

## **“Hey Nerve, Stop Acting Up!”**

I had been suffering with pain in both hips, taught muscles, upper thigh pain, fatigue, pain in both shoulders and a sciatic nerve that would make my leg go out from under me. My sciatic nerve had been bad since I was pregnant and up until I came to Dr. John. My hips had been hurting severely for about six months. My medical doctor wasn't sure what the knots on my hips were and wanted to give me a shot of steroids. My shoulder pain was said to be “tennis elbow” when in fact I had a pinched nerve.

My mother had been in a car accident and said that chiropractic was helping her tremendously. I had no doubts that chiropractic could help me. I saw my mom's improvement and was sure it would help me too. I was amazed at how much better I began feeling in such little time. Dr. John and his staff are wonderful, comforting people. I love them!

I've been seeing Dr. John for about a year now. Even though I have a little ways to go, I feel much better than I did before I found chiropractic. I have better movement now and my sciatic nerve doesn't “act up” nearly as often as it used to. My four year old son, Adrian, receives chiropractic care from Dr. John also. He had suffered with chronic ear infections. Because of chiropractic, he has not had an ear infection in over a year! I would definitely recommend to anyone who's in pain, sick or suffering to consult a chiropractor. I absolutely love it!

A handwritten signature in cursive script that reads "Patricia Roland". The signature is written in black ink and is positioned above the printed name and title.

Patricia Roland  
Patient