

*Retired Plymouth truck driver says...*

# “The Best Call I Ever Made!”

I was afraid I'd end up in a wheelchair! Washing dishes, household chores, yardwork – even ushering at church – everything was affected! Let me tell you my story...

My name is Roland (Rollie) Bruggink, and before retiring 25 years ago, I drove the big trucks for Consolidated Freightways for 35 years. Because of that, I started having back problems, which resulted in me needing a support belt for my back for the last couple years that I worked.

Now, I have to confess, I'm a bit of a fanatic when it comes to my yard. I take a lot of pride in how my yard looks. I like it to be meticulous and well-maintained.

Unfortunately, because of my back problems, doing yardwork was really tough on me. I could **only work 10 minutes** before I'd have to sit down and rest for 10 minutes due to my back pain.

And it wasn't just yardwork that bothered me. Even though we have a new mattress, I **didn't sleep very well** at night. Every morning, when I first got up, I had to sit on the edge of the bed for five minutes before I could really move, because my back hurt so much!

Because of my back problems, I first started seeing a chiropractor about nine years ago. However, he finally said he **couldn't help me anymore** because I had curvature of the spine.

As time went on, my back continued to get worse. Even doing something as simple as **tying my shoes was horribly painful!** Things got so bad, I thought I would end up in a wheelchair, which really upset me! I also started to wonder if anyone could ever help me.

Over the years, I kept reading these articles in the newspaper about the Wisconsin Spine Center and the unique therapies they offer. Each time I read one of those stories, I felt like it was **pointing a finger right at me!**

Then I found out that someone I personally knew – the guy who put the roof on my house, John Krebsbach of Krebsbach Construction – was helped by Dr. Timothy Kroneck and the Wisconsin Spine Center.



After that, I thought I would give them a try. I told my wife, **“I've got to do something about my back pain!”** She thought I would need a referral from my family doctor in order to be seen by Dr. Kroneck, but I said, “I don't know why that should be. He's a chiropractor, so I should be able to see him without needing a referral.” To which she responded, “You can do whatever you want.” So, I did! I called and scheduled an appointment with Dr. Kroneck to see if they could help me! Without a doubt, that was the best call I ever made!

The day of the appointment, I had a consultation with Dr. Kroneck, followed by a very thorough examination – which I really needed! After the examination, Dr. Kroneck led me to the x-ray room, and he could see I was struggling just to walk those few feet.

A few days later, I met with Dr. Kroneck again. After discussing the details of my situation, he accepted my case, and I started being treated.

Before long, I noticed I was feeling less pain every time I was treated. One day, I told my wife, **“I feel really good!”** To which she responded, “Then keep going! But what about your insurance?” Well, it turns out my health insurance has been very good to me and

covered almost everything that has been done – which I am thrilled with!

Now, I can put my shoes on and tie them in no time at all, without any pain! I can even bend over and touch my toes! It's amazing how I can move around now without a backache all the time! I can vacuum the whole house without needing to sit down every few minutes, I'm able to stand and wash all the dishes, and I can do most of the housework without needing a bunch of breaks – which keeps me out of trouble! Actually, I don't have any pain in my back now unless I overdo things!

Even friends and family have commented that they see a real difference in me. Before, I was quite bent over when I walked, and I didn't think I would ever stand tall again! But now, I stand up straighter when I walk. When people see me, they say **I look like an entirely new person!**

I really love my church, so it broke my heart when I asked them to take me off the ushering list because it bothered me so much to bend over and hold the collection plate. But now that I'm feeling so much better, I plan to start ushering again, which I couldn't be happier about!

I really enjoy my time at the Wisconsin Spine Center. The staff are out of this world! They are very kind, very helpful, and I feel right at home with them.

Every chance I get to tell somebody about how much the Wisconsin Spine Center has helped me, I do! If you have the opportunity to see Dr. Kroneck, don't turn it down! All I can say is... if you get the opportunity to go see him and you don't go, it's your own fault!

Coming to see Dr. Kroneck was one of the best moves I ever made! I thank the good Lord every day that I came here!

*-Roland Bruggink*