

# Case Study: Sciatica

Carmen's Story



I have had multiple traumas to my back since age 10. I would have numbness and tingling in my hands, arms, legs, and feet. In 2008, I literally was at work and my legs buckled, I couldn't walk. I had to crawl and was taken to the ER. An MRI showed disc degeneration.

Over time, my pain worsened; I would hold out as long as possible until I had to do the yearly epidural shots and my pain meds just got higher and higher in dosage. I saw a TV ad, and came into Thrive, and decided to start care. I was able to properly wean off the Gabapentin completely for the first time in 5 years.

It was not easy, but ultimately the treatment helped with the pain and healing. I'm pain-free in my back, and the foot pain has gone from 100% 24/7 to now on occasion maybe 1-2 times in a month.

**Want Proof? See Backside For Full Diagnostics.**

## Complaints

- Foot Pain
- Muscle Spasms
- Back Pain

## Solution

- Spinal Alignment
- Spinal Decompression
- Laser Light Therapy
- Functional Movement

## Results

- No More Back Pain
- Spinal Curve Restored
- Foot Pain Reduced

## Doctor's Story

Carmen presented a history of multiple traumas. Numbness and tingling in hands, arms, legs and feet began in high school and continued into her adult years. She was diagnosed with muscle spasms and given prescription muscle-relaxers. Nothing offered any relief.

Carmen eventually suffered a herniated disc. Patient tried physical therapy, as well as receiving epidural shots; neither one of these worked. She then went to a pain management doctor, and the Gabapentin didn't offer any relief either. In fact, the Gabapentin made her memory and focus much worse. When Carmen first came to Thrive, she was taking 2100 mg of Gabapentin daily.

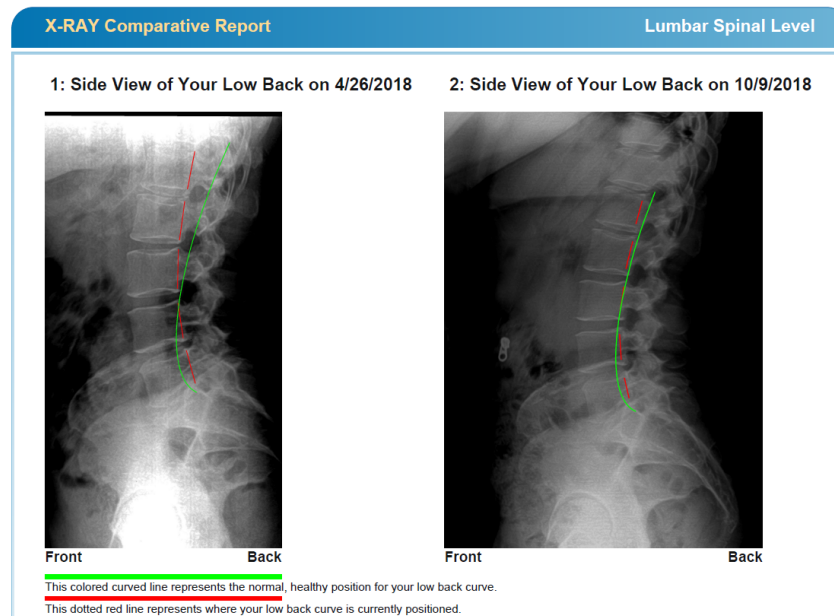
We did a care plan including chiropractic adjustments, laser, decompression and functional movement training. Within 3 months of her care plan at Thrive, she was able to properly wean off the Gabapentin completely for the first time in years, and no more back pain.



Every Patient Is Different. This Is Not A Guarantee Of Results. You may get better or worse results depending on a variety of variables.

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## Diagnostics: Before And After Treatment



Rib Cage Positioned  
19.6mm Forward To  
7mm Forward

Spinal Curve, Head  
Placement, Overall  
Alignment Improved

Back Pain Gone,  
Foot Pain Reduced

### Key Points

- Back Pain And Spinal Disc Degeneration Can Lead To Profound Pain, Which Can Lead To Drug Dependence And Surgery
- Spinal Decompression, Laser Light Therapy, FMT, And Spinal Adjustments Are Proven Therapies To Address Back Pain Naturally
- A Comprehensive, Natural Approach Worked For This Patient. We Celebrate Their Success!