

*Suffering for seven years...*

# **“Every Day, I Felt Like Crying!”**

*How I defeated pain and got my life back...*

Pain. No one likes it. Some say it's a sign of weakness – tough it out, put on a happy face, and eventually the pain will go away. But sometimes, **the pain doesn't go away**. And sometimes, it's hard to smile when you're really hurting. This is my story...

My name is Wendy. My problems really started about 30 years ago when I weighed over **400 lbs.** – a weight I maintained until seven years ago, when I **lost 220 lbs.** through diet and exercise.

However, once I lost the extra weight, I started feeling lots of problems that had occurred as a result of being so overweight. I started to **hurt all over** – my neck, my shoulders, my back, my knees, and my ankles. I also started to ‘creak’ and ‘crunch’ all over my entire body.

It got to the point where I couldn't move my head or bend from the waist. This whole time, I was still working out... but even then, I was always **exercising in pain**.

So, I started seeking help. I saw more than **ten different health care practitioners** including doctors, chiropractors, and orthopedic surgeons.

I was put on painkillers and muscle relaxants. I went to **pain management** and I had epidural injections, SI injections, facet injections, trigger point injections, and Synvisc shots in my knees. I even went through **physical therapy**.

Despite all this, I ended up getting two knee replacements and an ankle replacement. I had MRIs done of my neck and low back, which showed I had **bulging and protruding discs** in both areas of my spine.

So, there I was. I had gone through all of that, and I still had all these problems. As a result, I was very **frustrated**. Finally, my husband said, “You need to do something! Here's a story in the newspaper...” He showed me a story about the Wisconsin Spine Center in Sheboygan that discussed different **state-of-the-art therapies** they offered.

I had seen stories about the Wisconsin Spine Center in the newspaper before, and usually, I just glanced at the pictures to see if I knew the people. Typically, I didn't read the whole story. Well, after reading the whole article my husband gave me, he told me there was no reason I couldn't look into this!

However, I was still very hesitant. I remember thinking, **“Here we go again!”**

You see, I had already been to **four other chiropractors**, and the last one actually made me worse. As a result, I ended up having **muscle spasms** all the time, and this left me very **fearful**.

Despite the fear of yet another thing not helping, I finally gave in and made an appointment to meet with Dr. Timothy Kroneck, the clinic director.

When I first met Dr. Kroneck, I couldn't move my **neck**; I had a lot of **spasms** in my **upper back** and **shoulders**, I had **mid back** and **lower back pain**, **sciatica**, and **ankle pain**.

It was extremely painful for me to do *anything*! In fact, I was in so much pain that I wanted to **cry all the time**. Each day, I suffered through **eleven painful hours** at work, then I would go home and go straight to bed.

But **sleeping was no picnic either**. I was very restless, and I tossed and turned a lot. Also, I couldn't lie on my left side at all because it was extremely painful to do so. All of this resulted in a lack of sleep.

Another thing that was tough was riding in the car. I could **only ride a half-hour** before the low back pain and sciatica would kick in. Once the pain started, no matter how much I moved around, I couldn't get comfortable. Eventually, I'd have to get out of the car, walk around, and stretch for a while. Then I could get back in the car and keep going for another 30 minutes. That meant no long trips for me.

But now, **all of that is a distant memory**! After working with Dr. Kroneck and the Wisconsin Spine Center, I can do **EVERYTHING**! It's truly **unbelievable** just how good I feel!

I no longer have any pain in my neck, and I can turn my head just fine now. I don't get spasms anymore. I don't have the upper, mid or lower back pain – it's all gone! And my ankle is good too! Plus, **I sleep through the night like a baby**, with no pain whatsoever!

It's wonderful to be able to keep going and **stay active**. I'm working two jobs, I take care of three family members, and I can go up and down steps normally now, even carrying things, without having to hold onto the rail and take one step at a time in pain.

Riding in the car isn't a problem anymore, and I'm even back to riding bicycle once again.

I love shopping, but for years, I always had to find the closest parking spot to the store because it hurt so much to walk. Then, once I made it through the doors, I immediately had to grab a cart to lean on for support while I shopped. But now, I can park way at the end of the parking lot and walk all the way into the store just fine. Plus, I can go shopping without needing a cart for any support at all! **You have no idea how wonderful that is!**

As you can see, I've come a long way from where I started!

Let me tell you, my experience at the Wisconsin Spine Center is totally different from anywhere else I have ever been. I really love and appreciate everything they do, from all the state-of-the-art therapies available to the wonderful staff.

Speaking of the staff, they are awesome! They are extremely caring and are always concerned about how you feel. They are also very personable and make you feel right at home, just like you're family.

So, if you are suffering like I was, and what you're doing isn't working – if you feel like you're at the end of your rope... you have to give the Wisconsin Spine Center a try! As for me, I am so thankful for all they have done for me that **I can't stop smiling about it!**

*-Wendy Y*