

“Headaches, No Thanks!”

For years, I have had discomfort and pain in my lower back which led me to see a chiropractor. A few months ago, I had been waking up with headaches and neck pain almost on a daily basis. The neck pain had become constant for about 6 weeks and the pain was between a pain level of 6 and 7! During this time period, Dr. Wimmer was offering free evaluations and chair massages at my place of employment. From this abbreviated evaluation, Dr. Wimmer suggested that I'd benefit from Chiropractic Care. His friendly, professional, no-pressure approach led me to consider further treatment. I continued with the recommended treatment plan because I could feel the positive results very soon after treatment.

Several years ago, I had chiropractic treatment for my lower back pain, which brought pain relief. Because I had seen a Chiropractor before, I had no doubts that this could help with my pain relief! Dr. Wimmer recommended that I have treatment for 3 times a week for the first 4 weeks. Treatment was to include Chiropractic Adjustments, Intersegmental Traction and Electrical Stimulation. Following this initial treatment, exercises were added to the treatment plan and visits were reduced. Within a two week period, I noticed a positive change with reduced neck pain and fewer headaches!

I would encourage others to seek a chiropractic evaluation if they are experiencing pain or sickness. I had passed the word along to four individuals in my life so far! Chiropractic Care has made a positive difference in my overall physical well being, and now it's your turn!

-Debra Tenny

