

Dear Dr. Crellin:

I am taking the time to write to you in regards to the Spinal Decompression Therapy I recently completed with you. After suffering with severe back and leg pain for five months I came to your practice after being referred by a friend who just happened to hear your advertisement on the radio.

My symptoms began innocently enough; reaching for a piece of fruit in the refrigerator. After two courses of steroids and many physical therapy sessions the pain wasn't subsiding and worse than that I was no longer able to do the simple things I had taken for granted. I was unable to take my dog for our daily walks, couldn't exercise, couldn't stand for more than a couple of minutes without the pain becoming unbearable. Sleeping was difficult at best and I spent many nights propped up with pillows attempting to find a position that wasn't excruciating. After getting an MRI the diagnosis was a herniated disc. Now what?

Fortunately for me, a friend heard your ad and I called Annie. That was the start of my road to healing. You took all the time necessary to explain the spinal decompression therapy and answered all my questions. Annie was so friendly and accommodating, making sure I was always comfortable during the spinal decompression therapy. She even had a blanket at the ready during this cold winter when I had an appointment. I was eager to begin for not only could this relieve my pain; this could allow my back to actually heal itself.

The treatments themselves were 30 minutes of quiet relaxation for me. After a couple of treatments I was cautiously optimistic that this might be the answer to my prayers. I honestly don't remember the exact day when I went from being cautiously optimistic to truly believing that this was working. I noticed I had begun to walk normally again, I was sleeping through the night though still not on my right side, I was definitely headed in the right direction.

Fast Forward to February. So much progress has been made that the sessions have been reduced from the original 4 times a week to once a week. I am practically dancing with relief! I am sleeping again! I can stand at the sink and wash the dishes again (who would have thought this would be a welcomed thing)! I have improved so much that physical therapy can be started. I am able to exercise again and strengthen my core muscles which will help my back stay healthy.

I'm walking my dog again, though with great caution as to how I hold myself. I'm back exercising at the local Y. I can sleep any way I want. And just last week I was in a play in which I danced! I have gone from not being able to walk without pain to being part of a kick line in a musical thanks to your spinal decompression therapy.

I am forever grateful to you and Annie for the wonderful care you provided me.

Sincerely,

Paula Annenberg