

“I Was Tempted to Give Up!”

But I Finally Found Relief...

What do you do when what you're doing isn't working? Do you give up? Or do you keep searching until you find something that does work? Fortunately for me, I'm **glad I didn't give up...** let me tell you my story.

My name is Debra. I'm a church secretary, and I'm also a handbell choir director. Because of this I do a lot of sitting, lifting, and arm waving.

My problems started when I was very young but really got bad about 5 years ago. Initially, I had **upper back and neck pain** as a result of my activities. So, I started seeing a chiropractor, which definitely helped. But as time went on, I started having **pain in my feet and legs** while walking my dog... which eventually led to **low back pain**. I got orthotics for my shoes and started seeing a massage therapist as well as the chiropractor. That gave me some relief, but didn't last very long.

As time went by, I progressively got worse, and my low back, hips, and legs started to hurt so bad that I wasn't able to **sleep for more than 1-2 hours** at a time. I couldn't sleep on my back, sides, or stomach. I even tried

sleeping in a recliner, but that didn't help at all. As a result, I dreaded going to bed at night. I was losing a lot of sleep and **getting crankier** as time went by.

The pain got so bad, that finally, my **husband** had to take over doing the **laundry** because **I couldn't use the stairs anymore**. The only way I could go up and down stairs was if I literally crawled. It got to the point that I had a hard time **standing still very long**, and eventually, even **walking became a chore**. And to top it all off, **my hands started to tingle** whenever I did sleep at night.

Fortunately, one day I saw an article in the newspaper about a lady who had problems similar to mine. The article told how she had found relief by utilizing some newer technology at the Wisconsin Spine Center with Dr. Timothy Kroneck. So, I decided to give them a call and see if they could help me.

After reviewing everything, Dr. Kroneck said he thought they could help and would accept my case.

Since I began care with Dr. Kroneck, it has made a **tremendous difference** in my entire life! For one thing, I am now **sleeping like a log** for 8-9 hours straight at night! I'm

able to **do my own laundry** now, and I can **climb the stairs** with basically no pain. I enjoy my walks with the dog once again, and I'm even able to **walk 2-3 miles** instead of just around the block!

I really appreciate the willingness of the staff to give me time to explain my issues and to actually listen and act on them. This is a group that **truly cares about you**, the individual. There are so many different techniques and therapies that they utilize here at the Wisconsin Spine Center... things that I didn't get with a brief in-and-out appointment at other offices, or a trip to the medical doctor.

I can't say enough good things about the great care and concern that I have received from the staff at the Wisconsin Spine Center.

-Debra F.