

Wonderful Adjustments

“My feet were so painful, I dreaded getting up to the bathroom in the night or getting out of bed in the morning. Dr. Maguire adjusted my feet two or three times per week for a month and my feet are now perfectly comfortable.”



I have seen elders in nursing homes who must use wheelchairs in order to move about; I think part of the reason they need the wheelchairs is because their feet are too painful for them to bear weight. When these elders transfer themselves from their chair to the bed or vice versa, you can see the agony of pain on their faces and in their movements.

I sincerely believe that I was on this same path. My feet were so painful, I dreaded getting up to the bathroom in the night or getting out of bed in the morning. Even though I wore my orthotics outside the house, and supportive footwear inside the house, my feet were in constant pain, which was worse after long periods of inactivity. Although I attempted to walk for exercise, I was in constant pain.

Dr Maguire adjusted my feet two or three times per week for a month and my feet are now perfectly comfortable. My husband and I are walking 4 km 4-6 times per week and I am feeling more in control of my weight and my health. Besides my feet, Dr. Maguire is assisting me to improve my posture and rid me of an annoying protrusion in my cervical spine that gives me a slouching, aged appearance. Headaches that have been very frequent in association with muscle tension, have been treated by Dr Maguire's adjustments and recommended exercise routine, however, I do need to continue on a monthly maintenance plan of treatment.

I am thankful for the treatments and improvement in my health that allows me to participate in an active lifestyle.

-Joan R.

