



# Managing Pain from Old Sports Injuries

This is Bob. Bob works in Human Resources and is a military veteran. He enjoys his grandkids, playing golf, and traveling. Bob moved to Texas 13 years ago and found Revolution pretty quickly after that (he's been a patient for over a decade)!

Bob damaged his back throwing discus in high school, which led to years of back pain. This pain prevented him from engaging in various activities while raising children. When all his kids were grown, he wanted to play golf with friends, but he couldn't because his back pain kept him from playing all 18 holes. Bob sought out chiropractic care instead of back surgery due to the risks of surgery. He was incredibly thankful to find a natural and lasting solution for his pain.

Being under consistent chiropractic care has helped improve Bob's entire quality of life. Now he can do more yard work and honey do projects without hurting. He can also get down on the floor and play with his grandsons. He says, "Life is good!"

**"Dr. Jason, Susanne, and Meg are very welcoming and very personable. It feels like I'm at the office to see my friends when I walk in the door!"**



~Bob