



Dr. Michael Thompson, M.A., D.C., C.C.W.P. (314)432-2329
10315 Clayton Rd.
drmike@vibrantlivingchiropractic.com
Frontenac, MO 63131
www.vibrantlivingchiropractic.com
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Frozen Shoulder; rotator cuff tear; arthritis

I made an appointment with your office after 3 months of failed physical therapy and several appointments with an orthopedic surgeon, it was decided that surgery was my only option. I worked really hard to do all of the exercises at home and I had multiple physical therapy appointments that were painful and sometimes I couldn't sleep for days after therapy because of the intense pain. In the end, this type of treatment would prove to be unsuccessful. I was frustrated and discouraged so I decided to try chiropractic care. My first chiropractic appointment was actually the same day as my scheduled shoulder surgery date, I'm SO glad I took a chance and tried this course of treatment.....ultimately it was decided to cancel the surgery...YAY!!

I want to thank you for the adjustments and therapy you have provided for my shoulder. As you recall, I had very limited range of motion and I had quite a bit of pain when I would try to accomplish even a very basic task. It's hard to believe that when I started treatment with your office, I couldn't wash my hair, get dressed, maintain our home, or even hug my son very easily. In fact, it was difficult and painful. Within 30-45 days I could wash my hair, get dressed and hug my son with ease. The process required a commitment in terms of keeping my appointments, it was never painful and I never lost a night's sleep. I can actually see the light at the end of the tunnel, I feel that I have gained about 90% of my motion back in just 90 days. That's amazing, I'm no longer frustrated with my shoulder and I feel encouraged that we will eventually achieve the other 10%.

I would encourage anyone to try chiropractic care, trust the process, keep your appointments and try to be patient. Sometimes physical challenges take time to heal, enjoy the gradual successes and celebrate the great victories....they will come.

BRAVO to you Dr. Mike, I'm glad you're in the business of healing folks without surgical intervention.

Cathie B.