



Karina

PATIENT TESTIMONIAL

what was causing this pain and how I could get rid of it. In brief, over the years I have tried Roling, Active Isolated Stretching, a Tens unit, Yoga, weight training, Chiropractic, Graston Technique, Acupuncture, inversion, and Physical Therapy. All helped, but none solved my problem.

So, last August I ended up at Advanced Spinal Rehab. One of the first things I noticed (and was impressed with) was that *Dr. Scot actually read my patient intake form before he talked to me and had already examined x-rays that I sent ahead of my visit.* It is sad, but no other health care professional that I have seen concerning my pain had done this.

Dr. Scot explained to me that the problem was not the scoliosis, but my neck. He has an easy going manner and a great way of explaining things. The scoliosis was an adaptive response to a crooked neck. This all made so much sense. I really felt that I had finally gotten an answer to what was causing my pain!

My rehab and exercises at Advanced Spinal Rehab are just what I needed to be doing. It is a great combination of stretching, strengthening, traction and neurological reconditioning (that was the main piece that was missing for me) and great chiropractic. I have been really impressed with how Dr. Scot and Taralyn taught me how to do the exercises correctly during my weeklong intensive session so

that I knew exactly what to do when I got home.

Dr. Scot also told me how much I can expect to improve and how long it should take. I also love it that we can measure my progress with periodic x-rays. My monthly trips to the clinic have been great too. I find it to be a real boost to look around and see people with body issues that are so similar to my own. There is a real sense of camaraderie in the clinic that is wonderful and keeps me going when I am doing my workouts at home. Dr. Scot also tweaks what I am doing so that I am targeting my problem areas more exactly. The more I learn, the faster I improve.

In addition to things that I have noticed, I have gotten some feedback from some of the people who had been helping me previously....my old personal trainer...my physical therapist...my acupuncturist. I now no longer need to see any of these health care providers and I think in the long term I will be saving money.

I am really excited to see what the NEXT 6 months is going to bring. I am looking forward to working out because I want to, not because I have to. Thank you Dr. Scot and the great team at Advanced Spinal Rehab!

I have been a patient of Dr. Scot's at Advanced Spinal Rehab for the past 6 months. I am 53 years old and have had upper back pain for the last 30 years. My story goes back to when I was around 13 years old and a family friend asked me why I was limping. I wasn't aware that I was, and shrugged it off. When I was 19 years old I decided that I wanted to know why I limped. At that time, I went to see an orthopedic surgeon who x-rayed me and diagnosed me with scoliosis. The doctor was concerned and said that my curvature was severe enough that I should have been braced, however, at age 19 I was too old. He advised me to "watch it", get periodic x-rays and exercise. At this time I wasn't in pain.

Fast forward to age 25. By that time I had developed some major spasms in my upper back. My gait was still uneven. I had been running and to deal with the spasms I ran even more.

At age 30 I was in pretty bad shape. It was then that I began a journey to find out