

“From Pain & Pills... To Spry & Spunky!”

How I Finally Found Relief...

How would you finish this sentence: “Oh, my aching... feet, knees, hips, back, neck, shoulders, head?” Let me tell you how I would finish it...

My name is Linda Binversie, and I’ve been a pharmacy technician for almost 17 years. I’ve always had jobs standing on my feet, so I’ve done a lot of walking, and I’m usually **on my feet all day long**.

About 12 years I ago, I started having problems with my back and knees. I went to a chiropractor, which seemed to help some. Then I stopped going, and over time, my problems returned.

When the pain came back, I went to see an orthopedic surgeon, mainly because **my knees hurt so badly**. He gave me cortisone shots, which didn’t really help at all, except to give me migraines. He offered to do surgery to repair my knees... but I really didn’t want anyone cutting on me.

At this point, I saw another chiropractor, which helped me for a while, except for my knee pain. So, she had me go **back to the orthopedic surgeon** again, and of course, all he could offer was to do surgery... which I didn’t want.

As time went on, my hips started to hurt, so I asked my chiropractor to take some x-rays. She discovered that I had degenerative disc disease in my low back. So, she sent me **back to see the orthopedic surgeon again**, and... he wanted to do surgery. I asked him if he could

guarantee that I wouldn’t have any pain after he operated on me, and he said he couldn’t guarantee that. So, I said, “Thanks, but no thanks.”



I began hemming and hawing about what I should do because I still needed to keep working, but the **pain was becoming debilitating**, and no one seemed to be able to help me.

I started taking four tramadol (a very powerful pain killer) every day, just to get through the day. I went to **physical therapy**, but that only seemed to aggravate my problems and **make the pain worse**.

About this time, we had a good friend who was seeing Dr. Timothy Kroneck, who is the clinic director of the Wisconsin Spine Center. He told us how Dr. Kroneck had been able to **help him with some bulging discs** that he had been suffering from, and he said I should give Dr. Kroneck a try.

Now, I had seen articles in the newspaper about different folks that Dr. Kroneck had helped, but **I wasn’t sure if he could help me** because I had already been to other chiropractors. But my friend kept encouraging me, telling me how much he had been helped.

Finally, my husband said, “**Try it. What have you got to lose?**” So, I called and made an appointment, and I’m happy I did.

By the time I finally I came to see Dr. Kroneck, I was having **low back, hip, and knee pain** that was quite severe and starting to limit my daily activities, as well as a **lot of neck pain**.

After Dr. Kroneck examined me and reviewed my case, he told me he thought they might be able to help, but he didn’t know to what extent. I decided to give it a try and see... after all, **what did I have to lose (except for the pain)?!**

Since being under care, **I no longer suffer with neck and low back pain**. My stamina is much better. I’m more spry and spunky, I’m walking better, and I’m not hunched over when I walk now. I’m able to work 8-9 hours straight. **Many days, I don’t need to take any pain pills at all**, and even if I do (because I have to do a lot of walking), I only have to take one pain pill instead of taking four like I used to.

I have found the staff at the Wisconsin Spine Center to be **very friendly and concerned about your comfort**. I’ve recommended them to other people because I have had such good results. If you’re wondering if they can help you or a loved one, I would say try it – what have you got to lose, except your pain?

-Linda Binversie