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Hello Dr. Crellin:

I believe it's about 4 months since I completed the Spinal Decompression Treatment with you. So I would like to give you an update on my condition.

There is no doubt that the treatment has been a great help. At first my condition was changing daily – sometimes pain in my hips, sometimes pain in my back, not two days the same. More recently I have no hip pain, more often just a dull ache in my lower back. Then I have had some 4-5 days in a row with absolutely no pain. My condition is always best early in the day

I am attending a class entitled Hinges and Twinges 2 x week at the Y pool – during which every muscle and joint in my body gets exercised. The other five days of the week I go to the pool and practice the same exercises and shall continue to do this. Not only is this helping my back and hips in a big way but my body is getting stronger all over. I have hit tennis balls a few times, no longer than 10 minutes at a time, not wanting to overdo it. And my dog Lucy is enjoying longer and longer walks with me.

I am most grateful for the treatment I received from you and take every opportunity when appropriate to tell people about you and spinal decompression.

Please give my best wishes to Annie. Blessings to you,

Anna