

I was afraid I would end up permanently disabled...

“Neck Pain, Shoulder Pain, Arms Tingled, Low Back Pain, Knee Pain, and Fatigue!”

My Journey to Pain-Free Living...

“You don’t know what you’ve got till it’s gone!” That statement is so true, yet it’s hard to understand until you’ve actually experienced it. Let me tell you my story...

My name is Barb, after working in a factory for 39 years – walking on concrete floors and doing heavy lifting day after day – it finally took its toll on my body, and eventually I started having problems. While I was working, it wasn’t so bad because I kept going, but **once I retired, things kept getting worse and worse.**

First, it started with neck pain, which then went into my shoulders and arms. I also had knee pain, which started to affect my walking. As a result of walking different to protect my knee, it put more stress on my low back, and soon I started experiencing back pain. Before I knew it, I was hurting all over, and it wasn’t long before things reached the point that I **couldn’t even reach up to get a glass off the shelf in my cupboard!**

As the years went by, I went to physical therapy, but unfortunately, it didn’t help very much. My doctor put me on Celebrex, and I took over-the-counter medication and used different creams and salves to try to get rid of the pain. But **none of it helped.**

I became very frustrated because I couldn’t do the simple, daily things that I wanted to do. In fact, **I couldn’t stand long or walk very far.** Even normal housework, like vacuuming, suddenly became a long difficult ordeal. I would vacuum one room, then I would have to stop and take a break because of the pain.

I also had a hard time going up and down stairs, and even normal walking caused me pain. As a result, **doing laundry was a literal pain in my back!** In order for me to do my laundry, I would have to have one of my kids take the basket full of clothes downstairs for me, and then I would bring the laundry upstairs little bits at a time, after it was clean. It’s these little things you just take for granted,

until one day when you simply can’t do them anymore because of pain!

Another thing that was tough for me was going on long trips. When I went on a trip, I would have to stop very frequently to get out of the car and move around because my back hurt so much.

Also, I had a **hard time sleeping** because of the pain in my neck. Then as I lay there, my arm would start to tingle. When that happened, it would scare me because **I wondered if I was having a heart attack!** I’d move around and try to find a comfortable position, but this would go on all night long, so that I never really got a good night’s sleep.

The loss of sleep eventually started to wear on me, and the next thing I knew, my mood would get irritable and owly. And, to top it all off, when I did get out of bed in the morning, I had a real hard time getting my legs to start working because **I was so stiff and tired!** As a result of all of this, I was afraid that I would end up permanently disabled.

Overtime, I had seen several newspaper articles about the Wisconsin Spine Center in Sheboygan and all the people they had helped. When I read the articles, I thought, “Yeah, it helped them but it won’t work for me.” I was also afraid they wouldn’t be able to help me, and I would have to have surgery... and that scared me! **If I could keep from having surgery, I wanted to avoid it at all costs!** Also, I had never been to a chiropractor before, so I really didn’t know what to expect, and that was also a little scary – but not as scary as surgery!

One day, a friend of mine started talking to me about the Wisconsin Spine Center. It turns out that her daughter is a patient of Dr. Kroneck. So, I talked with her daughter, and she encouraged me to come in and see Dr. Kroneck. Her specific comment to me was, “You’re going to love him!” to which I responded, “Well, we’ll see!” **It turns out she was right!**

From the moment I first set foot in the office, I noticed that I felt very comfortable there. It’s not like a lot of other doctors’ offices I have been to, which had a “cold” feeling to them. Here, **you actually feel welcome!**

I was still a little apprehensive when I first met Dr. Kroneck because of the fact that physical therapy hadn’t helped me, so I wasn’t sure he could either. But after he examined me and we went over the results, I was encouraged and hopeful that maybe they *could* help me! Well, I’m happy to report, it has made a world of difference for me... **it has changed my life!**

To begin with, I can **walk farther** without pain, and I can **reach my cupboard shelves** now – without standing on a step stool! This may not seem exciting to others, but when you can’t do it, you appreciate the fact that you don’t have to ask someone else to reach a glass for you. I can **vacuum my whole house** at one time, without having to stop and take a break after every room. I can **carry a whole load of laundry** in the basket up the stairs, all at once! And I haven’t had any pain in my neck in... I can’t tell you how long! In fact, I now **sleep like a rock** at night!

In general, I’m more at ease and comfortable now, because I don’t have all the pain that I used to have. It’s just gone! Another bonus is that **I can go on long trips** now without a problem. In fact, I just completed a trip where we put on over 1,400 miles – which means riding in a car, doing lots of walking, sleeping in different beds – and I was completely fine! It’s such a relief to do normal everyday activities without causing a bunch of pain!

The staff at the Wisconsin Spine Center is wonderful, friendly, and caring. I really appreciate that **they tried things I hadn’t had done before.** Their approach is different from that of other doctors and therapists I’ve seen.

I tell my family and friends to try the Wisconsin Spine Center. It’s a different

treatment than other therapists. They're honest, upfront, and caring, and I can truly say that **they've done wonders for me** when I didn't think anyone could!

-Barb W.