walked 10 miles in 7 hours without pain.

I found the program exactly like Dr. Phillips and Dr. McCluskey explained it. The staff is wonderful and only interested in your comfort and progress. There is no pain, nothing uncomfortable, and is actually very relaxing. There is no reason to be nervous or to worry. I have felt a difference as my treatment progresses. I bring a book and can read.

**(Likes Best About the Neuropathy Program)** “I feel that no longer feeling the numbness or sharp pains is probably #1. Next, being able to walk the minute I stand and not lose balance is #2. And a big benefit to me is having peace of mind - That is probably what I like best. I know my feet will be fine and as close to normal as they can be with this program. I am so very pleased with the results!”

*~ Linda, Retired, North Royalton*

## CHRONIC KNEE PAIN

“I had gone to Dr. McCluskey for back problems, which ended with excellent results. So, I decided to go back for treatment for a continuous, dull, knee pain problem. Now, after a few months of Cold Laser and chiropractic adjustments, my knee pain has been reduced to an occasional soreness. I plan to continue with further treatment to completely resolve this knee issue.” *~ Terrance, Retired, Parma Hts.*

“I came to the clinic to try the Cold Laser Treatment. After I had hurt my lower back lifting boxes and being on my feet all day, I could not walk straight and the pain was also going down to my knees. After a couple of sessions of the Cold Laser and chiropractic treatment, I have noticed a major difference in the way I walk. Not only can I walk standing up straight, but I am no longer limping as much. The treatment has helped me to be more active in my life. Thank you, Dr. McCluskey and your staff!” *~ Kathy, Parma Hts.*

***“Since my auto accident in 1974 I have not had a pain free day or had my full range of motion of my upper body...”***

***“Before treatments at Timber Ridge I could not:***

“Turn my head left and right, nor could I do cervical side bending... Since my auto accident in 1974 I have not had a pain free day or had my full range of motion of my upper body... My arms could not go straight above my head. I turned my ankles almost daily... I had difficulty sleeping waking up multiple times during the night in a clenched position.

***After receiving treatments:***

“My mobility and range of motion has improved greatly...Now I can turn my head and tilt my head and put my arm above my head. My ankles have not twisted in over a week & the pains in my feet are resolved. My general pain level has decreased as well. I highly recommend the services at Dr. McCluskey’s and his very

professional & friendly staff. They have improved my quality of life and I think you should not hesitate to utilize the services of Dr. McCluskey.” ~ ***Denise, RN, North Royalton***

***“I originally had been apprehensive about going to a chiropractor because I thought there would be a lot of jolting manipulation.”***

“Sharp, stabbing neck pain behind right ear. Pain subsided day by day until it had disappeared within about a week. ***Describe Activator® treatments:*** The pressure was not much more than a finger-flick. There was no associated pain. I originally had been apprehensive about going to a chiropractor because I thought there would be a lot of jolting manipulation. I found this treatment to be comfortable yet quite effective.” ~

***Patricia, Operations Manager, Parma Hts.***



***Could Not Put Arms Over Head For 30 Years But Can Do It Now.***



**"For the first time in several years, I can walk a reasonable distance without experiencing the sharp lower backache..."**

"I can best sum up my experience at Timber Ridge by saying what I've told family and friends recently: I'm having the best summer I've had in years!

For the first time in several years, I can walk a reasonable distance without experiencing the sharp lower backache that always had me looking for a chair to sit a minute or two before walking on.

Previously I'd had back x-rays with diagnosis but no possible treatment suggested. I'd also tried massage therapy, which gave temporary relief.

Finally, on several friends' recommendations and the flyer that arrived one day in the Plain Dealer, I called for the free exam, x-rays, and 3 decompression treatments. I knew within 2 visits that I would go ahead and complete the 24 decompression treatments.

The doctors are caring and attentive: the staff is fantastic. It's a friendly place with very little waiting and no disrobing. The results for me have been excellent.

I'm not only walking distances without looking for places to sit down every couple minutes: best of all, I've been able to go into our above-ground pool almost daily which I couldn't do in previous summers because of the ladders. So many thanks to the doctors and staff at Timber Ridge; my life has been much improved."

**~ Barbara, Parma**