In August of 2008, I underwent extensive cervical spine surgery which caused my left shoulder, arm, and hand's range of motion to be nonexistent, much like a stroke patient. About June of 2010, still in tremendous pain and unable to use my left shoulder, arm, and hand, I won a free massage and consultation at Sorem Chiropractic. I went for the relaxing massage to get short term relief of the pain. Upon the free consultation, Dr. Monti Sorem stated that he thought he could help me. With nothing to lose and everything to gain, I was willing to try so I accepted his offer.

In September of 2010, Dr. Monti suggested I see a deep tissue and massage therapist and suggested Monique Wiedrich, owner of Body Essentials. I was reluctant but again had nothing to lose. After one year of intense treatments with both Dr. Monti and with Monique at Body Essentials I began to gain use of my shoulder and arm. I continued with both of them and continued to see progress and began gaining range of motion in my shoulder and arm. I also was gaining some control over my hand!!

In May of 2012, I had a second cervical spine surgery. After I healed, I returned to Dr. Monti and to Monique Wiedrich for treatments. Dr. Monti sold his practice to Dr. Nicole Adamson and she took over his part of my care.

I can now put on my own undergarment and put my hair in a ponytail. I am enjoying the use of my left shoulder, arm, and hand once again with some limitations. I am looking forward to the day I quilt, garden, and type again. I am also hopeful of future days with less pain.

I have **NO DOUBT** that if not for these fantastic people I would **NOT** have the range of motion and use of my left shoulder, arm, and hand. I love you guys!!!!

From a past Skeptic and convinced believer.

Debbie Kendrick