

*From daily pain meds to...*

# “I Can’t Remember the Last Time I Took a Pain Pill!”

*How I finally found lasting relief after years of suffering...*

Procrastination is never good, but when it comes to your health, it’s even worse. Many of us are master procrastinators, and we keep telling ourselves, “**Maybe it will go away!**” But sometimes, it doesn’t just go away. This is my story...

My name is Tom Goetch, and for 25 years, I was a dairy farmer. Then, I worked for the Adell Co-op for 24 years as a certified chemical applicator – and I drove one of those goofy-looking sprayers.

Five years ago, I stepped off a ladder that resulted in a **bulging disc**. At that time, I had a **spine surgery**, called a **laminectomy**, to relieve the pain I was having. After the surgery, the surgeon told me I also had a lot of **stenosis** throughout the rest of my low back, in addition to the bulging disc. But the surgery only addressed the area of the bulging disc.

I did better after the surgery, but every time I walked, my thighs would still hurt. So, a year later, I went back to the surgeon. He said the **thigh pain** was coming from all the stenosis in my spine that was above the area where the surgery had been performed. I scheduled an appointment to have another surgery to deal with the stenosis, but then I canceled it because I didn’t think it was that bad.

During the next few years, I could feel myself slowing down. I could tell I wasn’t able to do as much as I wanted to do.

I had **low back pain**, and the **leg pain** was getting worse every time I walked. Because of this, I didn’t walk as much as I used to, and I was **limited with how far I could walk**. Also, I

couldn’t stand still very long, so it was hard to do simple every day activities.



Besides the low back and leg pain, I also had **neck pain**. As a result of all the years I spent cranking my neck around to look behind me when I was driving the spraying machines, I developed pain in my neck and shoulder that would **shoot down into my arm**. When it was at its worst, the pain would travel all the way from my head, down my arm, and into my thumb. And besides that, sometimes when I looked up, I’d get **dizzy**.

To deal with the pain, I had **epidural injections**, which helped a little. But for the last few years, I still had to take two Tylenol and two Tramadol, three times a day, just to ease the pain. As time went on, I started to wonder if there was some other way to get my pain under control – **without having another back surgery**.

For several years, I kept seeing these stories in the newspaper about the Wisconsin Spine Center. The stories described the therapies they use to help people who are suffering. I kept saying, “**I should really go there and see if it helps!**” This happened many times over the last few years – until finally, I picked up the phone, and scheduled an appointment. Let me tell

you... **I’m so glad I did**, because it has really helped!

At this point, I’m able to do pretty much everything I want to do in day-to-day life. In fact, not too long ago, I rode **100 miles on a 4-wheeler**. I thought for sure that would bother me – but it never did! I woke up the next morning and I was perfectly fine!

I’ve shoveled **3,000 pounds of stone**, split wood, installed doors and toilets – all without any limitations and no problem! I even rode over **600 miles on a motorcycle** and did great! I love to do **woodworking**, and I can stand there now and do what I need to do, without any pain stopping me.

I hardly notice the pain in my arm anymore. Recently, I drove my motorcycle and noticed that I didn’t feel any pain at all while I was driving... unlike before!

As I said earlier, I was taking **pain medication three times a day** to get by, but now, since working with Dr. Kroneck, I can’t remember the last time I had to take any pain medication!

The staff at the Wisconsin Spine Center have all treated me very well. They are all exceptional and absolutely excellent. They are very friendly, caring, and professional, and they make you feel right at home.

I’m thrilled with the results and **pain relief** I have received from working with the Wisconsin Spine Center. Because of this, I have wholeheartedly told many people they should try the Wisconsin Spine Center, because **it works!** If you were to ask me about them, I would tell you the same thing! **Give it a try!** Hopefully, you get great results just like I did!

*-Thomas Goetsch*