

## **Chiropractic Testimonial – by William Plymel**

### **What were your symptoms prior to becoming our patient?**

Lower back pain and pain between shoulder blades.

### **For how long?**

3 - 6 months.

### **What other methods did you try before Chiropractic?**

None.

### **What were the results?**

### **When did you start Chiropractic care? Who recommended it to you?**

10- 20. Been before for neck problems.

### **What is your current status?**

Immediate relief. Pain free.

### **What are some things that you can do now that you couldn't do before?**

I have complete mobility, I can do anything I want to do.

### **Other information (Anything else you would like to say?)**

I work in a pharmacy warehouse on the shipping line and I have to do repeated turning, twisting, lifting, and bending with the boxes that weigh anywhere from 10 lbs to about 50 lbs. all day long. My back and between my shoulder blades had gotten so stiff and I was in so much pain it was hard to make it through the day but I've been coming to get an adjustment once a month for the last year and I very seldom ever have any pain. I can work all day and still be pain free. It's like I got a new back. One adjustment, once a month is worth it.

### **Would you recommend Chiropractic to others?**

Yes.