

# Physical Therapist Finds Effective Back Treatment



Daniel Worthington

## *Two herniated discs didn't keep Daniel Worthington from working with disabled children*

He was visiting his brother who was going in to have back surgery shortly. As a pediatric physical therapist, he knew some techniques to give his brother some relief from his constant pain. Daniel Worthington, age 35, worked on his younger brother for about 45 minutes. "He felt better when I was done, but I had trouble standing back up. I had a lot of pain and a lateral lean."

This wasn't the first time Daniel had back pain. He had injured his back while lifting weights in college. But before had always been able to work out the kinks himself. This time, the pain was more intense and it didn't go away.

That was a Sunday. Daniel remembers it well, because it was also his 13th wedding anniversary. His in-laws were lined up to watch their two young children, so they could have a nice dinner. Daniel was in too much pain to go.

The next day, they spent several excruciating hours driving home to Fayetteville from rural southern Georgia. By Tuesday, Daniel needed to visit clients for his pediatric physical therapy business, Children's Therapeutic Specialists. As a physical therapist for children with long-term disabilities, like cerebral palsy, Daniel discussed the work, "You are up and down off the ground working with the kids. I work with kids up to 21 years old. For those who can't get up, you're lifting them up. Even with proper technique, it takes a toll."

He visited several clients and was not able to continue. He called his wife, also his office manager, and rescheduled. That day he called Dr. John N. Thomas, D.C., the Running Doctor, at Allied Healthcare Clinics. He was fit in immediately and sent to get an MRI done THAT day. Daniel's MRI showed two herniated discs.

Daniel called Dr. Thomas for several reasons. As a medical professional, he knew

what the alternative was--seeing his primary care physician, referred to the orthopedist, then sent for an MRI. Then, he might be offered a corticosteroid injection and physical therapy. Daniel knew the options and the limitations of physical therapy intimately. "I had done all that. I wanted more than regular traction," said Daniel.

Also, Daniel knew several people who had been successfully treated by Dr. Thomas. One was a runner, another had gotten IDD Therapy. Daniel did his own research on IDD before deciding that that would be best for his situation.

According to Dr. Thomas, IDD is a proven medically advanced, non-surgical solution for lower back pain. "This is one of the most sophisticated approaches I have found to safely, comfortably and non-surgically treat the cause of back pain due conditions like bulging and herniated discs, sciatica, post-surgical failures and degenerative arthritis," said Dr. Thomas. "The reported results are impressive and show that 86% of this group of people may be given relief of their pain; requiring less medication (and therefore less side effects), and permitting them to enjoy normal life activities again."

IDD is a noninvasive medical procedure that has an 86% success rate in treating herniated, bulging, degenerated discs, sciatica, and low back pain. At Allied Healthcare, Dr. John Thomas offers a comprehensive solution. His method includes hot packs, ultrasound therapy, electrical stimulus, physical therapy exercises, and the Accu-Spina with IDD Therapy.

Daniel remembered his first time on the IDD machine. While his first treatment left him a bit sore, the subsequent treatment was better. By his third treatment, he had no pain from the treatment. Twice more, Daniel had back spasms after treatment,

early in the process. Both times, relaxation and ice took care of it. Soon Daniel got total relief from his back pain.

At one point, his 4-year-old son was climbing the stairs. Daniel saw him turn around quickly at the top and fall. From several feet away he jumped horizontally and caught him midair. "I got off the floor and thought I would be hurt. But I was fine." His little son laughed and walked away without a scratch. Daniel's back had achieved stability.

This was a huge difference from just a month or two earlier, when Daniel's wife had to chase after his kids at the park while he was benched with his back injury. "There were a lot of things I couldn't do. I couldn't pick my kids up and roughhouse with them."

Several weeks after his IDD treatment ended, Daniel ran the half marathon in Atlanta. He said, "After the half marathon, my back and knees didn't hurt. My thighs did, just from the effort."

One of the ways in which Dr. Thomas was able to help Daniel with his situation, is that he treated his whole body, not just his L4 and L5 herniated discs. After careful analysis, Dr. Thomas prescribed orthotic shoe inserts for Daniel, to correct flat-footedness.

Dr. Thomas said, "Your feet are the foundation. We're trying to make sure the foundation is sound, so you don't have a domino effect up the spine. Any time you have fallen arches that causes a shifting to take place at your pelvis, which is your center of gravity. 90% of the population has some degree of pronation or flat-footedness."

"It's possible that due to his flat feet, [Daniel's] pelvis was off, causing stress to the lower back. We would want to stabilize the pelvis to prevent that. Creating that balance with the prescription orthotics will help

### **Allied Healthcare Clinics**

**WHAT:** As founder of his private South Atlanta practice, Allied Healthcare Clinics, The Running Doctor, Dr. Thomas has helped thousands of patients get fast and effective relief from sports and personal injuries without the use of drugs or surgery.

**WHERE:** 170 Bastille Way, Fayetteville, GA. 30214.

**TELEPHONE:** 770-460-1911.

**ON THE WEB:** [runningpainfree.com](http://runningpainfree.com)  
[spinaldiscrehab.com](http://spinaldiscrehab.com)

Daniel for the rest of his life.

Biomechanically sound foot support reduces the amount of stress to the lower back. It's critical for him--for his weight and his work. It's very labor intensive."

Speaking of work, because of the swift, effective treatment Daniel received from Allied Healthcare, he missed very little work and was able to provide for his family. Additionally, the flexible schedule of Dr. Thomas' office enabled Daniel to have most of his appointments in the early evening. Any other medical professional's treatment would have taken Daniel away from his own patients and his means of support for his family of four.

The cost benefit of the treatment was the long-term ability to work. "I had to fix my back and pay for the treatment, or I wouldn't be able to generate income," said Daniel. And he had to make up that missed anniversary dinner with his wife.

Before he was treated by Dr. Thomas., Daniel could only sleep for six or seven hours a night without experiencing back pain later on. After IDD, he got the flu. While that's not how he would have liked to check his spinal health, "I slept for 10 hours. I woke up with no pain. That's how I know I'm better."

Besides treating all manner of back pain, Dr. John Thomas specializes in sports and personal injuries without the use of drugs or surgery. He also teaches methods of eliminating harmful toxins from the body for the prevention of disease. In practice for over a decade, The Running Doctor, Dr. Thomas, runs marathons and follows his own good guidelines for health and nutrition.

For more information about the services of Allied Healthcare Clinics and to schedule an appointment with Dr. Thomas, call 770-460-1911 or visit [runningpainfree.com](http://runningpainfree.com).