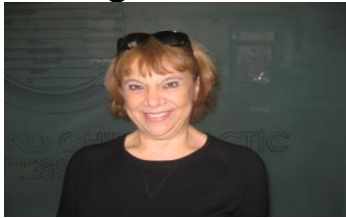


# Our Patients Speak!



Joanna



My name is Joanna and I have been suffering with pain in my neck, arms and shoulders. I also have had lower back pain with episodes of severe spasms for the past two years. The neck, arm and shoulder pain started about ten months ago. My shoulders have very limited motion and would spasm on occasion.

I have consulted with doctors of chiropractic in the past for my neck and lower back pain. My arm and shoulder pain became so severe causing me to consult with a rheumatologist. The medical doctor took x-rays and determined I had osteoarthritis in my shoulders. He recommended that I have immediate shoulder surgery.

Upon consulting with Dr. Simonetti my spinal examination and x-rays revealed that I also had osteoarthritis in my neck and lower back. Dr. Simonetti explained that osteoarthritis of the spine is the most common type of arthritis.<sup>1</sup> His analysis of my conditions helped him to determine the cause of pain and why my spine was suffering from osteoarthritis.

For the first several months Dr. Simonetti performed specific spinal adjustments on my neck and other areas of my spine that had chronic subluxations. He explained that based on my x-rays, computerized spinal study and thorough examination, my spinal subluxations existed in my spine for many years, even before I started to experience pain. As my neck and lower back pain started to improve Dr. Simonetti performed some muscle work on the rotator cuff and associated muscles in my shoulders. Several years ago Dr. Simonetti began to study this new method to help many painful and disabling extremity issues called Active Release Technique.<sup>2</sup> After a few visits of adjustments and muscle work, my range of motion is much improved allowing me to perform my daily functions without pain. I actually sleep so much better being able to sleep on my sides. I feel more rested and I have decided not to have the surgery thanks to chiropractic and Dr. Simonetti!

<sup>1</sup>According to the American Arthritis Association 8 out of 10 Americans over 25 years of age suffer with osteoarthritis of the spine. Osteoarthritis of the spine is nothing more, nothing less than subluxation that has been in the spine over a long period of time. Regular, maintenance-wellness chiropractic care prevents spinal arthritis.

<sup>2</sup>Active Release Technique (ART) employs a hands-on technique that works on tears and scar tissue of the fascia surrounding muscles. Most professional sport teams employ a health care provider to maximize performance of their athletes.

***Chiropractic adds years to your life and life to your years!***