

It all started in August 2011. It was like any other Sunday morning on the soccer fields, until I bent over to pick up that ball. At first it just felt like a pulled muscle in my back until later that night when the pain just continued to get worse. The following morning I went to see my regular chiropractor. After suffering with severe pain for a few days and unable to work, we decided that it was time to get an MRI to see what else was going on, as this was more than just a pulled muscle. While waiting for the insurance company to approve the test, the severe pain was constant and stopped me in my tracks from doing everything. I was confined to the couch and relied upon my family to do everything for me. After getting the MRI done, the results came back that I had a herniated disc of L4-L5. Knowing that this was going to require more than just a regular chiropractic visit, and surgery was not required we searched to see who would be able to help. That's when we came across Dr. Crellin and his staff. I met with Dr. Crellin at the end of August and we went over my situation. He felt confident that spinal decompression would be very successful. After starting on the decompression table, I could feel a difference after just a couple of sessions. AS the sessions continued, the pain in my lower back and left leg got better. I was also gaining more mobility in my lower back and was able to finally to touch my toes. The sessions went on regularly till December 3011, and then we changed to more of a maintenance routine. I was able to return to work the first week of December, which was a big relief for me. I was also able to return to the gym and start to really work on my core muscles to prevent something like this from happening again. Spinal decompression made a huge difference as it has allowed me to return to a normal life again. I would certainly recommend Dr. Crellin and his staff along with spinal decompression to someone who qualifies for it. It allowed me to return to a normal life without having to face surgery.

Sean Gormley