

Hi, my name is Lisa Padula. My problem started in April of 1987. While vacationing in Washington, D.C. I was a passenger on a double-decker tour bus which didn't quite fit under a bridge and left me with some serious injuries to my back and neck.

Under the care of my physician, the only relief he prescribed was enough medication to sedate an elephant! From there I sought the help of a back specialist. He tried relaxation tapes and more medication. Still I had no relief and felt like I was sleep walking.

Some months later I heard of a muscle therapist and decided to give it a try. Muscle therapy relieved my spasms and some of the pain, and helped me to better to relax. She encouraged me to see a chiropractor, but when I mentioned this to my physician he strongly cautioned me about "risking my back to a chiropractor". I was scared to death of more pain, so I put the idea right out of my head.

After losing my job due to this injury, I became very depressed. I sought the help of a new physician, a neurosurgeon. He prescribed several tests to get to the root of my problem and when I mentioned chiropractic care he offered a positive response and said to give it a try, it might help.

My first visit with Dr. Cejka was in October, 1988. I noticed a difference in about a month, and was feeling well enough to return to work part-time. Under the encouragement of my muscle therapist and neurosurgeon, I reached out for relief and found it through chiropractic care. I cannot stress enough the positive affects it has had on my life.

I still come in periodically to prevent my chronic problem from getting aggravated. I feel healthier when I get adjusted and I choose to make it a part of my lifestyle. It is as important to me as going to the gym to keep healthy.

Now when anyone says to me, "Oh, my aching back", have I got a response for them!

Lisa Padula