

## Wonderful Adjustments

*“Now, with regular maintenance appointments I can continue to live life as it should be and be as active as I want.”*



**Parallel park???** You must be joking. I don't do that. That is how I felt for years. Why? Because I couldn't turn my neck enough to park safely and so I was the crazy woman you saw driving far and wide to find a parking spot to park in where I could pull in easily.

Now however, not only do I parallel park (and very well- I might add), I do many things requiring the flexibility and easy movement of my whole body.

The benefit of long term chiropractic care has helped me change my life for the better. It is so wonderful to be able to not have to think before making body movements that before would have me in serious pain. I was very restricted in my movements.

If you are considering Pat as your chiropractor I urge you to trust him and give it a chance. I was very sceptical of chiropractic care, having already tried massage and physio therapy, but I gave it a shot and am I ever happy I did. Now, with regular maintenance appointments I can continue to live life as it should be and be as active as I want. Don't wait- just do it!

-Dorte S.

