

At 88 Years Old, I'm No Spring Chicken,

“I was Suffering with Low Back Pain, Sciatica, Neck Pain, and Shoulder Pain!”

And After 6 Months of Care, I Wasn't Any Better...

Living with pain can affect every part of your life. It can keep you from enjoying the good things in life – time with your children or grandkids, playing golf, and even just working around the house or out in the yard. And every time you try and push through the pain – like standing or walking for a long period of time – you end up paying for it over the next couple of days with even more pain. If this sounds familiar then let me tell you my story...

My name is Bernetta Brendel and at 88 years old, I'm not exactly a spring chicken. Growing up on a farm, I did a lot of heavy lifting and as a result, I started having back problems way back when I was just a teenager. **If I had known then what I know now**, I would have done things differently. But I can't go back in time and change it, so here I am today.

Over the past year, I really started suffering with severe low back pain, sciatica down my leg, shoulder pain, and neck pain. (I thought all of this was just a result of old age.) But then the pain started **affecting my ability to walk normally** and I started having a **hard time doing my normal house work**. I also noticed that I had lost 4 ½ inches in height the last few years, and I didn't want to lose anymore!

Because of the pain, I sought the help of a chiropractor. I went there for six months, but unfortunately, it just didn't help. I kept thinking that there must be **something out there that could help me**, and I definitely didn't think that surgery was the answer.



I'm used to going and doing whatever I feel like going and doing, but as the pain got worse, I wasn't able to do all the things I wanted too, and I became very frustrated. I had a **tough time vacuuming**, cleaning the floor, and doing other household chores. Really, the worst thing was that it was quite a **struggle for me to try and pull out the weeds** in my garden without falling down onto my butt. There were even times that I had to **put off washing the dishes** because my back hurt so badly.

Then one day, I saw an article in the paper about a woman who was a retired school teacher who had been suffering with back pain and sciatica for several years. The article told how she finally found relief by working with Dr. Timothy Kroneck at the Wisconsin Spine Center in Sheboygan and utilizing some new technology they have.

So, I decided to give them a call and see if they could help me, and **I'm really glad I did**. Because after I started working with them...

I remember how excited I was the day I told Dr. Kroneck that I had been **able to bake 3 batches of cookies** – and I didn't even have to sit down once! Then I noticed that while I was shopping at the grocery

store, I was **walking better** and I **didn't have any pain!** At this point, I'm sleeping a lot better, and this year I was able to plant my whole flower garden, and I did just fine.

Since being under care with Dr. Kroneck not only was I able to plant my garden, but I was also **able to pull some awfully tough weeds** this past year, and it didn't bother my back at all!

When I first came to see Dr. Kroneck, things had reached the point that **I had to use a cane all the time to get around**. Now, the only time I need to use it is when I'm walking around outside on uneven ground or in my garden. I'm also happy to report that I've been able to **bake dozens of cookies for church** without any problem whatsoever.

Overall, I'd say I'm doing pretty good (unless I overdo it), and I've been canning tomatoes, raking leaves, and **even cleaning the garage!** In fact, there have *even* been times that I have completely forgotten my cane – because I'm feeling so good!

I truly appreciate the relief I have received by working with the Wisconsin Spine Center and Dr. Kroneck. The staff at the Wisconsin Spine Center couldn't be any nicer (and most of the time they even behave themselves.) I've had wonderful care here and I can honestly say... I really don't think you can go wrong by giving them a try!

-Bernetta Brendel