

# “Fortunately, The Nurse Told Me!”

*And here's what happened...*

Thank goodness for nurses! I don't know what the lifetime lethal dose for painkillers is... and I'm glad I didn't find out! Now, I'm getting ahead of myself. Let me start at the beginning.

About seven years ago, a casting blew up at work and hit me in the head and face, causing a concussion.

Within a week, I started **waking up with headaches every morning** and would have multiple headaches throughout the day. Then things got worse as **I lost the feeling in my hands**, and they **always felt swollen**. It got so bad that I couldn't tell how hard I was holding a pen. If I filled out any paperwork, I would squeeze the pen so hard that my hand would throb for a couple hours after I was done. Also, I had sharp pains in my elbows, constant neck and upper back pain, my low back and hip hurt when I lifted things at work. My feet ached all the time as well.

The pain finally reached the point that I started **popping painkillers like they were candy**. I went to a medical doctor and a chiropractor, who both thought I had carpal tunnel syndrome, because I had had carpal tunnel surgery in the past.

From there, I went through a series of physical therapy treatments with a physical therapist who thought the problems were coming from my

neck, and eventually, I ended up having steroid injections. While I did get a little bit of temporary relief from all of these procedures... none of them really helped me long-term.

Finally, about a year ago, I had an MRI that showed I had a herniated, extruded disc in my neck, and therefore surgery was recommended. I said there was **no way** that I was going to let anyone **cut on my neck**. So, I decided I would just live with the pain and continue to take painkillers every day.

A little while after this, I saw a TV show that talked about a new way to help with disc problems. I was interested, but I thought the only place to get this therapy was in Milwaukee. When I mentioned something to the nurse at work, he told me that there was a clinic right here in Sheboygan that had this technology.

At this point, I was **interested** but still a bit **skeptical**.

Despite my concerns, I made an appointment and met with Dr. Timothy Kroneck, the clinic director of the Wisconsin Spine Center. He told me that, based on my history and test results, he thought he could help me.

Within a few visits, I started to notice improvements. One of the first things I noticed was that I could feel my spine, which was a different sensation for me. Pretty soon, I was **feeling better than I had in a long time**.

For 6 years, I took at least 8 pain pills every single day. On some days, I took 10, 12, or even 14 pills just to get through the day. Well, just 10 days after I started care at the Wisconsin Spine Center, I went an entire day without taking a single painkiller for the **first time in 6 years!** I was thrilled!

As I continued with treatment, things continued to improve. Now, I can pick things up and work with my hands for long periods of time without any pain. I have far fewer headaches than before, and it's easier to stay on my feet without the aches and pains I used to have. Plus, now I rarely take any painkillers at all. It's wonderful to be able to do **yard work, go fishing, and enjoy a full day** without any pain whatsoever!

I must say, the staff at the Wisconsin Spine Center is very friendly, and they listen to your questions and problems. They talk to you so you understand your condition, and they make sure you're comfortable during and after your treatments. I think they're great!

**-Doug S.**