

6/09/2014 Jan Rippingale Ukiah, California

#### Laser therapy for c-Section incisions:

With my second son I had an emergency c-section. After 6 weeks, my incision was still bright red and tender, and I felt uneasy about moving too strenuously. Dr. Miller used a variety of laser treatments on my incision and the surrounding area as she said that any area that was tender needed attention. During the treatments I felt tremendous relief, even though I wasn't exactly sure what I had been anxious about. After a couple of treatments, my incision healed so that it looked fairly superficial and was not tender anymore. I also felt confident that I could move in any way that my wiggly bundle of joy required! Thank you, Dr. Miller!

#### Pillow Education:

At a friend's BBQ, I was surrounded by exuberant children playing and, at one point, I was surprised and whipped around to look almost directly behind me to make sure they were really ok. The next morning, I could tell that something was dreadfully wrong with my neck and it was affecting my shoulder, arm and hand. My neck really hurt, my shoulder was sore, and my hand was cold and tingly. Dr. Miller said this sounded like Thoracic Outlet Syndrome (TOS) and needed focused attention. She used lasers, ice and a shoulder sling to get the swelling down. On Day 3, however, it was still pretty bad. She asked how I slept and, as a side-sleeper, finding a sleeping position that didn't hurt my shoulder and neck was a real challenge. After evaluating me, she showed me how to position myself with pillows so my joints would be "neutral". She told me what kind of pillow I needed when I was on my back and what kinds I needed to sleep on my side properly. I went home and setup my bed accordingly. The next morning was nearly miraculous. I felt so much better that I realized that sleeping in an incorrect position had likely been the underlying cause of many problems and, likely, the resultant chronic stress on my neck and shoulders made me vulnerable to this type of injury. Dr. Miller helped me through the acute phase of my injury and, with her advice about sleeping positions and pillows, I feel set up for a much more comfortable life altogether! Thank you, Dr. Miller!