

Patient Testimonial

Patient Name: Amy Henasey

Date: December 20, 2012

Why I entered the Office:

I am so glad I came to Back2Health – although it was almost accidentally. I was in such discomfort after really doing a number on my back – too much physical stress (up and down steps carrying things) along with emotional stress – and when it didn't go away after a week and became progressively worse, I finally called my physician. She ordered Motrin and to “See a chiropractor ASAP.” Never having been to a chiropractor, I was checking out some referrals and then remembered a place close to home that used to be a different office. Crystal was so pleasant on the phone, straightening me out as to what Back2Health now was, and setting me up with a consultation appointment with Dr. Beth as soon as she could.

How Chiropractic Helped Me:

After my first appointment and getting started with my treatment plan, I was already 50% improved within the space of a week. It was such a relief to feel like I was already on the road to recovery, and I was so impressed by the organization of the office. A lot of thought goes into each person's individual treatment plan, everything is thoroughly explained, all staff are involved in making sure it gets carried out, and you are treated as a special member of the Back2Health family, and not a number or a chart record. Crystal and Laura make sure you are welcomed, keep things moving along, and give great “Genie” rubs. Kristen takes the mystery out of insurance claims and finances. A therapeutic massage session with Johanna is so much fun in addition to being effective. Dr. Beth and Dr. Nate each bring a different perspective and style to their chiropractic technique and skill, and yet work in tandem to provide care which encompasses all aspects of life. They are concerned about each person's total well-being, and not just their bones! And not only did they get to the source of my acute problem with my back, they also have been working on sites of chronic discomfort and relieving the stress in those areas that I kind of ignored, figuring it would just have to be endured. As Dr. Nate put it, they are “Peeling back the layers, like an onion,” finding all the underlying causes of pain and employing a variety of techniques to improve my well-being. Of course there are some things that can't be “cured,” but I know that between their efforts and the exercises/therapies/techniques they prescribe me to utilize, I can get my body much closer to where it should be, and to a well-being far beyond simply decreasing the back pain that brought me in.

Patient Signature:

