

November 29, 2007

I had my back operated on in 1991. The operation I had was called a Laminectomy on L5. It was a necessary operation because there were disc fragments all around the nerve area and I was risking permanent nerve damage. I was in great pain for a long time prior to the operation and was glad I made the decision to have it done.

Prior to the operation, I had a bad chiropractor experience so I wasn't feeling too good about the whole chiropractic scene where my back problems were concerned. Since the operation, I have had many painful "flare ups" with my back. Even though my original problem was corrected, following all surgery, scar tissue develops. The scar tissue would become inflamed, causing the same symptoms as I had before the surgery.

Over the years, because of the "flare ups", I've had 12 epidural injections, (some that helped - some that didn't) prescription medications, countless doses of ibuprofen and Excedrin, and not to mention, too much time out of work. Being very reluctant, I tried another chiropractor. He was only comfortable adjusting me when I wasn't having a flare up. It seemed I'd just have to deal with the pain until it was ready to ease up. I never knew if the flare up would last months, or just a couple weeks.

In August 2007, I aggravated my back again, with the usual pain in my butt, down my leg into my foot, with numbness. After dealing with this particular bout for a couple months, and seeing Dr. Waldt on PCTV many times, in October, I decided to give him a try. After x-rays and careful evaluation my care plan was laid out. I let Dr. Waldt know up front (a few times) my tremendous concern about having my spine manipulated. He assured me he was gentle and would not hurt me. He also said he wouldn't lead me on and would let me know in approximately 7 - 9 adjustments if he could help me or not. After about 6 adjustments the pain started easing up. By about the 12<sup>th</sup> adjustment, all the pain, as well as the numbness was gone!

Dr. Waldt takes the time to explain the need for chiropractic care and how it works. He also customizes a program of stretching exercises to help you with your problems. Because of his care, not only am I pain free but I feel that my back is more stable and less likely to "go out". Dr. Waldt opens up the healing pathways in the body.

Stu Holmes