



# More Movement Less Pain

Keith and his lovely wife started care at Revolution about four months ago. Keith works in Industrial Control IT and sits at a desk all day, many times for 10-12 hours a day. Talk about micro-traumas all day, every day. While it may sound like Keith is sedentary, he is anything but that...Keith enjoys being outdoors where he can cycle and jog! He is also an avid Texas Rangers fan!

Keith first started chiropractic care to help address lower back pain and a shoulder injury from downhill skiing. After being under care, he has seen great results with a minimization of his pain. Keith has been able to reduce the over-the-counter pain medication he was taking and steroid shots he received. One of the things Keith really enjoys about Revolution is the immediate results he's felt after each visit. He also greatly values the efficiency of the office staff and process. Keith says he plans to continue care to address his overall aches and pains related to living an active lifestyle and aging in general. Overall Keith has seen his posture improve and his aches and pains reduced after being under consistent care with Dr. Jason.

**One day I mentioned the limited movement in my shoulder to Dr. Jason. After one treatment, I was swinging my arm like I was a baseball player!**