



Chiropractic care has drastically improved my quality of life!

Having had spinal fusion surgery approximately 12 years ago, I then fell and damaged the discs directly above the fusion area triggering severe pain down both legs. Barely able to walk with a cane, taking six (6) prescription medications, having had numerous nerve block and facet injections, and being told that the only option left was to do exploratory surgery and remove adhesions from scar tissue, I sought chiropractic care for the first time ever.

Just about one year later, I not only walk beautifully without a cane – I have been swimming, horse back riding, went on zip lines in Costa Rica and finally, finally after a 4 year inability to do dental hygiene, I am working as a dental hygienist three to four days per week!!!! The six (6) prescriptions medications are down to one (1) and that one is at half the strength it used to be! As the spinal fusion is not aligned completely, I have to continue chiropractic care weekly which is not typical of most patients. I also must spend at least one half hour exercising at least four times per week. Never will I complain as I am elated to be able to live in such an incredible state of health!

I will be forever grateful to God for leading me to this option and to Dr. Mark Lindholm, who uses the gifts God has blessed him with to help improve the quality of life for others.

Cathy Rush

