

STOPPING THE SCIATICA



Juanita Ridenhour

Ninety-Year-Old Gets Back Pain Fix with No Surgery, No Shots

She was on vacation when the pain hit. "I had this pain in my back and my only relief was bending over. I went to the hospital and got a shot for the pain," said Fayetteville resident Juanita Ridenhour. At ninety-one she was living a full life--living by herself, doing her own cleaning and yardwork, until the back pain.

Within a little while, the pain came back. She said, "Pain hit me again. I was screaming. I called my daughter. I called 911." At the hospital, they first thought she might be having a hip problem, with the pain radiating down her leg.

Her real problem? Three degenerated bulging discs. Her doctors at the hospital recommended chiropractic care. She went to see both Dr. Thomas, The Running Doctor, at Allied Healthcare and an orthopedist. The orthopedist said he could operate, but there would be a lot of dangers at her age in getting that kind of surgery.

Dr. Thomas offered her a much

better solution. He said, "When Juanita came in she was walking with a walker." He advised her to try his method, which includes hot packs, ultrasound therapy, electrical stimulus and the Accu-Spina with 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.

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.

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



The Accu-Spina and IDD Therapy has a high success rate in treating back pain. Photo/Special.

found to safely, comfortably and non-surgically treat the cause of back pain due to 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."

"Also, what impressed me most about this Accu-Spina and IDD Therapy protocols were the MRI images that showed that the treatment may actually re-hydrate the discs. I am not aware of any other therapy - whether physical therapy, chiropractic, invasive injections, or surgery - that provides such a high success rate and at the same time is non-surgical," added Dr. Thomas.

Juanita Ridenhour worked as a nurse for 47 years. She's practical, and knows to give credit where credit is due. "I'm back now doing everything at home. I've done so good. I've been willing to try all

this, because the pain was so terrible. This is a wonderful place. They've been so kind and helpful."

What about the IDD machine--does it hurt? "He's trying to stretch the spine out. You can feel it pulling, but it doesn't hurt," said Juanita, a 2007 Fayette Woman Mother of the Year. "It feels like wearing a corset." Juanita's treatment will be done in 2 more weeks--eight weeks of treatment in full.

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.

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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