

Dr. Cox,

Truly the world is a small place. While providing an update on my back problems to [name withheld], she mentioned that she had a friend with the last name Cox and that his father was a Chiropractor. Several weeks later after hearing even more positive news about my progress and the results of the Cox technique, she decided to reach out to Jason to ask if you were his dad. And here we are!

Whereas I am sure you have heard a number of success stories, I am happy to share mine with you... A bit about myself -- I'm 33, active, good health, medium size frame, no history of back problems. In early Nov. while traveling, I was attempting to sit on a stool and my left foot slipped off the rung as I was stepping up on to the stool. This caused a bit of a jerking/twisting motion. I did not fall down, as a matter of fact, none of my colleagues even noticed the incident. I felt a bit of a twinge in my lower back and experienced soreness. However by morning, it was severe pain (both lower back and my leg) and I was shocked to see the distortion of my posture! I had an extreme antalgic lean. Again, I was both shocked and scared as I have never experienced any back problem or injury before.

That day, I flew back to Los Angeles and went to the ER where I was diagnosed with a pulled muscle. Needless to say, six weeks later, I was diagnosed with a herniated disc (L4L5, apprx. 7mm left posterior with nerve displacement, including drop foot). I was originally prescribed NSAIDs and Flexeril. Then I tried a 5 week pack of Medrol. After that, it was PT twice a week and a Chiropractor for stim and massage. Then it was more NSAIDs, Flexeril and Vicodin. No relief, so I opted for an epidural (ended up having 3). To no avail, my primary physician indicated that the next option was to see a Neuro Surgeon. Of course, I called to set up an appointment however, this surgeon had a five-week waiting list.

Around the same time I was having the epidurals, I received a telemarketing call re: low back pain. I listened, provided my mailing address, and was sent information about the Cox Technique from Dr. Ben Jakob. Thinking that the epidurals would work, I ignored the mailing. Several weeks later, the same week I was referred to the surgeon, I received another mailing. Given that I was going to wait five weeks for my appointment with the surgeon, I decided to see Dr. Jakob. That was my lucky day! Knowing what I know now, I would have bought a lottery ticket. After only five visits, I noticed marked difference. My pain level and antalgic lean had decreased substantially. Now, after 15 or so visits, I am taking zero medication; the pain in my leg is almost gone; the antalgic lean is almost completely corrected; and my fatigue level has decreased.

Thanks to your technique and Dr. Jakob, I have canceled my appointment with the surgeon. Dr. Cox, not only am I completely convinced that this technique works, I am literally walking proof. I would have never thought that I could have the health that I have today without surgery. Those around me agree as they have watched the transformation before their eyes. I understand that I have a way to go but I am still in awe of my improvement and confident in my recovery. My only regret is not taking before and after pictures.

I am so pleased to share this with you directly. Thanks again and if you have any questions, please do not hesitate to contact me.

Best regards,  
-Joline