

“Five Years in Pain was enough for me!”

I had been experiencing pain off and on for over five years. The biggest complaint that I had, was my lower back pain. I had never thought of getting checked out for the pain, I just thought I would have to live with the pain. On occasion, I would take Tylenol, but I tried to take as little as possible.

It wasn't until my employer had a health fair, that I even considered Chiropractic Care. Dr. Wimmer did a spinal screening and told me a little about what Chiropractic Care is and some of the benefits of which I could possibly see. I came in for my exam and Dr. Wimmer found that my Pelvic bone was out of alignment, causing me to have extreme pain in my lower back. I decided to go through with the care plan that was set up for me. At this point, I was willing to try anything! I immediately felt comfortable with the office and the staff was great! I felt a lot better after only a few sessions, so the time that was put into the treatments was well worth it! Now that I have tried chiropractic care, sleeping on my back versus my stomach and doing at home exercises, I feel great!

I would recommend chiropractic care to others! I have already recommended it to my co-workers. Everyone should give chiropractic care a chance. You may not have to live with the pain after all. I enjoy coming to my appointments because I know I will feel better when I leave.

- Emily Sherwood

