

Chiropractic

~~NO~~ SUCCESS STORY

When I first went to Dr. Applebee, my lower back, neck and shoulders were experiencing significant discomfort. I could not find a comfortable position to sit, could not read because the tilting forward of my neck was very painful and I could not sleep without tossing and turning because my back pain was so uncomfortable. As someone used to working out on a treadmill five times a week and strength training, I was devastated by the loss of my ability to exercise and I put on weight. I thought I would never regain a state of normalcy in my life.

Dr. Applebee guaranteed to me that I would be able to work out as I always have but that it would take time and patience on my part. Progress was slow the first few months but I slowly regained mobility of my neck and could sit more comfortably. As my body slowly but steadily regained its functionality, I was able to exercise again. I began using an elliptical trainer but have now switched back to a treadmill. I can now powerwalk on my treadmill, strength-train (even lifting weights over my head) AND doing sit-ups... something I thought I would NEVER be able to do again!

I have had setbacks because I was so anxious to exercise that I overdid it. Each time Dr. Applebee patiently readjusted me and I bounced back.

I can't recommend Dr. Applebee enough. His approach is gentle, reassuring and he is not a proponent of "bone cracking therapy" which is, unfortunately, the image the general public has of chiropractic care. I am the visible proof that gentle readjustments stand up to the test of time and Dr. Applebee is patient, understanding and, above all, he takes the time to explain everything to his patients. He even gives them tips on how they can maximize his care by taking care of themselves.

While I am not completely free of discomfort, I am completely able to function normally and I know that, with patience (both mine and Dr. Applebee's), I will slowly continue to make progress.

Signature

Régine Lambrecht

OK to Publish? Yes No

Print Doctor's Name

DR. BRIAN APPLEBEE

Date

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