CONSUMER’S AWARENESS GUIDE TO CHIROPRACTIC CARE

The Real Scoop on the Benefits Of Chiropractic Care and How to Find a Reputable, Licensed Chiropractor That Will Alleviate Your Pain and Reduce Your Medical Bills!

By: Dr Scot Gray, D.C.
The Ohio Neck & Back Pain Relief Centers

Read this guide and you’ll discover:

• 4 Rip-Offs You Need To Know Before Choosing A Chiropractor
• 6 Common Misconceptions About Chiropractic Care
• 6 Mistakes To Avoid When Choosing A Chiropractor
• 10 Signs That Can Alert You That It’s Time To See A Chiropractor NOW
• Why You Might Want To Consider Seeing A Chiropractor VS A Medical Doctor
• How To Choose A Chiropractor
• Commonly Treated Conditions And Their Symptoms
• 7 Steps To Avoid Back Pain

Provided as an educational service by:

The Ohio Neck & Back Pain Relief Centers
Specialists in Chiropractic Care

DR SCOT GRAY, D.C., OWNER
(740) 386-6580
Dear CUSTOMER,

Finding and choosing a reputable Chiropractor can be a daunting task. Why? Because you’re bombarded with misleading advertising, confusing claims and you may not know whom you can trust with your health and wellness. How do you ever find a qualified, competent, professional Chiropractor who truly cares more about you then making a buck?

You can start by reading this Consumer’s Awareness Guide. In this fact-filled booklet, you’ll discover four rip-offs, six common misconceptions and six mistakes to avoid when choosing a Chiropractor. We’ll also share with you the 10 signs that should serve as an alert that it is time to see a Chiropractor now.

Here at The Ohio Neck & Back Pain Relief Centers, we strive to be a valuable resource for helping you clear away any fear and confusion related to common misconceptions about chiropractic care so that you can make an informed decision about choosing a Chiropractor that meets your health and wellness needs.

And if you have any questions about your chiropractic care concerns, you’re invited to call us at {insert your phone}. We’ve dedicated our business to educating our clients and customers, and to providing exceptional chiropractic care. We are happy to help you in every way, so be sure to call us.

Sincerely,

Dr Scot Gray, D.C.
The Ohio Neck & Back Pain Relief Centers
Specialists in Chiropractic Care
Dr Scot Gray, D.C. is the owner of The Ohio Neck & Back Pain Relief Centers. He is a licensed Chiropractor in Ohio and has been in the business of providing exceptional chiropractic care for 10 years.

At The Ohio Neck & Back Pain Relief Centers we are committed to helping our clients achieve the greatest level of chiropractic care and to educate them on the best chiropractic practices to provide a lifetime of health and wellness.

We welcome your inquiries and will gladly answer your chiropractic care concerns, so don’t hesitate to contact us. We don’t want you as “just another client”, we want you to join the Ohio Neck & Back Pain Relief Centers family and to build a lasting relationship aimed at improving and maintaining your body of health.

The Ohio Neck & Back Pain Relief Centers

SPECIALISTS IN CHIROPRACTIC CARE

(740) 386-6580

1448 Marion Waldo Rd

Marion, OH 43302

(Across from the mall, between Kroger and TSC)
Are you feeling…

• You could make an informed decision about choosing a Chiropractic team that’s right for you if you only knew more about what questions you should be asking during the selection process?

• Frustrated with the lack of information you get from your Chiropractor and worried about the high price of treatment?

• Afraid that you will have to live with poor chiropractic health because you cannot find an affordable chiropractor that you trust?

Rest assured that you’re not alone. In fact here at the Ohio Neck & Back Pain Relief Centers, we offer this consumer education guide to keep smart chiropractic patients - just like you - from falling for common mistakes, believing misconceptions and being ripped off by unethical chiropractors.

You’ll want to read this guide in its entirety as it offers insights into ways to protect yourself and to help you stay completely informed of the facts and benefits of receiving chiropractic health care. We will also give you guidelines for finding the perfect Chiropractor for you – someone you can trust and someone who will become your life long health care advisor.

FOUR RIP-OFFS YOU NEED TO KNOW ABOUT BEFORE CHOOSING A CHIROPRACTOR

RIP-OFF #1: BARGAIN DEALS AND DISCOUNTS

To some degree, all of us are attracted by low price because we want to work within a budget. But some chiropractors use price as the bait for their false and misleading advertising.

Do you get giddy with excitement when you come across an outlandish bargain or discount?

Before you consider compromising your health and going with a discount chiropractic deal, take another look at the fine details. What you’ll find can give you sticker shock including hidden fees and long-term care requirements that rack up your bottom line cost with fees that aren’t disclosed up front.

You might find that you are paying more for the so-called discount deal than you would have for a full service from a reputable Chiropractor that doesn’t hide behind the small print and provides full disclosure on all fees.
If the “bargain” your being sold sounds too good to be true, it probably is.

The sad truth is, some Chiropractors use lowball prices as the bait for their false and misleading advertising to take advantage of your weakness. Don’t fall prey to these techniques; follow these four simple steps to protect yourself:

- Ask about hidden fees and extras that have additional cost.
- Verify everything that is included in the total price.
- Request a written statement to ensure that you are getting what you pay for.
- Remember that your rights as a consumer are not reduced just because you pay less for something.

Individualized chiropractic care is not always as cheap as some unethical Chiropractors would bait you into believing. Do your homework and don’t compromise when it comes to your health and wellness.

RIP-OFF #2: BAIT AND SWITCH

A common chiropractic scam is to lure patients with a low-price “adjustment special” without revealing all the associated cost, only to inform you upon arrival that what you really need is a higher priced procedure that includes x-rays and a full health exam. What the unscrupulous chiropractors don’t tell you in their bait and switch advertisement is that you have to have these additional procedures in order to be adjusted in the first place.

They hide behind the small print and don’t provide you with full disclosure of the fees associated with your initial visit…all in the name of “getting you in the door”.

To protect yourself:

- Be on the lookout when a “salesman like” chiropractor pressures you into purchasing an upgraded procedure when you repeatedly ask about an advertised special.
- Verify that the list of services/features advertised includes any and all procedures and that they are all included in the price that was originally offered - before any upgrades.
- Investigate their rating with the Better Business Bureau and the Chiropractic Board in Ohio.

Yes, you can do some homework and ask questions, but if you have a bad feeling from the get-go, listen to it.

RIP-OFF #3: UNSUPPORTED CLAIMS AKA, THIS ADJUSTMENT TECHNIQUE IS THE BEST
Remember this: the method that’s best for you is the method that achieves your health goals.

Whether it’s to charge a higher price for a so-called “better” technique or to take the spotlight off the fact that they don’t offer what you want or what you are asking for, some Chiropractors will try and sell you something different by touting how much better it is and that it’s the most cutting edge techniques, even if their claim is completely lacking in credibility.

Bottom line, the best technique is the one that is individualized to fit the patients needs…your needs. Be sure the Chiropractor has completed a full comprehensive exam and reviewed your x-rays before they begin to tell you what other services or procedures you might need.

Do your homework and ask questions regarding the techniques or care plan suggested. Make your decision based on individualized care that you should receive as a valued patient.

RIP-OFF #4: DELIVERING LESS THAN PROMISED

All Chiropractors do not practice the same techniques, and every technique will not work for every patient.

When a Chiropractor provides individualized care they recognize that every person will not experience the same level of pain relief using the same techniques that have worked for others.

Rather than continue down a path that is not successful for their patients and continuing to charge for a service that is not providing relief, a reputable chiropractor will try additional adjustment techniques or alternate treatments rather than staying the course that isn’t working, thus delivering what you are paying them for…pain relief and/or improved health and wellness.

6 COMMON MISCONCEPTIONS ABOUT CHIROPRACTIC CARE

MISCONCEPTION #1: Surgery is the Only Way to Treat Chronic Back Pain

The truth is that surgery is not the only and not necessarily the best approach to treating chronic back pain.

In fact for the majority of patients who undergo surgery, the impact on their pain or mobility is insignificant and many times non-existent. As a result, patients are often left with a future of back pain that impedes their daily routines and happiness even after undergoing painful and expensive surgical procedures.
On the other hand, for those that qualify, chiropractic care is an effective, non-invasive treatment that has been proven to resolve or alleviate chronic back pain with a high satisfaction rate from patients.

Numerous clinical studies have demonstrated that chiropractic care is as effective, if not more effective, than conventional medical treatment for chronic back and neck pain.

**MISCONCEPTION #2: All Chiropractors Are Basically the Same**

An apple’s an apple right? WRONG!

Have you tasted a granny smith, fuji, gala, golden delicious…Okay, you catch my drift here. Even when you’re comparing apples to apples, you’re bound to find some differences.

It’s the same when you’re comparing Chiropractors. They may look similar from an outsider’s perspective, but the fact is every Chiropractor you meet will have different specialty and skill levels and different techniques that they practice.

If you have already visited a Chiropractor and are still experiencing pain, don’t write off the value of chiropractic care completely. Do your homework to find a reputable, licensed Doctor of Chiropractic who will discuss the techniques they subscribe to and offer a complete explanation of how each technique can benefit your individualized health concerns.

**MISCONCEPTION #3: Chiropractic Care is Expensive**

There’s this myth out there that chiropractic care is expensive.

While some people do have their horror stories of being subjected to high-dollar unnecessary treatment programs, the fact is that when you visit a reputable Chiropractor, chiropractic care is widely more affordable than the alternatives to treating chronic back pain which include back surgery which can run upwards of $100,000, or the total cost of a lifetime of prescriptions.

The fact is that chiropractic care often times results in a reduction of your overall health care costs and provides alternative care practices for a lifetime of healthy living.

**MISCONCEPTION #4: Choosing Your Chiropractor Simply Because They Advertised the Cheapest Price**

Cheaper doesn’t equal better.

In fact what it may equal is one large headache and a lot more cash spent in the long run because…
1. A low price can be the bait that attracts your phone call only to be pressured into a much more expensive procedure. You should be thoroughly examined before anyone offers you additional procedures that may not be what you personally need.

2. Low price often equals the bare minimum service. Rarely do you know the limited structured cost that is included up front. This means that you’ll be facing a high-pressure upgrade offer or sales pitch with hidden fees and extras that could cost much more.

3. Low price means you may not get the quality health care service you need to meet your needs. Health care shouldn’t be a “cattle call” of clients just to get them in the door to pressure them into buying procedures or services they don’t need.

You can protect yourself by:

- Insisting on a complete written quote for your health plan before any work is performed so you can protect yourself.

- Verifying everything that the total price includes.

- Checking for hidden fees or “extras” that are not included in the initial advertised price.

Bottom line: No Chiropractor can stay in business at super low prices without strong-arming you for additional sales, so beware of the Chiropractor that is advertising a price that seems too good to be true…

…it usually is.

**MISCONCEPTION #5: Spinal Adjustments Hurt**

This is a common concern of new patients walking in the door… after experiencing their first adjustment it’s a totally different story and they’re looking forward to a future visit.

The truth is that being adjusted is not a painful procedure and many patients, including children, pregnant women and senior citizens, feel instant relief immediately afterwards.

Now, adjustments that are not performed properly could cause discomfort and even increase pain, so do your homework and be sure that your Chiropractor is licensed Doctor of Chiropractic and adheres to individualized care practices.

**MISCONCEPTION #6: Chiropractors Lock You into Long Term Care**

While maintenance care is recommended to keep your spine in tip-top shape, by no means does this mean a daily, weekly or even monthly trip to the Chiropractor’s office is required.

If your pain is alleviated following an adjustment, an occasional visit for maintenance care may be recommended. If your pain is not alleviated, additional visits may be necessary. Your Chiropractor will setup a health plan that meets your personal needs.
Bottom line, each patient’s care should be individualized. A reputable Chiropractor will not force high-pressured up-sells for lengthy contracts on every patient they see, but they will offer recommended follow-up visits based on each patient’s particular health and wellness situation.

And remember, preventive care is far less expensive than dealing with the health issues that arise from not taking care of yourself.

6 MISTAKES TO AVOID WHEN CHOOSING A CHIROPRACTOR

MISTAKE #1: Choosing a Chiropractor Based On Price or Appointment Availability Alone

Remember… you get what you pay for.

Having low prices and immediate appointment availability IS NOT the first thing you should look for in a Chiropractor.

Your first step should always be verifying that the Chiropractor is properly trained, is licensed as a Doctor of Chiropractic and capable of treating your symptoms.

Here are some good questions to ask:

- Are they licensed in your state?
- How much experience do they have treating similar symptoms?
- What additional training have they had for unique techniques they may refer to during your consultation?
- Do they use gentle or forceful techniques or any instruments during any recommended adjustment methods?

Ask questions and do your homework and you will find a match that’s right for you and your health care needs.

MISTAKE #2: Choosing a Chiropractor Based on an Uber-Low Price They Advertise

Here are THREE REASONS why this can be disastrous:

1. Remember the bait and switch rip off? A low price can be the bait that attracts your initial appointment only to be pressured into a much more expensive procedure or a mandatory long-term contract.

2. Low price often equals the bare minimum consultation exam. In unethical advertising practices, rarely will they disclose the true cost associated with the procedures promised in the initial price. This means that you’ll be facing a high-pressure upgrade offer or
hidden fees and extras that cost much more. Ethical Chiropractors cannot recommend further treatments or procedures without X-Rays and a full comprehensive exam.

3. Low price means that the quality and service may be inadequate to reach and obtain the level of pain relief you desire.

Why fall for a cheaper than dirt chiropractic advertisement that will force you to spend more for the service you really want or need. Go only to a Chiropractor who is open and honest about their pricing up front and who will customize and personalize your health care plan only after having completed X-Rays and a thorough health exam.

MISTAKE #3: Choosing a Chiropractor Based on a Single Telephone Call

Emotions and chronic pain can play a big part in making bad decisions; so remember this should be an important health decision and not an emotional encounter. Crooked Chiropractors seek out desperate patients because they make easy marks that will accept any deal offered, no matter how bad.

You can avoid falling victim to high-pressure or emotional / fear induced treatment recommendations by taking the following precautions:

1. Practice due diligence by checking for hidden fees and extras that can potentially rack up your final bill.

2. Be sure that you are getting everything you need for the promised fee.

3. Ask to speak with former patients to get their perspective on their treatment experience and your Chiropractor’s “bedside manner”. Ask your friends and family for referrals for whom to use and NOT to use.

4. Don’t let your emotions overshadow your consumer rights by accepting less than you want or need.

5. Call around and investigate which Chiropractor can truly meet your needs and is a match for you.

MISTAKE #4: Buying Into the BEST Technique Myth

Consider it a warning sign if any Chiropractor claims to be the only one with a “special new chiropractic technique” that is the latest and best method for spinal adjustments.

How do you know that this “best” technique isn’t simply a strategy to get you to open your wallet wider?

To be quite candid most techniques are not superior, but rather ideal for specific patient needs, symptoms and situations.

Communicate openly with the Chiropractor what you are considering and tell them about your symptoms and concerns. Ask them questions about their training and if they have
experience using the recommended technique on patients with similar symptoms. An ethical and reputable, Doctor of Chiropractic should have the ability to present balanced information about the benefits of the technique they are recommending so that you can make an informed decision together.

KEY POINT: The “best” method is the one that can best treat your individualized health needs and symptoms!

MISTAKE #5: Choosing a Chiropractor without Getting the Real Scoop from Past Clients

Too many people fall victim to tall-tales made by crooked Chiropractors who exaggerate their experience, training and value. All too often, not a word of truth has been spoken.

Never choose a Chiropractor on their word alone. Make sure you ask for references. If no reference is made available to you, go online and search for comments and feedback from current and past patients or organizations that log complaints.

This little bit of extra time and effort can save you from a lot of stress and disappointment and help you find the path to healthier, pain free living much sooner.

MISTAKE #6: Paying for Long-Term Treatment That’s NOT Relieving Your Symptoms

Reputable Chiropractors do everything in their power to help their patients feel better as fast as possible with as few chiropractic treatments as necessary.

Depending on your specific back problem and symptoms, multiple visits to the chiropractor should start to bring you noticeable pain relief. Within one to four weeks of chiropractic treatment, you should feel significant relief and the frequency of visits should be re-evaluated.

Depending on the severity of your health issue, if you are presented with a recommendation for long-term treatment over a six-month period, consider this a warning sign.

A crooked Chiropractor may be more interested in your wallet, than treating your back pain! Talk with your Chiropractor and ask for a detailed explanation and set of realistic health milestones / expectations during the recommended period of treatment.

Your best defense is doing your homework to find a well-rounded, properly trained and licensed chiropractic team that has your best interests in mind at all times.
10 SIGNS THAT CAN ALERT YOU THAT IT’S TIME TO SEE A CHIROPRACTOR NOW

1. Chronic pain in your joints, muscles or head hasn’t improved with traditional medical treatments.
2. Pain or tension from a job that requires you to sit for long periods of time or to perform repetitive physical tasks.
3. An injury to a muscle, joint or spine that hasn’t healed with initial medical treatment, medications or physical therapy.
4. Sharp pain shoots from your hip down your leg.
5. Pain, achiness, a burning sensation or stiffness that comes and goes in parts of your body, with no explainable cause.
6. You want to address your joint or muscle pain without the use of drugs or surgery.
7. The soles of your shoes consistently wear differently. For instance, the left outer heel of your shoes wears down more quickly than the right.
8. The hem of your skirts or pants hangs unevenly, suggesting your hips or shoulders are out of balance.
9. Your head is positioned forward rather than directly over your shoulders.
10. One of your shoulders is lower than the other.

WHY YOU MIGHT WANT TO CONSIDER SEEING A CHIROPRACTOR VS A MEDICAL DOCTOR

A Chiropractor is under the same scrutiny as a medical doctor regarding testing, licensing and monitoring by state and national agencies yet requires nearly 200 more hours than a medical doctor to be licensed. In the last few years of study, a Chiropractor studies biomechanics, radiology, adjustments and natural medicine. Whereas, a medical doctor studies immunology, pharmacology and surgery in their last years. So when you are considering going to a Chiropractor, just know that you are seeing a professional that has undergone an extensive amount of studies to practice their profession.

A Chiropractor can be a much lower expense to the budget and offer significant relief through non-invasive treatments without the use of prescription drugs.

If you prefer a more natural way of treatment, you will want to consider a Chiropractor. You can reduce the amount of toxins in your body and adverse side effects that typically accompany the use of prescription drugs to treat your body, generally prescribed by a medical doctor.
 Truly, the body is designed to have its own natural healing elements and can heal itself in many cases. An allopathic doctor adds to the body with medications that often are only treating a symptom. The goal of a Chiropractor is to treat the overall health and wellness of the body and to help restore your body to its natural state of health. A Chiropractor tries to eliminate the toxins that interfere with the body’s natural healing ability, and usually recommends lifestyle changes that are not just related to your back and neck pain, but aimed at improving your overall health.

THIS DOES NOT MEAN TO FOREGO ANY TREATMENT YOU NEED THAT REQUIRES THE ATTENTION OF A MEDICAL DOCTOR OR TO STOP TAKING ANY PRESCRIBED MEDICATION YOU ARE CURRENTLY TAKING.

HOW TO CHOOSE A CHIROPRACTOR

Chiropractors can provide an alternative, or more natural, less invasive way to treat back and neck pain or other physical ailments. To insure you are getting the best quality health and wellness guidance you will want to be sure you choose an experienced Chiropractor. Use these recommendations to choose a professional Chiropractor in your area:

- Get a recommendation from your primary doctor or family or friends
- Find a licensed Chiropractor in your state
- Make sure they are Board certified and experienced in the field for which you need treatment. You should also make sure they are a member of their local state Chiropractic Association, which is associated with the ACA - American Chiropractic Association, visit www.acatoday.org.
- Insure they are willing to work with your other physicians as part of your team if necessary
- Insure that they use diagnostic tools, such as x-rays, ultrasound and potentially infrared imaging
- Ideally they should be willing to provide an initial consultation free of charge
- Each treatment plan needs to be individualized
- Make an assessment of how well they are really listening to you and your personal health needs. You want to feel comfortable communicating your health concerns with your Chiropractor.
COMMONLY TREATED CONDITIONS
AND THEIR SYMPTOMS

These conditions and symptoms can be helpful for you to know what might be ailing you and when it is time to see a Chiropractor. The following are conditions that a Chiropractor typically treats and the symptoms from these conditions:

HEADACHES - throbbing, dull or sharp pain, pain that persists, auras (sensations such as light or warmth that often precede migraines), restricted neck motion, light sensitivity.

HERNIATED DISK - symptoms differ per the location of the affected disk but may include lower back pain, pain in one leg, numbness in the back, chest arm or leg, muscle spasms.

JOINT PAIN - pain, stiffness, sensation of warmth, swelling, and/or tenderness.

PINCHED NERVE - sharp pain, numbness, tingling sensation and/or muscle weakness.

SCIATICA - sharp pain that travels from your buttocks to your leg.

FIBROMYALGIA - widespread pain lasting longer than three months, fatigue in muscles and tendons, a number of tender spots on the body, morning stiffness, short-term memory loss, headache and/or insomnia.

SCOLIOSIS - spine curves to one side, difference in height of shoulders or hip, head not centered over torso; teens and adults may experience pain for this.

CARPAL TUNNEL SYNDROME - tingling, burning sensation, pain or numbness in fingers, palm of the hand, wrist or forearm, finger stiffness in the morning and/or weak grasp.

7 STEPS TO AVOID BACK PAIN

A common ailment people report having is back pain. Pain is not normal and is not something you should have to “live with”. Contrary to some thinking, a life without pain is possible. Here are some steps you can take to avoid back pain before it happens. Should you find yourself experiencing back pain, consider seeking out a Chiropractor for relief.

STEP #1: Maintain good posture when sitting or standing.

STEP #2: Watch your weight and mid-section; excess weight places additional strain on your back.

STEP #3: Warm up before doing physical work or exercise.

STEP #4: Stay active and follow a regular pattern of exercise to keep your muscles and joints flexible.
STEP #5: When lifting, bend at your knees, hold the object close to your body and lift with your legs.

STEP #6: Avoid sleeping on your stomach, this can strain your neck and back.

STEP #7: If you spend long periods of time in a chair or working in front of a computer talk with your Chiropractor about the best ergonomic options.

THANK YOU!

Thanks again for reviewing our CONSUMER’S AWARENESS GUIDE TO CHIROPRACTIC CARE. It's truly our hope that you found this information helpful and useful in choosing a Chiropractor you can trust.

As we mentioned earlier, we are committed to helping you achieve the greatest level of chiropractic care and to make sure you are fully informed to make the best decision about finding a Chiropractor who is committed to your overall wellbeing. We’d love for you to join the Ohio Neck & Back Pain Relief Centers family for all your health and wellness needs.

If you have any questions or comments or if you would like to schedule an appointment, please call us at (740) 386-6580.

We would be pleased to help you with your chiropractic care and we look forward to your call and to meeting you in person.

Thank you!

Sincerely,

Dr Scot Gray, D.C., Dr David Tharp, D.C., and Staff

The Ohio Neck & Back Pain Relief Centers

(740) 386-6580
HERE’S WHAT OUR CLIENTS ARE SAYING ABOUT US

• “Being pain free is an absolute God-send!” Timothy Sutton could only stand for 1 to 2 hours, could not put his socks on in the morning, and could not perform simple chores around the house. “There was a day that I thought that surgery was my only option. Thank God I tried Spinal Decompression! Now I can keep my job because I am able to stand for 12 hours, I can put my socks on by myself, and I can finally help my wife around the house! I no longer feel like a broken down man when I get home from work, my quality of life is MUCH better, and I have been given a new lease on life!” -Tim Sutton Marion, OH.

• “I rate it a 100!” Donald Smith states that he had a “very, very good experience”. “I can get around a lot better without pain and I really feel great! I would recommend it to anyone with back trouble”. -Donald Smith Marion, OH.

• “Pain Free! In the last 5 and 1/2 years, I have had surgery on my back, had spinal injections, and had been taking several medications for my pain. I was in so much pain that I did not want to go on living with the pain. After doing Spinal Decompression therapy, I am no longer taking pain pills, I can spend time with my family, and am much more pleasant to be around. I feel like a new man, and I can actually get out of bed every morning without being in pain.” -Robert Martin Bucyrus, OH.

• “I am able to enjoy life with my family with a quality I never thought possible. I am 34 years old and I felt like life was over for me. I suffered from pain, stiffness, tingling and numbness, from the base of my skull to the middle of my back. Since I tried Spinal Decompression therapy, I no longer have headaches, pain, stiffness, or insufferable moods. I am
completely off all medications and am free to enjoy life with my family”. -Heather Triplett  Marion, OH.

•  “Without back pain, I have an overall better quality of life! The DTS Spinal Decompression treatments were able to relieve my back and leg pain, which was most painful in the beginning.” -JoAnna Fields  Richwood, OH.

•  “I find the thoroughness of the Spinal Decompression program to be very beneficial. I have had improvement in posture, strength, chewing and swallowing. I am able to perform my household tasks much easier and walking has become much less painful. I used to choke while eating and I no longer do that!” -Carolyn Hickle  Marion, OH.

•  “None of the “usual” medical treatments worked for my low back and hip pain. I thought that surgery was my only answer to my pain. After learning about Spinal Decompression therapy, I had hope. In my first week of treatment, I had significant lessening of back spasms (spasms that would literally throw me into furniture). I have now experienced improvement in overall relief of pain and am able to stand longer. I’m sure that I could do housework better, if I could just get myself to do it!” -JoAnne Decker  Marion, OH.

•  “My 4 year old grandchild couldn’t even sit on my lap because I was in so much pain. Before Spinal Decompression, I was told to learn to live with the pain. It was easy for my doctor to say that because he wasn’t the one in pain. Now, after Spinal Decompression, I can do things that I never thought I would ever be able to do again. My grandson can now sit on my lap and I can even ride bikes with him and that is the greatest feeling in the world. Also, I can get out of bed without pain pills and I can wake up knowing that I won’t have pain!” -Mary Griffith  Marion, OH.

•  “My pain was so intense that I had trouble walking to my
desk or my car 200 feet away. Walking to the third floor of my office building was out of the question. I was no longer able to do the aerobic classes that I had participated in for better than 12 years, work in my flower beds, clean my house, enjoy a day of shopping, and most importantly, lift my 1 year old grandson! I tried numerous ways to correct the problem including yoga, pilates, bed rest and pain management that only offered me prescription drugs. None of them worked. Now after Spinal Decompression therapy, I can gradually return to what I need to do, being a self reliant, active, baby -Karen Lanius  Marion, OH.

• “I could hardly get out of my car at the end of my work day! I had a bulging disc and I felt like I was ninety years old! I could not even turn over in bed at night without moaning in pain. I thought I was going to have to change my job due to the physical nature of my job, and I could feel myself getting worse and worse. All that has changed. After Spinal Decompression therapy, I feel 100% better, I’ve gotten rid of the awful pain, and I guess I’ll be at my job for another eighteen years!” -Marilyn DesJardins  Marion, OH.

• “August 29th, 2007 was my first day on the spinal decompression bed. The staff at the Ohio Neck and Back Pain Relief Centers were very friendly and courteous. The treatment on the DTS gave me the most relief. The fact that the pain is moving around shows me that something has been accomplished. Now I am able to rest more and move around in bed without fear of not getting up.” -Lloyd Klingel-

• “I first became a patient on the spinal decompression table July of 2007. I Think this practice is excellent and I am very satisfied with the care that I received. I wasn’t able to play golf or drive so it made me extremely happy when I was able to do those things again. Dr. Scot and Seth are excellent in there profession and the staff is very friendly and super nice. – Don Hayes-
• “I became a patient in late May 07. The office was very prompt courteous and accommodating if you have to change an appointment. I was very happy with the way that they care about you as a person. My back feels a 100% better now and I can walk like a normal person. -James Fisher

• “I started the spinal decompression table about the end of April a few months after an automobile accident. Everyone is very polite and helpful. I got lots of positive feed back which helped me through the tough times. With the therapy I received my pain is 98% gone. I can actually walk and move without being doubled up in pain and muscle spasms. I was able to return to work in a short amount of time without the surgery they were contemplating.” -Calvin Berry-

• “May 2006 I read about it in the paper, called and they got me scheduled the next day. I am feeling so much better and I’m glad I took the time to come in to the office. The staff was very friendly. I can now do a lot more in my daily work without much pain.” -Ruth Leibold-

• “Early June 2006 is when I started the spinal decompression table. I am very impressed with the people who work here. They are always friendly and pleasant. The office is run very efficient. The whole treatment program has made me happy because I have improved greatly since the beginning of it. The exercises have helped a lot in my treatments even though I get a little sore from them. I usually improve as long as I do the exercises consistently. I have gradually improved over the last 5 weeks so much I find myself taking less medication for pain.” – Teresa Russell-

• “June 6, 2006 I became a patient. The staff was very pleasant, friendly, concerned about welfare of the patients. They are always willing to work with the patients Schedule. I am motivated a lot more. I am able to walk further distances. Also
my pain is less than when the treatments was started. I can ride in a car for longer distances.” -Frankie Daily-

• “I first became a patient June 8, 2006. I really like the cheerful, caring staff as well as the knowledge and the feeling of being a part of one big family. When I was told that I qualified for the triton DTS therapy I would have jumped with joy if I could have because I felt I had found something that would work to relieve or possible eliminate my server leg pain. And guess what. The pain is completely gone along with the numbness. No I know that I will be able to lead a normal pain free life which I haven’t been able to do for several years.” -Phyllis Rawlings-

AFTER A CAR ACCIDENT:
“My light-headedness has improved. I also walk more with ease with the hip adjustments. The nausea left through being adjusted. I feel stronger, more level out as standing and walking. I am also feeling happier as my walk is more with ease as at times I had pain. A special thanks to Debbie in helping me on the insurance so I could get these adjustments. You pulled me through and thank you for a listening ear. Thank you again and all your staff.”- Dottie Patterson

SCOLIOSIS
“I came in for a scoliosis evaluation. I feel a difference on my back; a noticeable improvement. I have less back pain and it is easier to participate in gym class. It will give me a better future without having surgery or back pains.” - Stephany Davis

CELEBRITY TESTIMONIALS:
“I am very fortunate to have, so to speak, my in-house chiropractor, Dr. Franco Colombo, as my own personal chiropractor. He adjusts my wife, my kids, me, everybody gets an adjustment. And we feel always great when Franco leaves. Even when I have athletic injuries, he’s always there for me and helps me. That’s why I always will be traveling … all over the world, talking highly about the profession of chiropractic. You
chiropractic doctors are really miracle workers. But every time that I had a problem with an elbow injury, shoulder injury, or back injury, he was always right there with the adjustments. This is the way I found out the best way of going is to use chiropractors, not only after injuries, but also before injury.” — Arnold Schwarzenegger

“Chiropractic is a wonderful means of natural healing!” – Bob Hope

“Playing in a football game is like being in 30-40 car accidents.” An article in the Fort Worth Star-Telegram explains it all started after the 1994 season when Smith endured a lot of hamstring problems and he began to ask himself some tough questions. “Do I need to get more rest? Do I need to eat better? Do I need a little more training? How can I take care of my body better? Do I need to find a chiropractor? It was time for me to invest in me,” Smith said. “I found a specialist that’s really good in balancing out my body to make sure my hips are rotated right, and my body is functioning properly. I remember somebody telling me that what I put myself in during the games is like having a car wreck every Sunday. It’s against the norm. You can find yourself in awkward positions. That stuff takes its toll. But if you take advantage of the health care, balance your body back out, put it back where it’s supposed to be, you function better, and you recover faster.” — Emmit Smith

“I’ve been seeing a chiropractor and he’s really been helping me out a lot. Chiropractic’s been a big part of my game.” Joe Montana and 35 of his teammates received chiropractic care right before the 1990 Super Bowl Game. – Joe Montanna

Decathlon Gold Medallist, Dan O’Brien says, “If it were not for Chiropractic, I would not have won the gold medal.” “You obviously can’t compete at your fullest if you’re not in alignment. And your body can’t heal if your back is not in alignment. It was the holistic idea that I liked about chiropractic and that is what
track and field is about. Every track and field athlete that I have ever met has seen a chiropractor at one time or another. In track and field, it is absolutely essential. Chiropractic care is one of the things I think that no one has denied or refuted.”

Seven Time Tour de France winner **Lance Armstrong** has been receiving chiropractic care since January of 1999, helping him to keep his body together for the harsh demands of the Tour de France. After last year’s Tour de France, Lance said that he **could not have won without his chiropractor’s help.**

“I have to have an adjustment before I go into the ring. I do believe in chiropractic. I found that going to a chiropractor three times a week helps my performance. **The majority of boxers go to get that edge.”** –Evander Holyfield

**Barry Bonds**– Generally regarded as the best player in the major leagues today, he has proven himself, year after year, by raising his level of play to that of the all-time greats of the game. With a recent contract extension, he is now, befitting his enormous talents, the highest-paid player in baseball. “I go to my chiropractor on a regular basis, because I want to prolong my career as long as possible,” he states. “I see him about once a week, in between my training (sessions). **By getting an adjustment once a week from him, I feel I can sustain my career a lot longer.”**

**Jose Canseco:** “I’ve found that it’s a great stress reliever to get adjusted. It takes away a lot of the tightness in the muscles”

“Last year I found Dr. Newman (chiropractor), and I have been seeing him ever since. I have been pain-free and feeling terrific. I swear by it. Now, it is just maintenance and keeping in line so the nerves don’t touch.” - **Wade Boggs**

“I do believe chiropractic has really benefited my game. Over the last three years, I feel I have become more exposed to, and
knowledgeable about, the benefits of chiropractic for me and my game. I realize how your body can get out of balance, and chiropractic care helps…” – PGA Tour Professional, **Fred Funk**

“**Being a chiropractor patient has really helped me immensely**…lifting weights and seeing a chiropractor on a regular basis has made me a better golfer. I’ve been going to Chiropractors for as long as I can remember. It’s as important to my training as practicing my swing.” – **Tiger Woods**

**OTHER FAMOUS PEOPLE THAT USE CHIROPRACTIC:**

- Richard Pryor
- Dixie Carter - “I have a wonderful chiropractor. I believe a healthy spine is a healthy body.”
- Andy Griffith - “Chiropractic has advanced tremendously over the past few decades. It has grown by leaps and bounds to become a specialized and accepted science.”
- Katherine Kelly Lang, Bold & Beautiful Soap Opera Star - “I leave my chiropractor’s office feeling fresh and rejuvenated and back in line the way I should be. He has also been successful at getting rid of my tension headaches.”
- David Cassidy - *The Partridge Family* TV Series
- Lou Waters, CNN Today - “I like to go to the chiropractor at least once a week and have for the past 20-25 years. I feel better when I go; I have more energy.”
- John Robbins, Author of Pulitzer prize-nominated international best seller, ”Diet For A New America” - “Chiropractic works in harmony with the basic healing forces of the body, whereas the allopathic, western medical establishment doesn’t have nearly as holistic a vision.”
**Athletes**

A research study conducted by Drs. Anthony Lauro and Brian Mouch, published in the journal of Chiropractic research and Clinical Investigation, 1991, indicated chiropractic care might improve athletic performance by as much as 16.7% over a two week period. The report also concluded that subluxation-free athletes react faster, coordinate better, execute fine movements with improved accuracy and precision, amounting to an overall better athlete.

Top professionals in every sport are under chiropractic care to increase health and performance. The following are just a few sports stars under chiropractic care.

1. Mindy Mylrea, World Champion - “We put a great deal of stress on our bodies, so chiropractic is very helpful.”

2. Bernard Horn, Men’s Champion – “My chiropractor is really phenomenal. I’ve gotten stronger and greatly increased my flexibility.”

3. Larry & Todd Wise, World Champions

4. *Now, it is just maintenance and keeping in line so the nerves don’t touch.*

5. Greg Mathews - Credits chiropractic with helping him get off the disabled list and overcome a career-threatening slump!

6. Ryan Sandberg - His wife Cindy explained, “*He’s had some awesome games after getting an adjustment. He was frequently adjusted before games.*”

7. Dan Schayes - “*I use chiropractic as my main source of healthcare.*”

8. Gerald Wilkins - “*I didn’t know how much I could improve until I started seeing a chiropractor. Since I’ve been in chiropractic, I’ve improved by leaps and bounds, both*”
mentally and physically.”

9. Michael Jordan

10. Charles Barkley

11. Irving Fryar - I definitely believe that chiropractic care has attributed to my fitness. I don’t think I could maintain my level of play without chiropractic. When I go to Dr. Napoli for an adjustment I immediately feel better.”

12. Crawford Kerr - “Dr. Bill (chiropractor) kept me on the field many times.”

13. Barbara Bunkowsky, LPGA Tour Professional - “I have found that chiropractic keeps me flexible and pain-free so that I can perform at my highest level. The benefits of chiropractic have improved my golf swing, putting less stress and strain on my body and allowing me to be a more productive golfer. I believe it also helps prevent other associated injuries that are very common on the LPGA tour.”

14. George Angat Jr., US Lightweight Champion - “The split second that can be added to my speed by my chiropractor could be crucial.”

15. Manager-Denis Doucette - “Chiropractic care gives him that little advantage, that little extra strength and quickness and allows him his best opportunity to regain his title.”