

Barely able to stand and shave...

“I Could Only Walk 100 Feet!”

How one phone call changed everything...

You and I may never meet, but if you're reading this story, we probably have something in common. You see, I used to live a normal life, just like you did. But over time, I started having different aches and pains. I brushed it aside for the most part, taking a pain reliever whenever it got bad – but then, it became unbearable...

My name is Marvin Theune, and I'm 82 years old. As a young man, after I got out of the military back in 1956, I farmed for 17 years. Back then, farming involved a lot of hard manual labor and heavy lifting.

After farming, I worked at the Gilson factory in Oostburg for 15 years, assembling garden equipment and cement mixers. After that, I worked at Dutchland Plastics, doing trimming, for another 5 years. So, I definitely had my share of hard physical labor throughout my life – and eventually, **it catches up to you**.

My problems really started about 20 years ago when I first had **sciatica**. The pain was noticeable, but over time, it went away. Then as the years continued, I started having **low back pain** on and off, depending on what I did. For example, if I did heavy lifting, I had more pain, and my back would bother me more – but it wasn't to the point that it stopped me from doing anything.

Then, about 10 years ago, the pain got worse, so I decided to go to a chiropractor. I saw him for a couple years, and at first, it seemed like it helped a little bit. But then, after a while, when I would go to see him, I would often **leave the office in worse pain** than I went in with. Eventually, I stopped going because, unfortunately, it just wasn't helping me.

I continued to live with pain for the next eight years. Sometimes it was worse than others, but I didn't do anything about it.

Then, last fall, I started having a lot more **pain in my back, my hips, and my legs**, especially when I walked. I could only walk about 100 feet and then I would have to sit down and rest.

(It doesn't help matters that I'm diabetic and I have nerve damage in my feet. Plus, I also had part of my lung removed, which causes me to be short winded, and that affects my walking too.)

Because of the nerve damage, I was wobbly and unsteady on my feet. This caused my back to hurt even when I was standing still. In fact, I could barely stand long enough to shave my face in the morning and then **I would have to sit down again right away!**



Yet, sitting was another problem for me all on its own! If I sat in a straight back chair, **I couldn't sit very long** before that would cause my back to hurt. Then I'd have to get up and walk around again. I had to be very careful which chairs I sat on, and I always had to look for a comfortable chair.

Another thing that bothered me was my neck. I had a **hard time turning my head** at stop signs to see the oncoming traffic. As a result, I often had to turn my whole body just to see what was coming down the road!

It finally reached the point that I **couldn't do my yard work anymore**. Raking leaves was particularly painful, and I just couldn't do it. I was taking pain pills, but it wasn't helping me, and I came to the realization that I had to do something... **I couldn't keep going on like this!**

Now, I've had several surgeries throughout my life, and I knew from those experiences that **I absolutely did not want to have back surgery!**

Fortunately, over the last few years, I had read several stories in the newspaper about a lot of people who had been greatly helped by Dr. Timothy Kroneck at the Wisconsin Spine Center. I knew they offered cutting-edge technology and therapies to help folks.

Two of the people I had read about, who had been helped, I know personally. So, I thought to myself, **“I finally found a place that may be able to help me!”** I had some mixed feelings about scheduling an appointment to find out if they could help

because of my previous experience with chiropractic, but I finally made up my mind to make an appointment and see what they could do.

After meeting with Dr. Kroneck and discussing my case, he explained the treatments and that there was a good chance that they could help me. And let me tell you... **I'm very glad these treatments were available!**

At this point, my legs are getting stronger, and I'm steadier on my feet than I used to be. I can go on my treadmill now, which I couldn't do before! I'm able to garden again and even rototill the ground! I can cut the lawn once again, and I also enjoy doing other duties around the house. It is easier shaving, and I don't get tired like I did before. I'm also able to sleep well, and in fact, I'm happy to say that **I don't have any pain at all now!**

Another thing that has improved is that I also **used to get leg cramps at night** that I called a 'charley horse.' They were so bad that they would cause me to jump up out of bed in the middle of the night, and I would have to work the muscle for a while to get it to calm down. But now, since I've been coming to the Wisconsin Spine Center, that doesn't happen anymore!

I must say, I've been very satisfied with the staff at the Wisconsin Spine Center. They are always caring, encouraging, friendly, and very helpful. I appreciate that they are always concerned about your improvement.

The treatments are very gentle, easy, and really quite relaxing, and I always feel very comfortable at my appointments. I would have to say that the services at the Wisconsin Spine Center are excellent, and I really don't think they could be improved in any way at all!

I want to thank the staff of the Wisconsin Spine Center very much for **giving me my life back!**

If you have any problems with back, neck, or leg pain, I would highly recommend coming to the Wisconsin Spine Center to see what they can do for you. I'm confident that they will do their very best to help you... I know **they definitely helped me!**

-Marvin Theune