

I have had back problems for several years now. Chiropractic care seemed to help but as I got older, things started to get worse

Last spring/summer I saw a surgeon who sent me for an MRI/CT scan. The results were that I had 4 compressed, (herniated, bulging) discs that were causing back pain and numbness, weakness and pain down my legs. The surgeon suggested surgery, but I was not ready for that. After a very inactive summer, my pain was somewhat less, so I continued with on-again, off-again pain.

This summer, the pain returned with greater discomfort. Again the thought of surgery scared me. I called Dr. Crellin who had been my chiropractor for many years. After reviewing my scans, he suggested decompression therapy. He believed that I was a good candidate and that these sessions would greatly help.

After 20+ treatments, I find that I no longer have pain and numbness in my legs, and although my back is "stiff" (probably due to some arthritis) in the morning, I do 5 minutes of stretching exercises (on a large exercise ball) and I am relatively pain free all day.

I would strongly recommend this therapy to anyone who has similar disc problems.

Thank you, Dr. Crellin, for helping me to feel so much better.

Jacqueline Smith
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