



Avoided Surgery & Regained Strength

Ryan is a personal trainer and one of the kindest humans you will ever meet. He enjoys spending time with his family, working out, traveling, and the History channel. Ryan has always been active, played college football, and has been a personal trainer for almost 20 years. So, when Ryan started experiencing pain, weakness, and numbness in his arm, hip, and leg because of degenerated discs in his cervical spine, he was concerned. Ryan was only 35 when this started so he was concerned not only about his physical health, but also his professional well-being. He got several

opinions from orthopedic surgeons and neurosurgeons and their advice ranged from physical therapy to aggressive surgery. The news from the doctors left him scared at the thought of having surgery on his spine at such a young age. Ryan sought out chiropractic care and started with a chiropractor who did manual adjustments. He was uncomfortable with the care he was receiving because of the force from the adjustments. A friend told Ryan about Dr. Jason and the Torque Release Technique. So...Ryan set-up an assessment with Dr. Jason and the rest is history. It took several months for Ryan to see complete relief from the numbness and weakness (remember care is like peeling back layers of an onion). But after being under consistent chiropractic care, Ryan has not had any of his symptoms return in over five years. Not only was Ryan able to avoid surgery, he also no longer needs to take pain medication. In addition to these improvements, Ryan has noticed an increase in his overall wellness with fewer sick days.

“We go as a family, and I love that my family feels comfortable with Dr. Jason and the clinic...We might be a little too comfortable there as our kids are probably the loud sounds you hear in the clinic. I am so thankful for Dr. Jason, Susanne, and Meg.”

~Ryan