

# Back to running pain free.



## *Peachtree City marathon man's bulging disc treated without surgery.*

He ran in marathons. Lifted weights. Helped coach soccer for his daughter's team. But it was lifting a 130 lb. log in his back yard that gave Chris Anderson his back pain. With one twist he knew he had slipped a disc.

Right away Chris called Dr. John N. Thomas, D.C. the Running Doctor, at Allied Healthcare. Dr. Thomas saw him within a 1/2 hour.

Both Dr. Thomas and Chris are runners who frequent the same marathon training groups. Peachtree City resident Chris Anderson ran the Peachtree City Classic 15K a few years ago. "I was running really fast downhill. When I was done, my knees were red and sore. He helped me and showed me it was a muscle with muscle adhesions. The muscle fibers needed to be realigned. He worked the knots out of the muscle." Dr. Thomas provided a therapeutic muscle management program to effectively cure Chris' muscle pain.

Also, one of Chris' running buddies had injured a leg muscle when he stepped off a curb. In this midst of training for his first marathon, this friend was sure he'd have to quit running for a while and forego his dream. "He went to Dr. Thomas. My friend was able to keep training and run the marathon."

So when his back went out, Chris knew to call Dr. Thomas right away. At first they tried some conservative treatment, electrical stimulation, to loosen up the muscles. Said Chris, "One of my interior muscles was compensating for the injury and pulling me over by a 1/2 inch. I couldn't stand up straight."

"The day after the injury he had told me not to sleep in my bed, to sleep on the floor. I did it the first night, but the second night I thought, 'The floor is too cold.' I couldn't get out of bed in the morning," said Chris.

Dr. Thomas suggested the IDD Therapy. IDD is a non-invasive 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 biomechanical analysis, hot packs, ultrasound therapy, electrical stimulus, physical therapy exercises, and the Accu-Spina with IDD Therapy.

"I got an MRI," said Chris, "(Dr. Thomas) needed to know the angle at which the disc was and whether it was bulging or herniated. It was a bulge between L4 and L5."

He continued, "It really did work. It made it so I could stand up straight. I could tell a difference in the first week. I found that there is specific physical therapy to do to strengthen my core. If I didn't do that, I would be stiff."

"I'm a commercial insurance agent. I sit at my desk or in my car quite a bit. But I'm an active person. I had to get this fixed. There was no way I would let my life be impeded. I'm training to run the Snickers Marathon in March in Albany, Georgia."

"So far this week, I've run 15 miles. I will run 20 miles this weekend. I don't feel anything in my back," said Chris.

"It is neat to have an alternative to

surgery," said Chris. "Even with chiropractic adjustments, you don't always fix the problem. The IDD Therapy, through pressure in the right direction, separates the bulging disc from the spinal column. With negative pressure, nutrients are pulled in. It also pulls and strengthens the muscles where they need to be."

"The IDD treatment didn't hurt. You have this strap around your hips and chest. It actually feels pretty good. If your back hurts, it takes the pressure off and loosens the muscles," explained Chris.

He continued, "You don't want to go through the rest of your life with that kind of pain. Surgery is not going to fix it anyway. (With IDD) you can get it fixed and have all the fun you've been having."

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." says 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."

Chris Anderson, in spite of his active life, suffered a back injury. He thinks it could be because of heredity. His father had also hurt his back lifting something



### **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.

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when he was in his mid thirties.

According to Dr. Thomas, eighty percent of Americans will suffer some type of back pain in their lives, and current estimates of medical care for those who have been disabled by severe back pain in the U.S. range from thirty to seventy billion dollars annually. It is the second most frequently reported reason for a doctor's visitation (14.3 million office visits per year); the fifth most frequent cause of hospitalization and the third most frequent reason for surgery.

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.

"It's a draw to know that he's a runner and knows how to treat active people. Most doctors would just tell you to lay off an injury and give you a pain medication. It's the opposite with Dr. Thomas. He encourages you to continue to be active," said Chris.

Now, Chris refers others to Dr. Thomas, including his hairdresser who had a herniated disc and a bulging disc. "She's able to do a lot more."

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).