

“From Suffering for 20 Years... to 4 Hours of Shopping!”

Here's how I regained my life...

What would you do if you lived alone and you hurt so bad that you couldn't get out of bed in the morning? How would you dress yourself, make your meals, get to work, go shopping, clean your house, and take care of the lawn? Let me tell you my story...

My name is Louise, and for the last **20 years**, I have suffered with **constant low back and hip pain**.

During those 20 years, there were times my back would actually lock up on me, and **I could barely move**. As you can imagine, the pain often kept me from doing a lot of things I wanted and *needed* to do, which is particularly difficult because I live alone.

For instance, I found it hard to cook a meal without stopping to take breaks and sit down. I couldn't do the dishes without leaning on the sink. Wiping the floor on my hands and knees was almost impossible, and raking the lawn basically *was* impossible.

Anytime I had to stand still very long – like waiting in line at a store – it was bad news. It was even worse with walking, and shopping was **an absolute nightmare**. Whenever I did go shopping, it always felt better to lean on the shopping cart, but even then, it was still bad.

Another thing I noticed was that my pant legs were uneven, one hip stuck way out to the side, and there was a large ‘S’ curve to my spine.

I love to travel, but it has been completely out of the question for quite awhile because it was so difficult for me to pull my luggage through the airport – or anywhere else for that matter.

I was told that in addition to scoliosis, I had degenerative disc disease in my spine. So, I went to a chiropractor for nine years with no real relief to speak of. I was also taking over-the-counter medications, which helped a tiny bit but not much. It seemed like no matter what I tried, I had **very little relief**.

It finally reached the point that I started getting **upset and very frustrated** with the pain. I knew I had to do something – the problem was, **I didn't know what to do**, where to go, or who to turn to. Many times, my back would lock up, and I could hardly move. Whenever this happened, I would become very angry because I couldn't do the things I wanted to. On days when it was

really bad, I could hardly get out of bed due to the pain and spasms being so severe. **I shudder to think** about what would have happened to me **if it had gotten any worse!**

Then one day, I saw a story in the newspaper about an 82-year-old man who had suffered with low back pain and sciatica for more than 40 years. The story told how, **despite his age**, and despite the fact that he had suffered for all those years, he was finally able to get relief by utilizing some new technology at the Wisconsin Spine Center. It went on to tell how he was pretty much **pain-free**, and able to do basically anything he wanted to without any problem at all.

After reading the whole article, I thought to myself, **“I've got to give this a try.”** It was such a great opportunity I thought, “What do I have to lose?” In hindsight, I'm so glad I picked up the phone and scheduled an appointment to meet with Dr. Kroneck. I hate to think of where I would be, and what I would've missed out on, if I hadn't made that call!

After I began care and started to progress with the treatments, I could tell **I was getting better**. Then one day, I packed up 25 boxes to ship through the mail without any problem – before starting care here, that would have completely wiped me out! A couple weeks later, I did all my lawn work and felt so good that I even did my neighbors lawn too. That was great, but the best part was that I woke up the next morning **without any pain whatsoever!**

At this point, I'm almost 100% better, and I continue to improve. I know it will never be perfect, but **it's like paradise** now compared to the way it used to be. I'm now able to do all the things I used to do, before I had all the pain. I'm even going to start traveling again – and hopefully, I can go back to Europe once more!

Before I came to the Wisconsin Spine Center, I was forcing myself to do my lawn work. But now, I actually enjoy doing it again. It's wonderful to be able to take care of my lawn without having to grit my teeth, then come indoors and collapse in massive pain.

The only time I really get sore now is when I overdo it, but even then, **I recover**

faster now than I did in the past. I occasionally get a little pain here or there if I get jerked around, but nothing even comparable to the way it was before I started care here.

Another great thing is that **I sleep 100% better now!** Until I came here, I could never sleep through the night – not even once. But now, I have no problem sleeping all night long, it's fantastic! It makes your whole outlook on life better!

I can do little things now that most people take for granted, like peel vegetables without having to sit down. I find it much easier to bend at the waist now, and I walk straighter. Even my son and another friend both commented that they noticed **I'm walking better**, without me saying anything to them about it. I can stand and put on my slippers, and I'm able to go up and down the stairs multiple times in a day, without any problem. I've washed windows and done yard work, and I don't have to lean on the sink now when I do the dishes. I've also noticed my mood has improved. I feel stronger, more relaxed, less nervous, and it's easier riding in the car or sitting on chairs.

I remember one visit when I told Dr. Kroneck that I was able to go **shopping for 4 hours straight** with no problem! I couldn't believe it! For the last 20 years, after just half an hour of shopping, I would be shot, have to quit, and go home!

I absolutely **love the excellent state-of-the-art equipment** that they have at the Wisconsin Spine Center. The staff is wonderful, understanding, and caring. They are super friendly and ready to answer any questions you have. At the end of your appointment, they don't just shoo you out the door and say, “Okay, you're done, goodbye.” They take the time to explain everything, and yet, they are super-efficient. The entire process feels great – nothing hurts! Dr. Kroneck is incredible, and in my estimation, I really don't think they can get any better. **Everything here is superb!**

So, if you are suffering like I was, I would say absolutely go there! Definitely give it a try – you absolutely can't lose! As for me, I'm really glad I came here!

-Louise M.