

October 2006 - from patient of Dr. Al Unruh in SD

Hi. My name is Shawna V. This past March I had started having some increasing back pain that I thought would just go away after a short time. After a few weeks it was not going away, in fact it was getting much worse. So I started going to a chiropractor for the first time in my life. He did some adjustments on me and it seemed to be doing better. Then this past May, I had a major relapse in my recovery. It was the final straw. At this point, I could no longer sit or lay down without shooting pain down my left leg caused by bulging discs in my back which in turn pinched my sciatic nerve. There was also numbness in my foot because of the pinched nerve. So back to the chiropractor I went. I also used some medications, received shots, ice and heat to try and receive some relief. This injury was affecting every aspect of my life. I could no longer effectively do my job because I could not sit for more than a few minutes at the computer. I was waking up almost every hour because the pain in my leg and back causing me to lose many hours of sleep. This caused a lot of frustration for me in the fact that it was basically taking away my livelihood. It was hard for me to limit the things that I could do in my daily life.

Just when I thought I could not take it anymore and looking at my last option of back surgery, my current chiropractor suggested that I go to Dr. Unruh for specialized treatment. I have to admit that I was skeptical about trying yet another treatment. But after just one week of treatments, my shooting leg pain subsided almost 75% and the last thought on my mind was going in for back surgery. I was amazed at the progress I had made in such short time. I am currently doing the rehabilitation program and continue to get stronger each week. I am able to sleep through the night with little pain and can adequately do my job once again while sitting at the computer. It was truly a blessing that I came to Dr. Unruh for treatment. The treatment is a great stretch for bulging discs in my spine and I feel great after I leave Dr. Unruh's office. Plus he usually has a great joke to share every visit. : )

I would highly recommend for anyone who thinks they have no other option but back surgery to come visit Dr. Unruh. He is dedicated to his patients and their well-being. He strives to promote healing of your back without surgery. I am on my way to a pain free every day life. Thanks Dr Unruh!