



# Hurt Lower Back CASE STUDY

*This patient was apprehensive trying Stucky because he was going to a different chiropractic clinic and wasn't getting anywhere with his pain being resolved.*

## TREATMENT

Dr. Hall at Stucky traced the continuous lower back pain to a car accident 20 years ago resulting in a hurt neck that was never treated. As a result of how the body is connected, this patient just kept having problems with his lower back.

My pain was excruciating and it was limiting me from doing things that you normally don't think twice about doing. Getting dressed was painful, sitting down was painful. I couldn't sleep, I was in a really bad place.

My treatment at Stucky was different. The clinic had a good system, I took comfort in knowing what was next, what the problem we were solving was and what type of treatment was going to be used to attack it.

Dr. Hall is an athlete, and so am I, he understands about wanting to reach an athletic goal.

I am a runner and I did some other CrossFit type stuff and it's really nice to have a doctor that understands that I don't want to be in pain like this forever. I want to get back to where I was, and go further.



## RESULTS

**I'm back working out at the gym and I'm starting to run again. I'll probably do a half marathon, and I have been thinking of a full marathon. This was never in the cards before treatment, so that would be a great achievement for me.**

It's like night and day. I mean, I just can't believe I was living in pain and all of the ibuprofen I was taking to numb the pain. I haven't taken an ibuprofen in months now.

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### THE EXAMINATION AT STUCKY WAS VERY THOROUGH

Without the thorough examination and interest in my total health, the understanding that my chronic pain stemmed from a neck injury 20 years ago would never have come to light.

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### THERE WERE A LOT OF PEOPLE INVOLVED WITH MY CARE

Everyone was always on the same page about what was going on with my treatment and progress.

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### INVOLVING ME IN MY HEALING PROCESS

Dr. Hall's patience with explaining how the body works and how parts that don't seem to be connected and affected by each other are most definitely connected, is what was key to helping me understand and help my own healing.