

# PATIENT SUCCESS THROUGH CHIROPRACTIC

*“Thank you for taking the time to share your experiences”*

Name and Age: **John Frey, 31 years old**

**What major complaint(s) or pain brought you to Health Solutions?** I was feeling lots of pain in my back and right shoulder. My parents recommended that I visit Health Solutions. They had prior experience from visiting DR. Kevin and Dr. Trish and they were very happy with the results.

**How long had you had this problem (s) prior to coming to Health Solutions?** When the pain didn't go away after about two weeks, I knew I had to do something about it. I'm very glad I went because it turns out the problem I had had actually taken years to develop. I simply didn't feel the pain until later on. The joints in my neck had somehow moved very close together over time. They were pinching the nerves and crushing the discs, resulting in tremendous pain in my right shoulder and arm.

**How did this problem(s) affect your life, participation in sports or your job?** It didn't affect how I did my job very much. However, it did bother me whenever I went to bed and I was losing sleep because of the discomfort and pain from simply laying down. Also, being a martial artist, it greatly affected being able to workout at karate. I was very limited in what I was able to physically do during class.

**How has chiropractic or nutrition helped your problem (s)?** The pain has disappeared and I am able to participate in the most intense workouts during class. I am also sleeping as comfortably as I should.

**What would you like to share with those who may be somewhat hesitant or skeptical about chiropractic care?** It's important to find a chiropractor that you like and trust. I was very hesitant about chiropractic care but my parents strongly urged that I see the doctors at Health Solutions. I was in so much pain I finally decided that I would do anything to get relief. I'm very happy that I went to Health Solutions and received the necessary treatment. Even though my pain is gone, I go there about twice a month to get a “tune up.” Now that my neck and back are adjusted to where they are supposed to be, I want to keep them that way. So by my own choice, I basically go there because I just all around feel better from the treatment.