

I am 99% free of pain

I am a 28 year old female, and had been suffering from **shoulder and back pains** from almost 3 years when a colleague of mine literally forced me to go see Dr. Horning.

I used to get these muscle spasms in the middle of my back that used to make my upper body completely rigid making me like a robot. Only 3-4 days of complete bed rest (I didn't take any anti inflammatory drugs) helped ease the pain. **But it used to take almost 1-2 months to get some strength back in my shoulders.** I assumed that my shoulder muscles were weak that caused these spasms and did some exercise to strengthen them. But it wasn't helping.

The spasms were relapsing once every 5-6 months and there was pain in shoulders 95% of the time. When I again got a spasm, I finally went to an Orthopedic. He took a couple of x-rays and told me there was nothing wrong and I need to undergo physical therapy. But I needed immediate relief and also a diagnosis of the problem. **If there was nothing wrong with me, why did I have these muscle spasms so frequently?** This was not normal. So I finally came to see Dr. Horning, with a degree of apprehension (since my experience with another chiropractor hadn't been very nice). He asked me a number of questions and I did a number of kinesiology tests to determine what was going on and what was wrong. My faith in him kept increasing as time progressed and I started to feel better.

He was able to give me immediate relief as well as diagnose my problem. I also understood that for chiropractic treatment to be useful I had to be patient and diligent about visiting his office 3 times a week. I had to drive 40 miles to visit his office, 3 times a week. I did that for 5 weeks and now finally it has paid off. I need to come only once a week and **I am 99% free of pain** and can do lots of physical work as well. Thanks to Dr. Horning I am not afraid of those muscle spasms anymore and know what's wrong and what precautions I need to take.

Shveta B.