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I've been seeing Dr. Waldt for 6 weeks for treatment of Plantar Fasciitis. Prior to my first appointment, I was very anxious about seeing a Chiropractor. Having never seen one before and having known very little about the adjustments they do, I never considered Chiropractic care as an option for me. I didn't really think it was worth putting my time and effort into pursuing such treatment. Having two small children and working full time, it didn't fit my schedule. I made an appointment anyway, and found that Dr. Waldt and his staff were very nice and very patient. They explained Chiropractic care to me. After learning about the benefits of Chiropractic care, I decided to continue it for a while. After my third adjustment I noticed a decrease in my foot pain. This was exciting for me because since I was a teenager, it was painful to do things like "walk the mall" with my friends, walk on the beach barefoot, or any activity that required standing or walking in excess of 5 minutes. After seeing three Podiatrists and one Rheumatologist over the course of many years, and trying different treatments like anti-inflammatory pills, shots in my feet, and ultrasound treatments, I thought I had exhausted treatment options and decided to just adjust to a less active life. In the past six weeks since I've been getting Chiropractic adjustments, I've seen an improvement in the length of time I can walk before the pain sets in. I have also noticed an increase in energy immediately following an adjustment. My children have noticed that too - one Saturday afternoon I was playing with them after just coming home from the Chiropractors, and while jumping on the trampoline with them, my son noticed that I had stayed on much longer than I usually do with them. He told me this was the best time he ever had in his life! - That made me feel like a really good Mom. Although Chiropractic care has not completely eliminated my foot pain, I plan on continuing care for the overall benefits, and will soon have my children get adjustments regularly too.

Donna Dobbs

