

# I can play on the floor with my children!!!!

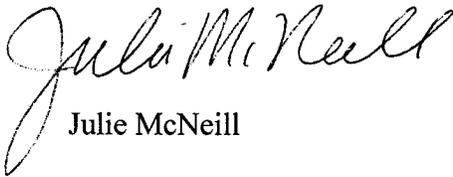
I had a severe sharp pain in my hip and numbness in my left leg when I would walk or run. The pain would radiate on the lower left hip. I was also experiencing severe headaches that were nauseating. I have suffered for years with these pains. I could not sit on the floor or take a long car ride with out agitating my hip. There were days that I would have to lay in bed in the darkness to relieve the headaches.

I had gone to my primary care physician who prescribed naproxen for my headaches but it did not eliminate the problem. I also went to a physical therapist for my hip. I still had no relief from the therapy. That's when I decided to seek other help. Many years ago I had Chiropractic care but had moved from that area and had not continued. When I had stopped the treatments the pain came back. I knew that I needed to begin care again. That's when I contacted Dr. John and staff at Isdale Chiropractic of Cove. The staff was very professional, friendly, and compassionate. Dr. John listened to my concerns and I decided to start the care I needed.

Within two weeks I started to feel a difference in my hip and the unevenness when I would walk and run. I did have flare ups here and there but after an adjustment they quickly went away. Several times I came in with headaches and when Dr. John adjusted me I was pain free instantly. I am now able to sit in church and go on long trips without discomfort. The best part is I am able to play with my girls on the floor. I no longer have to take the naproxen.

I would recommend to others that are sick, suffering, and in pain to visit Dr. John. I feel so much better with my adjustments. I actually feel like my age now rather than feeling like I was twenty years older. I am very blessed for chiropractic care.

Sincerely,

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

Julie McNeill