

No More Pills for Pain

“Without Dr. Pat I would be living in pain and not feeling the true joy of fitness that I should feel as an instructor.”



I consider Dr. Pat my own personal miracle worker. Being a fitness instructor, my body gets over worked, over used, over stretched, etc. Before I came to Dr. Pat, I would take Ibuprofen daily to deal with my constant aches and pains. I had constant headaches and limited mobility in my neck. Back pain was a given for me but I thought that was how people were supposed to live. After seeing Dr. Pat on a regular basis, I found that I no longer needed my ibuprofen and I could look over my shoulder without intense pain!!! Actually, pain free and I received great relief in my back from my adjustments from Dr. Pat. Without Dr. Pat I would be living in pain and not feeling the true joy of fitness that I should feel as an instructor.

Thanks Dr. Pat for allowing me the opportunity to live pain free and be stronger than ever!!!!

-Kandi L.

