



# Pain in the neck no more: Running Doctor treats whole family

“Kelly is a mother who cares about her kids,” said Dr. John N. Thomas, D.C., known as The Running Doctor, of Allied Healthcare. That’s why she brings her two oldest children, both track and field athletes, to The Running Doctor.

Kelly Nichols has an active family. Her two oldest of three children run and jump with the Panthers in Clayton County, a private track and field club coached by Kelly’s husband. Coach Nichols heard about Allied Healthcare from a friend. For the last five or six years, Dr. Thomas has been treating the family.

“I’ve been treating her kids as athletes,” said Dr. Thomas. “A lot of times our kids get injured and keep quiet. When they tell us, we need to respond. It’s important to do a biomechanical analysis to see if there are any problems. There are problems that extend from their feet, which is their foundation and their pelvis, which is their center of gravity.”

He continued, “90% of the population has some degree of pronation or flat-footedness. This causes the rotation of the tibia, fibula, and femur causing the pelvis to drop down. This can cause leg length discrepancies that interfere with biomechanics. This disturbance may cause lower back pain, muscle tightness, imbalance, weakness and gait problems.”

“This lends itself to injury. Kids are getting injured and ruining their chance of getting scholarships,” said Dr. Thomas.

“The kids go to Dr. Thomas on a regular basis for adjustments. They do a lot of running and jumping. Occasionally they sustain injuries, pull a muscle or have strains – the typical injuries of an athlete,” said Kelly.

“My 17-year-old daughter has been running since she was eleven. My twelve-year-old son has been running since he was six. My daughter is a jumper. She does the long jump, the triple jump and the high jump. She also does hurdles and sprint, but jumping is her specialty. Because of that, she’s developed some problems with her back. Dr. Thomas has helped her with physical therapy as well as adjustments. He also helps with her eating, to keep her on track.”

“With my son, he keeps him stretched. He’s not as limber on his own. He’s twelve. If you don’t stretch, you’re more susceptible to injury. If he does pull something we go see Dr. Thomas.”

While Kelly’s family is athletic, she sits at her home office desk 9 to 10 hours every day working as a web developer and program analyst for a telecommunications company.

A year ago, she was in Dr. Thomas office for one of her children’s appointments. She told him about her neck and shoulder stiffness. “I used to have muscle spasms,” she said. He suggested that she come in for an appointment. “But I’m sensitive about people touching my neck. I did go and see him once or twice.”

But it was a year later, some furniture moving and one last bad stretch while sitting at her desk, that made her neck and back lock up.

Kelly called Dr. Thomas and they saw her right away. “We talked about what happened and my pain level. He said we needed to do an MRI first.”

What they found were a couple of bulging discs. “He said I was a good candidate for the IDD treatment. He explained what that meant and what other problems could result from the bulging discs.”

“Her neurologist Dr. Brice Choi of South Atlanta Neurology in Stockbridge, knew she was coming and approved it,” said Dr. Thomas. 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.

What was treatment like for Kelly? “Dr. Thomas would turn on my choice of music and I would take a nap. You can leave the office door open or closed. Someone always checks in during treatment. It hurt a little after the first couple of treatments, until I got it iced afterward. Toward the end, all I would feel is fatigue in that area – like I’d been exercising.”

“I did 20 treatments. Before I locked up, I always felt like my neck was weak and I couldn’t turn my head all the way to the right. I also had pain every time I looked down. Afterwards, I feel stronger. I’m still doing physical therapy, but the therapy is more home based to strengthen my neck and get range of motion.”

“The IDD has made me feel stronger and I’m not afraid to move my neck. I think that used to cause spasms. I think the IDD worked for me.”

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.

“The reason I like going to Dr. Thomas. The atmosphere in the office is one of relaxation. They always greet you with a big old smile like you’re a long lost friend,” said Kelly.

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).

## 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)