

Being Thankful

November 2010

Dear Christine,

At this time of year it is typical for me to be particularly thankful for all the gifts that I have in my family, friends and broader support network. This year I have been faced with some new health challenges that seriously impaired my ability to exist in my world as freely as I have historically. To be specific, I had a knee injury that caused me so much pain and discomfort I was unable to walk much at all, let alone continue to walk my dog, exercise regularly and even move from sitting to standing without experiencing pain. This was unusual for me. Although I am 59 years old, I am used to twice a daily walks with my dog and regular exercise, both of which I enjoy tremendously. This pain was due to an injury in May of this year and, even though I have had periodic injuries, I have never been this much impaired in my lifetime.

So, back to gratitude: After seeing a knee specialist and going through physical therapy I found no relief. I was unable to get a diagnosis from my specialist until I had undergone an MRI. Friends of mine saw my pain and immobility and referred me to Dr. Christine Miller, Chiropractor. I had never been to a chiropractor for any care previously and after my failings with physical therapy, I was skeptical that anyone could really help me. On my first visit, and before my physician had reviewed the MRI results with me, Dr. Miller shared with me her ideas regarding possible diagnosis and her recommendations for treatment. She also began treating me with low intensity laser therapy. She fitted me for orthotics, which I have worn religiously since I got them. After more than two months of pain and an inability to walk without a cane, I finally found relief. Dr. Miller was careful to explain to me how low-intensity laser therapy works and how it can assist in the healing process. She gave me written materials regarding my condition and loaned me a Cryo-Cuff so that I could efficiently and effectively ice my knee regularly. She discussed with me my typical exercise program and we agreed on a limited activity program that I would build on as healing occurred.

As I laid on the treatment table the first session listening to Dr Miller discuss possible diagnosis, probable prognosis and treatment, I cried. I was not crying because of the pain, it was because someone was finally really listening, understood my condition and was willing to really work with me to find solutions. For the first time I realized how upset I had been about my inability to move around and I had some hope.

After two months of acute pain and walking with a cane, I had 30-40% less pain within 5 treatments. Initially I was receiving laser treatments three times per week and, per Dr. Miller, using the Cryo-Cuff three times per day (or as needed). Three weeks into treatment I was over 70% improved. The good news is that I was able to go on my 30th Anniversary trip to Toronto, where I walked all over town taking public transportation each day for two weeks, and had an almost pain free vacation.

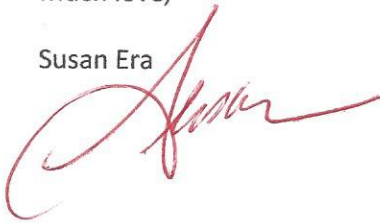
Now that I have stopped treatment my knee is recovered and I am cycling twice weekly, walking my dog daily and back at my exercise program. This is three months after my first treatment with Dr. Miller. I

was able to resume walking my dog after about 3 weeks of treatment, resume my exercise program after about two months of laser treatment and I left that cane behind after one week of treatment with Dr. Miller.

I am so grateful for the accurate diagnosis, careful treatment, education about my injury and injury prevention, and the kindness I received from Dr Miller and her staff (Cathy that would be you!) I know that being 59 means I need to take a bit more precaution as I make decisions about my physical activity. I am convinced that this treatment did more for me than the medical care I received from my knee specialist and physical therapist combined. Thank you Christine for what you do for our community by offering this valuable treatment and for what you did for me. Being able to be active again, and in such a short time, as well as more educated about how I can better prevent future injury truly improved the quality of my life.

Much love,

Susan Era

A handwritten signature in red ink, appearing to read "Susan Era", written in a cursive style.