

John F. Testimonial

My name is John Frey. I'm thirty-nine years old. I was born with one leg shorter than the other. My parents knew that the situation would cause numerous physical problems for me by the time I reached adulthood. I had surgery when I was about twelve years old in order to allow the shorter leg to attempt to catch up to it/become more equal in length. The procedure was successful. However, the shorter leg never completely caught up to the length of the longer leg. As a result, I walk on the ball of my foot on the shorter leg simply because my heel does not quite reach the ground. If I do stand flat footed on both feet, it causes my hips to be slightly crooked.

I went to live my life as normal as anyone else. Both legs are fully functional. I could always run, play sports, train in martial arts, etc. When I turned thirty years old, I started noticing pain in my neck and my back. I could not pinpoint from where the pain might have originated. I had not been injured. The pain started to get worse. It was keeping me from training. When the pain got to the point of keeping me up at night, I decided that I could not live with it. I then asked my parents for advice.

I told them I needed to see a doctor. None of the home remedies were relieving my pain. They suggested that I go see Dr. Kevin Vinzani at Health Solutions. Dr. Kevin had previously come to my Dad's office to advertise and do some demonstrations of chiropractic care. My Dad was impressed by the visit. When I came to my parents for advice on what I should do about my pain, my Dad said, "I know someone who might be able to help you. Let's go see Dr. Kevin."

I was reluctant to make an appointment. I had heard more negative than positive stories about chiropractic care. At the same time, I had not ever taken it upon myself to research chiropractic treatment. I never thought it would be something I'd ever need. I figured it was a last resort if any other treatment could not help me. I had had about ten surgeries. All of the surgeries had corrected my ailments in the past. What could chiropractic care possibly do for me that a doctor or surgeon could not?

I was desperate to get relief. My parents had always given me excellent advice in the past, so, I went ahead and made the appointment at Health Solutions. Once I walked through the door, I felt a warm vibe. I was impressed by how personable the staff was. I was nervous when Dr. Kevin introduced himself to me because I wasn't sure if I was able to describe my pain well enough. I wasn't sure if this stranger could truly understand or heal my pain.

Dr. Kevin listened as I described my pain to the best of my ability. He took a scan of my back. The scan showed all of the areas where my neck and back were affected. He assured me that if I were to start treatment, he could indeed relieve me of my pain. He also made sure that I knew it was not going to be a quick process. It would take time to get me back to where I needed to be. Having no knowledge of chiropractic healing or what the treatment would consist of, I went

ahead and scheduled an appointment, hoping that Dr. Kevin could in fact, do whatever it took to ride me of this pain.

Dr. Kevin recommended I come in a few times a week to start the treatment. I was given a lift to wear in my shoe in order to help correct my stature. After a few weeks, I was still wondering if the pain would ever go away. After a few months, Dr. Kevin recommended that I come in less frequently. It was at this time I noticed that my pain was diminishing. At each visit, I told Dr. Kevin if I had any random or excessive discomfort in any particular area. As my pain was becoming less and less frequent, I knew I had made the right decision.

I'm happy to report that my pain is gone. These days, I go every six weeks to get an adjustment. I still get the occasional ache and pain. If I do feel discomfort, I simply tell Dr. Kevin about it at my next visit. I feel like a new person every time I walk out of there. I truly believe that chiropractic care is the most natural way to heal a person's body. I don't know what I would have done without it. Once a person experiences back pain, they usually do whatever it takes to keep from experiencing it again. I have been receiving chiropractic care from Health Solutions for the past nine years. Even after my pain was relieved, I continued to go because of how much better I felt after each visit. I recommend chiropractic care to anyone who even mentions neck or back pain to me. I can honestly say receiving chiropractic treatment has changed my life.

