

# “Teen Car Accident Led to 20 Years of Pain!”

*Here's how I finally found relief...*

Do you remember that car accident you had as a teenager that you walked away from, so you thought everything was ok? Well, sometimes everything wasn't ok, but it may not catch up with you until years later. That's what happened to me... let me tell you my story.

My name is Carol, and I spend a lot of time on the computer which is very taxing on my neck, shoulders, arms and hands. **For the last 20 years I have had severe neck pain**, along with some shoulder and upper back pain, as well as **numbness and tingling in both my arms**, especially when sleeping at night.

I believe my problems were caused by a roll over car accident I had when I was sixteen. My car was totaled, but the deer was fortunate enough to get up and run away! Of course, at sixteen, I felt no pain at the time, and I walked away without a scratch... or so I thought.

For many years, I worked as a data entry clerk, which aggravated my injury to the point that one day I could hardly get out of bed. My neck pain was so bad, **I actually cried as I rolled over**. I knew then that it was time to get some help.

I went to see my family doctor, who prescribed muscle relaxers and pain relievers, which only masked the injury. As time went by, I developed muscle spasms that started in my neck and would shoot down into my back, plus I was having **daily headaches**. At this time, I decided to try chiropractic, which some of my family members had recommended. The treatments helped somewhat, but didn't completely stop my pain.

Fortunately, one day I read an article in the newspaper that featured a friend of mine. In the article, she stated how her low back pain had been so bad that it was keeping her from playing with her kids, and how she would come home from work at night and cry from the pain she was in. She went on to tell about the wonderful results she received with her low back pain at the Wisconsin Spine Center, even though she has advanced degenerative disc disease.

After reading her story and researching the unique treatments offered at the Wisconsin Spine Center, I decided to give them a try. So, I set up an appointment to meet with the clinic director, Dr. Timothy Kroneck, and I honestly believe it was one of

the best decisions I have ever made!

Within a few weeks of starting care, I had less pain and I noticed I could turn my head and look easier over my shoulder while I was driving.

As I have continued with care, I am now able to sleep through the night without the numbness and tingling in my arms; my back pain is completely gone, I don't have the daily headaches anymore, and my neck has improved drastically!

I am really thankful for the various types of treatment that Dr. Kroneck uses, as well as the kind, friendly staff – it all combines to create a wonderful healing experience! In fact, **I would say I'm eternally grateful for the care I have received...** that's how much better I feel and how much I enjoy the treatments!

I would definitely recommend the Wisconsin Spine Center to anyone who is looking to alleviate their pain, and not just cover it up!

**-Carol S.**