

"Most people who are retired look forward to enjoying activities ... It has been very frustrating that my back problems have seriously limited or prevented my enjoyment for these activities... I am happy with the results of the DRX and I'm glad that I participated in the treatment program.

I can now enjoy 18 holes of golf"

Douglas Kimball- 73 years old



Most people who are retired look forward to enjoying activities they had little time for when they were working. It has been very frustrating for me that my back problems have seriously limited or prevented my enjoyment for these activities.

My lower back problems have limited what chores I can do around the house and have curtailed my enjoyment of sports such as golf and tennis. I have the stamina to do most jobs and to participate in sports but I avoid many activities where repetitive bending, twisting, and lifting are required because of the pain I experience. Freedom of movement and flexibility, particularly when playing golf and tennis, has become more limited over recent years.

I initially discussed my lower back problems with my primary care physician during a physical checkup at the Salt Lake VA Hospital on Oct. 31st 2005. X-rays were taken of my lumbar spine resulting in a diagnosis of

degenerative disc disease, worse in the L5/S1 area, and lower facet arthropathy. The doctor recommended physical therapy and over the counter pain medications. I did exercises for four months that were recommended by a physical therapist but there was little improvement in my condition.

During the initial four weeks of spinal decompression treatments and other chiropractic care I noticed some improvement in flexibility and ease of movement (less stiffness) but the back pain and discomfort persisted. However, during the fifth and sixth weeks there was a dramatic change. The early morning stiffness and soreness I was previously experiencing was considerably reduced and bending and lifting movements caused much less discomfort. After the sixth week of treatment I resumed a full schedule of physical activities without the back brace. In spite of this increased stress on my back I was pleased to discover I was still enjoying much less pain and stiffness. Because of my age (73 years) I did not expect even the best outcome in my case would leave me completely pain free but, based on the improvements I have experienced, I am happy with the results and I'm glad that I participated in the treatment program. I can now enjoy 18 holes of golf with more movement in my swing and with greatly reduced back discomfort during play and afterward. I am hopeful the benefits I have gotten from the treatments will be long lasting.