

# Battling Back Pain for 20 Years!

## *How I Finally Got My Life Back...*

Mayo, Froedtert, chiropractors, physical therapists, and pain management – I've been to them all and *still* had issues. Let me tell you my story...

My name is Janis and I'm a retired nurse. I never had a car accident or motorcycle accident, never fell off a ladder or down the steps, never even had a work injury. But **20 years** ago, I started having a **lot of back pain**.

Due to the pain, I couldn't get in and out of the car or bathtub, and one time, the pain was so bad that I **gave my credit card to a complete stranger** at a gas station to put gas in my car – because I couldn't get out of the car!

I went to a chiropractor, and it helped. But seven years ago, my back started hurting again. I went to Froedtert Urgent Care and Sports Center, and they recommended physical therapy, so I saw a physical therapist.

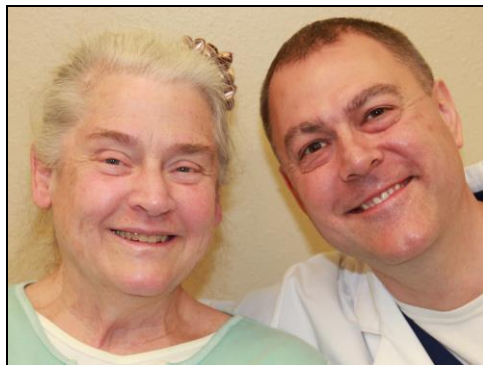
Two years later, I started having problems with my right leg. I had x-rays, an MRI, and a doppler test. A month later, I was **still suffering** with my right leg. I saw another doctor, and he suspected my issues were related to medication I was taking.

A year after that, I saw a vascular doctor who ordered an MRI of my back. He said I had a **lot of back issues**, which explained a lot of my problems. He sent me to physical therapy for several months, which helped some.

Another year went by, I saw an orthopedic doctor who said I wasn't a candidate for surgery. He sent me to physical therapy again, which I did for a while.

After that, I was referred to **pain management** at Froedtert. They did

more x-rays and referred me to their chiropractor, but I only saw him once.



The next year I was up at **Mayo Clinic**. They x-rayed my hips, and I saw one of their orthopedic doctors. They diagnosed me with **arthritis** and sent me back to physical therapy again, which I did for a while.

As time went on, I became **frustrated** because I was moving out of my condo and I had a lot to do, but my body was in pain and was **limiting what I could accomplish**.

Periodically, I would see stories in the newspaper about the Wisconsin Spine Center. I **never paid much attention** to them, but with the pain I was having, I decided to read the article. As I read it, I thought, 'I could have written that story!' Everything in it described what I was feeling.

Because of my past experiences with forceful adjustments, I had become **fearful of chiropractors**. Also, the first chiropractic office I had been to 20 years ago that helped me, now said they wouldn't touch me. But after reading the article, I decided I had nothing to lose and I would give Dr. Kroneck a try to see if he could help. Honestly, because that first chiropractic office wouldn't even touch me now, I fully expected Dr. Kroneck to give me a similar answer.

But after meeting Dr. Kroneck the first time, as a nurse, I was **quite impressed with how thorough his examination was**. When we reviewed his findings, I didn't realize all the issues I had, but they totally made sense with what I was experiencing.

So, I started working with the Wisconsin Spine Center, and after a period of time, I was doing really well. The **pain was all gone**. I could get in and out of the tub and the car, and I was packing because I was moving. My ability to go up and down stairs was greatly improved. Then, for various reasons, I stopped treatment.

Several months later, I was in rough shape again. I was having pain and difficulty with stairs, and it was hard getting in and out of the car and bathtub.

I went **back to Mayo**, and after low back and neck x-rays, they concluded I didn't need surgery or any cortisone injections. They recommended over-the-counter medication and pain patches, etc.

So, I went back to the Wisconsin Spine Center, and once again, they **helped me get my life back!**

One thing I really appreciate about Dr. Kroneck is his honesty. He is upfront and truthful about if he thinks they can help you or not. And if they accept your case, they will do everything they can to help.

As a retired RN, it's nice to see an office that is warm and friendly and truly cares about you, the patient! Needless to say, I can't say enough good things about the Wisconsin Spine Center!

**-Janis Hoesterman**