

The logo for VAX-D features the word "VAX" in a stylized, blue, lowercase font. The letter "X" is formed by two intersecting lines. To the right of "VAX" is a blue circle containing a white square with a black dot in the center, resembling an eye or a camera lens.

VAX-D In Their Own Words

November 2009

My name is Jan Pleadwell, I am a 46 year old woman and I thought at this age I was starting to shut down my life of activity. 46 is way too young for that but I have had issues with my health for years. So, when I fell in January 2009 I had assumed again I was in for more than I had bargained for, and that was the first of four falls I would have this year. In January I had slipped on some ice and grabbed a handrail and held on for dear life as I didn't want to break something. Well, the result of this was a complete tear of the tendon in my shoulder, so of course I waited to see the doctor as I was already taking medication for pain in my low back so I just used what I had and hoped it would heal. When my shoulder didn't heal I finally gave in and went to the doctor in April. I did all the tests and the waiting and waiting for results and then was told I needed to see a surgeon, which I was told was going to be a 2 year wait to see him and 2 years after that for surgery. Well you can imagine my dismay. Then my son called me from work one day and said he has a customer who is a doctor, and he has a discussion with Dr. Moore about my situation. Dr. Moore advised my son to have me call him. I gathered all my test results and headed to Aurora to Dr. Moore thinking this is going to expedite my shoulder process. When I get there and have a conversation and examination with Dr. Moore I learned not only were my falls a result of my back issues, but my pelvis is twisted as well as my spine which cause the pain in my neck and back .

So first things first, he wanted an MRI and here I am thinking more time lost waiting and waiting, but Dr. Moore, like a Knight in shining armor, comes through and suggests I go to Buffalo and bring the results home with me, and makes the appointment for the next day.

Well, that was the beginning of a journey I never expected to take. I have suffered with osteoarthritis in my spine for 10 years and was prescribed Percocet to control the pain as my only solution. Dr. Moore offered me a solution - he told me not only was the osteoarthritis in my spine but I had herniated discs as well, and that he could help. Remembering I came for my shoulder, Dr. Moore also told me he could help with my shoulder as well and he would try to get back 85-90% usage with no surgery and I liked those odds especially with no surgery.

I started VAX-D spinal decompression on Aug 24 with a pain level of 8-9 out of 10. I was a little wary of being harnessed to a machine for 45 minutes, but it was better than the alternative of being in pain and medicated, so every day for nine weeks I went to down to Aurora and had my treatments and after VAX-D everyday Dr. Moore would put me on the table and manipulate my back, neck and shoulder. I never expected he would be involved in the first part, but after my treatment and Dr. Moore's manipulation afterwards I would walk out feeling a little better each day. Finally, in middle of September I had minor surgery for varicose veins and at that time realized I hadn't taken any Percocet in a couple weeks and the headache I woke with every morning was gone. I started assessing my movements and realized I could put my pants and socks on without dragging them on the floor first, and I could lift my leg to get dressed now.

I am now in the re-cooperation stage of letting the discs healing themselves, so I am not back to my regular routine of being a domestic goddess, but I have made some changes and am rather enjoying that my pain level is between half and one on a daily basis. I no longer have to wake up and reach for Advil for my headaches, and I haven't taken any Percocet since early September and this is late November now.

vax: D In Their Own Words

I would like to thank Melissa for squishing me every morning and for the support and knowledge I have gained from them, but I would like to give a big THANK YOU to Dr. Moore for making life pain free and medication free and for generally making me feel so much better. My son deserves a thank you as well for thinking of me when he was at work and realized Dr. Moore could help me.

I hope this is just the beginning a great relationship for the good of my health.

Janet Pleadwell – Domestic Goddess

