

Suffering with Pain Since Childhood,

“All I Could See Was a Wheelchair!”

Having pain of any kind can be a miserable – even crippling condition. Nothing’s worse than feeling great mentally, but physically, you feel held back from life because you hurt and the pain just won’t go away! Fortunately, if you are suffering, there may be help. Let me tell you my story...

My name is Kenny Brunnbauer, and I spent most of my life working in the printing business – I even owned my own print shop. Throughout the years, I’ve done a lot of physical labor, and it has taken a toll on my body.

All my life, ever since childhood, I have had back pain of some sort. In fact, **I can’t remember ever having a day without pain**, and over the years, it started bothering me more and more.

I went to my family doctor, and he prescribed pain pills which helped for a while. But eventually, I started to lose the feeling in my legs. So, 20 years ago, I went ahead and had **back surgery**. The surgery I had is called a laminectomy (it’s where they cut off part of the bone in your spine). This helped me regain the feeling in my legs, but the **back pain was still there**. As the years went by and my back pain continued, I talked to the surgeon again, and he told me he couldn’t do another surgery on my back because of a heart condition that I have.

Over time, things got worse and worse. Not only did my low back hurt, but I also started having **pain in my legs** – particularly when I was standing still in one place. Eventually, I began having trouble getting around and I started having to **use a walker all the time**, even just walking around the house. It was also hard getting in and out of my car, and I would have to **lift my legs with my hands** to swing them into the car.

The pain started affecting my household chores as well as my hobbies. It was difficult to cut my grass, I had to stop playing golf, and I had to quit bowling. I also had **trouble getting dressed** – it was especially hard for me to bend over and put my shoes on, and even getting my shirt on was tough because of **pain in my shoulder**. In addition to this, **my neck hurt all the time**, and as a result, I had trouble turning my head from side to side when I was driving my car to look for traffic. I found I had to turn my whole body to see the oncoming cars, which really isn’t safe at all!

I became very frustrated. I felt that if things continued the way they were going, and I continued to get worse, in my future, **all I could see was a wheelchair** – and needing someone to push me around all the time. I have always been used to doing anything I wanted to, and here I couldn’t even do yard work or wash my car!



Fortunately, I saw an article in the newspaper about the Wisconsin Spine Center and Dr. Timothy Kroneck. It told about some newer technology they have for helping spinal problems. Since I had already tried pain pills and back surgery, I thought I would see if they could help me.

When I first met Dr. Kroneck, I said, “If you can keep me from being in a wheelchair, even if I have to use this walker for the rest of my life, I’ll be happy. I just don’t want to keep getting worse like I have been.”

Well, all I can say now is... WOW! What a difference! I’d say I’ve made a lot of progress since coming here. You don’t know how good it feels to walk – even a little bit better than I was! I’m now **able to do so many things that I couldn’t do before!**

To start with, I can go up and down the stairs in our home now – without stopping. I’m able to get in and out of the car without any problem, and I don’t have to use my hands to help lift my legs into the car anymore. I’ve noticed my balance is better, and my legs are stronger. I was even able to go out and scrape my whole truck off after a big snow storm – and **I didn’t even need my walker!**

Another thing I noticed is that I’m sleeping better – I can sleep without having a lot of pain. I can get up easier than I used to. Also, it’s **easier getting dressed** now that my low back and shoulder don’t hurt like they did. I can put my pants, shirt, and shoes on now without a problem. (Something we all take for granted.)

Another thing that was incredible was when we went to a family picnic, and I stood and played the bean bag toss game two times in a row! I was thrilled that I could do it – especially considering what I used to be like!

One of the things I’m most happy about is that I can **do yard work again**. I was able to cut my hedges – and I did it for a longer period of time and had a lot less pain than last year! I was able to rake and blow leaves for two hours and did just fine – there’s no way I could have done that before! And this year, I even helped put up

Christmas decorations. I’m so happy that I don’t have pain like before!

My neck doesn’t hurt at all anymore, and I can turn my head real good now when I’m driving my car. Because of this, I feel that I will be able to continue driving longer than I would have been able to beforehand. Another thing I can do is **bend over to pick things up** off the floor without my back killing me – and I’ve even been able to work on my old car once again!

At this point, I **no longer worry about ending up in a wheelchair**. I can get around just fine and do the things I need to do. I’m able to walk up and back for communion at church completely on my own – and **I don’t need to hold onto anything!** I can go to the gas station, and out to restaurants without needing a walker.

I’ve been able to wash and wax my old car. And I was even able to go shopping at the store for gifts for my wife – which I definitely couldn’t have done earlier this year! To tell you the truth, **I can’t remember the last time I felt so good!**

I plan on trying to bowl again in the near future, and because of how much I’ve improved, friends are even wondering if I’m going to play golf this summer!

I have eight children, and all of them have noticed a **huge difference** in me – for the better. They tell me I’m walking much better than I was before, which relieves them of some of the concerns they had for me. In fact, before coming here, they had told me to stop driving for fear I would have an accident.

Plus, as an extra bonus, **my wife says I’m not complaining like I used to!**

The staff at the Wisconsin Spine Center is great, and my care has been very good. The office is run on a very professional level, and I don’t think you could find nicer staff anywhere. They treat you with great care and respect. They **treat you like you are a real person**, not just a number. They don’t just rush you in and out, and I’d say they do an excellent job!

I’m really happy with what Dr. Kroneck has done for me, and I’m very pleased with the care I’ve received from the Wisconsin Spine Center. If someone was to ask me about coming here, I’d tell them they should definitely try it.

And if anyone asks, you can tell them – **Kenny Brunnbauer tried it, and he liked it!**

My sincere hope is that by sharing my story, maybe somebody out there can be helped as much as I was. You really should give the Wisconsin Spine Center the opportunity to help you, too!

-Kenny Brunnbauer