

After Reviewing My MRI, the Orthopedic Surgeon Said,

“My Back Was Shot!”

And here's what happened...

‘Pop.’ It’s a small, simple little word that can mean a number of different things depending upon its context. But when it refers to a sound you hear coming from your back, well, sometimes it doesn’t turn out so simple... let me tell you my story.

In 1964, I started working for the Kohler Company. Over the years, I did a lot of lifting, twisting, and bending. In 1972, I **ruptured a disc** in my low back, but I was eventually able to return to work.

Then, on December 20, 1996, while lifting a heavy slab, I felt something ‘pop’ in my back. Immediately, I knew something was wrong. My low back started to hurt and just kept getting worse and worse.

So, I saw an orthopedic surgeon and had an MRI. After reviewing the MRI, he said **my back was shot**. It showed I had massive bone spurs, arthritis, and degenerative disc disease, along with bulging discs. It didn’t sound good at all! In an attempt to get relief, I had a couple of cortisone shots and I went through physical therapy. Unfortunately, they **didn’t help much**, and I continued to deal with the pain.

I didn’t realize it, but because of the pain, I couldn’t stand up straight anymore. As the years passed by, I was walking bent over all the time. Now, I’ve always liked to go for walks, but things reached the point that I couldn’t walk very far before my back would really start to hurt quite badly. In fact, there were times that I **wasn’t sure how I was going to make it back home again**.

I also started having trouble gardening and doing yard work. When it came time to shovel snow, I could only do it for 15 minutes and then my back would start killing me

so much that I would have to go and sit down for 30 minutes just to recover. Truthfully, it was extremely frustrating because I wasn’t able to do all the things I really wanted to do!

Then, one glorious day, I saw a story in the newspaper about a fella who had been suffering for several months from a severe pain in his butt that shot down into his leg. The article told how he had struggled to find relief but was finally helped by working with the Wisconsin Spine Center.

So, I decided to call the Wisconsin Spine Center and set up an appointment to see if there was any chance that they could help me.

After reviewing my history and test results, the clinic director, Dr. Timothy Kroneck, said he was willing to accept my case and try to help me.

Let me tell you, that decision has made a world of difference to my life in so many different ways.

First and foremost, **my back is so much better!** I don’t have the pain all the time the way that I used to, and I’m not getting as many muscle cramps as I did in the past – in fact, it’s very seldom that I ever get them now. I can **go for long walks** without any problem whatsoever. My wife noticed that I’m walking straighter and not bent over like I was before. I find that it’s easier doing yard work now, and I can lift things easier than I could in the past. I’m even able to carry bags of solar salt into the basement and lift them up to pour them into the water softener without any problem at all now. Plus, I’ve noticed that **my balance is the best it’s been in a longtime!**

This past winter, I had a snow drift in front of my garage that was

up to my shoulder, and I had to dig a hole through it. It took me about 45 minutes, but I was able to do it without stopping – and my back didn’t bother me at all!

It’s wonderful to be able to do things now without having a bunch of pain like I did in the past.

Another thing that has improved tremendously is my fingers. In the past, if I was outside for a while, they would turn white, and I’d have to go indoors and run them under some water. But now, they’re staying warmer and they don’t turn white like they used to. Also, my eyesight has improved – I’m able to read the newspaper and books without wearing my glasses, which I have needed for the last 12 years!

Even my family doctor noticed a difference in me. The last time I saw him, he was interested in my experience at the Wisconsin Spine Center and what they did to help me so much.

I’ve found the staff at the Wisconsin Spine Center to be very informative and friendly, and in my estimation, they provide excellent care. As a result of the fantastic results that I’ve experienced with Dr. Kroneck and the Wisconsin Spine Center, I’ve recommended them to several family members and friends. Whenever someone asks me about my experience with them, **all I can say is... IT WORKS!**

-Robert S.