

*Sheboygan man discovers...*

# “Getting Old Isn’t for Sissies!”

*How I broke free from the chronic pain cycle...*

“I haven’t got time for the pain!” Have you ever said that? I know I have. Sometimes, you just don’t have time to be slowed down by pain. Let me tell you my story...

My name is Steve. I’m **59 years old**, and I’ve been a mechanic my whole life – that means I’ve been **hard on my body** for a long time. Actually, my problems started about **40 years ago**, when I was in a **bad car accident** which banged me up pretty good, especially my hip. Then, many years later, I **fell out of a bathtub** onto my other hip... and that didn’t help matters any.

About **six years ago**, I started having **low back pain**. I went to a chiropractor, and at first, it seemed to help a little bit. But then, I would feel everything just shift right back out of place. Sometimes it would shift back the next day, other times it would shift back right after the treatment – while I was walking out of the office. When that happened, I would be **right back where I started from...** in pain! After going through this same routine for a year, I finally gave up seeing him because it wasn’t really helping at all.

As the years went by, I was working on **concrete all day** – so I was **standing, walking, kneeling, and crawling** on a very hard surface all the time. Working on concrete only added to the abuse my body suffered, and it caused me a lot of **knee problems**.

The knee problems affected the way I walked, and that in turn, would bother my back. Then, because my back was bothering me, I was always shifting my weight back and forth, and favoring one side or the other. This resulted in more stress to my knees, and then they would start to ache even more. It was a **vicious cycle** that just kept building up on me. Because of this, they tell me now that I’m **full of arthritis**.

Well, things finally reached the point that my back and knees were in such bad shape that I couldn’t walk very far or stand still for very long. If I had to stand

for more than a couple minutes, I had to start looking for a place to **sit down and rest**. Eventually, it got so bad that it even hurt when I was in bed at night – and I couldn’t sleep. I’d **toss and turn** all night due to the constant pain I was having. It was **horrible!**

To make matters worse, I started having **shoulder pain**, and my arm would go numb if my hand was up on top of the steering wheel. My low back and legs got very tired with any activity. Plus, my **ankles would swell up**, and my **toes were numb**. I could hardly bend over to pick things up or put my shoes and socks on. I couldn’t even sit on a couch because I had a hard time getting up again. And to top it all off, the **heel of my foot started hurting** too! Let me tell you... **getting old isn’t for sissies!**

Over the years, things got progressively worse. I found it harder to move in general, and nothing seemed to help. The chiropractor didn’t help. **Aleve and other over-the-counter medication** would only mask the pain for a little while – it didn’t really solve the problem. In addition to this, I was also taking a nutritional supplement called **glucosamine**, which is supposed to help the joints. But despite my best efforts, I wasn’t getting any better! Actually, I kept getting worse. It was all very frustrating to me because I’m used to being on the go all the time – and I found that wasn’t the case anymore.

Then one day, as I was reading the newspaper, I saw an interesting story that really impressed me. It was a story about a man who had been suffering with low back pain and sciatica for 20 years – and he said he was helped by some new technology at the Wisconsin Spine Center. Well, that sounded pretty good to me! With the way I was suffering, I figured I had to try something... because **I couldn’t keep going on like this!**

Now, since working with Dr. Kroneck at the Wisconsin Spine Center, my back is doing so much better. At this point, I can **stand, walk, and bend over**

– **pain-free**. In fact, I have a different job now that requires me to be on my feet all day long, standing and walking on concrete. I can walk from one end of the plant to the other, back and forth, all day with no problem! My back and knees don’t bother me at all – I would never have been able to do that before I started seeing Dr. Kroneck! Plus, I can **sleep all through the night** with no problem as well!

And I keep finding things that I can do now that I couldn’t do before I started seeing Dr. Kroneck! For instance, I can actually **play with my grandkids** out in the yard now – where before, I would have to just sit and watch them play. I can help them ride their bikes, I can chase them around the yard, and I can help them build things – which I love to do.

Now that I’m feeling better, I’m always busy building something – I just don’t have time to slow down. I love to do a lot of **woodworking**, and I’ve always got projects going in my workshop.

I also do a lot of work at our church and school – I am there almost every night, helping out, and working on projects. In the past, I often had to tell the other guys working at the church, “I can’t help out tonight, my back hurts too much.” But now, I can **work on projects all night** and my back doesn’t bother me at all. I’m truly thankful that I don’t have to stop doing the things I love to do!

I found the staff at the Wisconsin Spine Center to all be very friendly, professional, and great to work with. I highly recommend them to anyone who is suffering.

Thanks to the Wisconsin Spine Center, I can finally function normally again, despite all the years of abuse I put my body through. I can honestly tell you – they have done wonders for me!

*-Steve K.*