

I went from kidney failure to...

“Nerve Damage and Back Pain!”

And look at me now...

Sometimes, surgery can save your life. Sometimes, it can leave you crippled. Sometimes, it can do both. This is my story...

My name is John Yellstrom, and I'm a survivor – a kidney transplant survivor.

It all really started 25 years ago when I sneezed and ended up with a **herniated disc**. At that time, I went to the hospital, and they put me in traction to take care of it.

Fast forward to five years ago, when I needed a new kidney. I was fortunate enough to receive one – and for that, I am extremely grateful.

Unfortunately, the kidney transplant surgery left me with some **nerve damage** in my right leg, which affected the way I walk. As a result of walking differently, I ended up developing **low back pain** shortly after I recovered from the surgery for the kidney transplant. Eventually, this led to **chronic leg pain**, and my legs started **cramping** up on me all the time.

Because of all of this, I couldn't walk any great distance. Even going for a **simple walk became impossible**. I had to stop going to my grandchildren's sporting events because I couldn't walk from the parking lot to the building. I love to hunt and fish, but do to my limitations, I couldn't keep doing them like I used to. (Especially with the nerve damage in my leg, I'm concerned about walking around in the woods with a loaded weapon.)

Then, four years ago, the pain got so bad that I **couldn't lay in bed anymore**. That's when I had to start sleeping in a recliner – and let me tell you, it isn't very restful to sleep

in a recliner, night after night, after night, for four straight years!



As this was going on, I went to a nerve doctor who put a brace on my leg, but that didn't seem to do any good or help in anyway.

Next, I went to a chiropractor for a few years. After he would work on me, I would feel a little better the rest of that day, but by the very next day, I was right back to where I started, as far as the pain in my back and my ability to walk were concerned.

Since no one was able to help me, I figured I would just have to **live like this for the rest of my life**. I figured that over time, it would just keep getting worse and worse – and I was afraid of where I would eventually end up!

Then, one day, I saw a story in the newspaper that gave me some hope. The story was about a man from Oostburg who had similar symptoms to what I had. The story told about how he had been helped by working with Dr. Timothy Kroneck at the Wisconsin Spine Center, where he was treated with some state-of-the-art therapies that they offered.

So, I decided to call and make an appointment to see if they could help me.

After meeting with Dr. Kroneck for the first time and having him examine me, I was **very impressed** at how thorough he was. I knew right away that he definitely knew what he was doing!

Fortunately, Dr. Kroneck was willing to accept my case, and he laid out an in-depth, detailed treatment plan to help me get better.

At this point, things are a lot better! In fact, I **no longer have any lower back pain at all!** I can bend down and pick things up off the floor, tie my shoes, and even use the riding lawn mower now, without any pain whatsoever! I'm also able to stand for a longer length of time, and I can walk greater distances too! (Even people at church have noticed!)

Another nice thing is that I don't have to sleep in the recliner anymore, and I'm able to **sleep all night long** in bed with no problem! Because of this, I find that I'm much better rested in the morning as well.

Another huge change that I have noticed is that I'm also starting to get **feeling back in my leg** that has been gone ever since the kidney transplant, five years ago! Now that's incredible!

The entire staff at the Wisconsin Spine Center are all fantastic! They are friendly, easy to get along with, and they do a great job!

If you were to ask me about the Wisconsin Spine Center, I would tell you to definitely make an appointment and let Dr. Kroneck do an evaluation to see if they can help you! You just may be surprised!

-John Yellstrom