



February 4, 2009

I have been a patient at Tuck Chiropractic Clinic since January, 2009. Being diagnosed with herniated discs four years ago, I have endured chronic back pain on a daily basis. Like most people who are unfortunate to get this diagnosis, I have tried many different things, including physical therapy, epidural steroid injections, and medications to just get enough relief to function in everyday normal activities. These methods only provided a slight improvement of the constant discomfort for a short period of time.

Tuck Chiropractic Clinic was recommended to me by a co-worker, who like myself, is a Paramedic. This type of work requires lifting patients and stretchers on a daily basis which can be harmful to one's back causing irreversible damage over an extended period of time. In addition to severe lower back pain, I also began to have pain in my arms, especially in my elbows. I got several injections of steroids in my elbows to get enough relief to continue to work. This too, only provided short term relief. Prior to being a patient at this clinic, I was taking three different medications on a daily basis. I began having stomach problems a few months ago and an upper endoscopy was performed. It showed I had severe gastritis (irritation of the stomach lining) due to my long term use of anti-inflammatory medications.

When I became a patient at Tuck Chiropractic Clinic, I started getting relief of the pain after the first few visits. Not only was my back pain improved but adjustments were made to my neck which amazingly improved the pain I was having in my arms and elbows. I am only taking one medication a day now but rather than taking it four times a day, I'm taking it twice a day. I am able to function much better in my daily activities. I would not hesitate to make the same recommendation my friend did for me to give Dr. Bennett a call!