

# “Pain Was Robbing My Golden Years!”

*Here's how I got my life back...*

Will I ever get rid of this pain? Will I ever be able to enjoy life's simple pleasures again without hurting so much? **What if I'm like this for the rest of my life?** These were the questions that burned in my mind, begging to be answered. Well, I finally found my answers... let me tell you my story.

My name is Sandy, and after performing hard physical labor and working on my feet my whole life, I recently retired. (Ahhh... the golden years!)

However, **the golden years weren't looking so golden** because of the constant pain I was having. It all started 25 years ago, when I hurt my back lifting something heavy at work. Since then, I have suffered with low back pain – which, for many years, I was able to control by seeing a chiropractor.

But for the last year, the pain had been **getting worse**. My hips hurt, I was having pain down the front of my legs, my knees hurt – plus I had neck pain and frequent headaches. I was taking ibuprofen and seeing a chiropractor regularly, which did help... but only a little.

I constantly had pain, no matter what I did... **it didn't matter if I sat or even lay down** – the pain was still there, and I couldn't get any relief.

It got so bad that I started having a **hard time doing**

**simple household chores like vacuuming**. If I sat down, I always had a hard time walking afterward. Plus, I couldn't walk very far because the pain would get too intense, and I'd have to stop dead in my tracks. As a result of all this, I was becoming very frustrated to say the least!

Then **a friend of mine told me how she had been having back problems** that kept her from being able to walk very far or stand for very long. She told me she had found a clinic here in Sheboygan that utilized a different approach and technology, and they were **able to help her regain a pain-free life**. Since they helped her so much, she recommended I give them a call.

So, I did. I called and set up an appointment with Dr. Timothy Kroneck at the Wisconsin Spine Center to see if they could help me anymore than what I was already receiving.

It turns out that I have advanced degenerative disc disease, which – among other things – was contributing to my problems. Dr. Kroneck told me he was **hopeful that they could help me** and he laid out a plan of action to do so.

When I first started care at the Wisconsin Spine Center, it was painful to bend in any direction. I was tender all along

my spine, and just about every test they did on me was painful. But after a few weeks of care, I was actually able to go through **an entire weekend without any major pain!**

At this point, I find that I'm more relaxed than I used to be – and even a little stronger. I'm sleeping better, I sit up straighter and don't slump like I used to, and I can walk and exercise without a problem. I feel more agile, and I've even been able to **play 18 holes of mini golf and walk along the sand dunes with my grandchildren!** (There's no way I could have done that in the past!)

I'm thrilled with the results I've received, and I can hardly believe how good I feel. Dr. Kroneck and his staff are wonderful and friendly, and **I love the different technology they use**. Thankfully, because of the Wisconsin Spine Center, the golden years are looking better than ever!

*-Sandy M.*