

# “From Constant Pain to Freedom!”

## *How One Office Changed My Life...*

Who am I, and why should you listen to me?

Let me tell you my story...

My name is Rachel Richardson, and I've had back pain for as long as I can remember.

You can't tell from the picture, but I'm a tall gal; because of this, I've had poor posture since I was a teenager.

This bad posture (referred to as TALL girl slouch/syndrome), which started in my teens, led to improper body mechanics and movement. I then took these poor body mechanics with me into the factory where I was working, lifting things I shouldn't have been lifting, and doing it with improper form.

Toss in at least **five different car accidents** (one of which, left me folded up on the floor of the car), add in birthing a couple children to the mix, and you now have a recipe for back issues. By my early twenties, I was already miserable.

Initially, I tried to ignore my **back pain** and did nothing about it. Unfortunately, this approach didn't work, so I started taking **over-the-counter pain pills**. This got me by until I gave birth to my second child. That's when the real fun started.

I would be walking along, minding my own business, and bam... I'd start having **back spasms!** That was over 17 years ago!

I saw a chiropractor, which helped with the spasms, but he was quite aggressive in his treatment approach - there was a lot of

snapping, popping, and cracking. Eventually, I stopped seeing him.

When the pain came back, I again tried to ignore it, **hoping it would just go away on its own**. But, surprise-surprise, it kept bothering me! Eventually, our family moved to Sheboygan Falls, and I saw a different chiropractor. However, he wasn't able to help me. I tried doing home exercises, (stretching, etc.), which helped a little, but **I still had the pain**.



Another year rolled by, and one day, lo and behold, I saw an article in the newspaper that caught my eye. I had reached the point that I was fed up with **struggling to get out of bed** every morning. I felt unhappy and grouchy most of the time, and I wasn't enjoying life like I should! I had seen stories about the Wisconsin Spine Center before, but this time I was intrigued and thought, "Maybe they can help me too!"

By the time I contacted their clinic, I was a **hot mess**. Not only was I suffering with low **back pain**, but now, pain also shot into my **hips** and down the **sides of my legs**. If I sat on the floor, it was a giant struggle to get back up; and sitting with my legs crossed, Indian style, without causing pain, was completely out of the question.

If I walked very far, I would have groin/pelvic pain, and sometimes I would have a pinching pain in my butt that would shoot **sciatica pain** down my leg as well. As if that wasn't enough, my **shins and feet tingled too!**

After my initial consultation and examination with Dr. Kroneck, I was cautiously optimistic. I thought, "Hey, this could work!"

Once I started treatment, and Dr. Kroneck did his magic... my back started feeling better!

At this point, I can get out of bed much easier now, and I'm able to walk and exercise more than I could before. While my knees are still a little touchy from aging, at least **I can get up off the floor** now without any help!

The care at the Wisconsin Spine Center is excellent. The entire staff is kind, helpful, and compassionate, and I really enjoy our conversations while they set me up on **different therapies**.

So, if you are suffering and not getting relief with your problem, I would say check out the Wisconsin Spine Center and see if they can help you. Dr. Kroneck truly listens, and if he doesn't think he can help, he will be upfront and honest with you. You have nothing to lose but your pain and discomfort!

My experience at the Wisconsin Spine Center has been nothing short of **top-notch and awesome!** I'm so thankful for everything they have done for me!

*-Rachel Richardson*