

April 2015

I injured my lower back in January 2011 which put me out of work for 2 months. I went to Dr. Mierzwa for chiropractic care and went back to work with no problems. Then I re-injured my back in May of 2013 and it was worse. I couldn't stand up straight; I was bent over and in extreme pain. I went to my doctor who gave me about 4 prescriptions and physical therapy. I did this for about 3 or 4 months. Everything they tried made it worse with more pain. Then I went for an MRI to find out I have 3 bulging discs in my neck with boney fibrous growths on the outside and 4 bulging discs in the lower back.

I was then sent to the first 2 spine specialists who said "you're too young" and they wouldn't do anything for me. I saw a couple more specialists who ran tests and suggested 10 injections to the spine for about 4 months. There was no change so they wanted to do more injections and possibly fusion. I went to one last specialist, tried 4 more injections which didn't work. They suggested to go to a chiropractor who may give me 6 more years before needing surgery.

I called Forestville Chiropractic and talked to Dr. Jessica Mierzwa who suggested trying cold Laser Therapy. I was ready for anything, so why not? I was out of work for 6 months with no change in my back pain or being able to stand up straight when I started the Laser therapy. After a few visits, my pain level went from a 10 everyday to a 5 or 6 and now it is down to a 3 or 4 which is great! Now I can also stand straight up without being bent over looking like a 90 year old man with no spine. I am now back to work and I do 1 to 2 appointments a week.

Thanks Dr. Mierzwa, you are the best chiropractor in the world.

Scott Nichols

Age 42