

Dear Dr. Mike & CARING Team:

In December 2007, during Christmas time, my back went out. I spent the entire holidays with my family being unable to walk, I had to use a CANE...for simple things, like getting out of bed, getting up from a chair and even just to walk. And, I am just 41 years old.

Daily activities, that most of us take for granted...like sitting and watching television or even sleeping... became sources of discomfort and injury to me. I was in the worst pain of my life. I was also seeing another chiropractor at the time. I was going to appointments on a daily basis, missing work to attend treatments and much to my dismay, I was getting no results. I was using the cane and taking prescription painkillers for over a month. It wasn't uncommon for me to cry during these points of low spirit, pain and fear. I was afraid that I wasn't ever going to get better.

Then, a friend and co-worker of mine --who knew how bad I was suffering-- said: Do me a favor. Go see MY chiropractor. I told him, I already have a chiropractor. He told me that Dr. Mike Long has the experience, techniques and specialized equipment that could possibly help relieve the pain. So I decided to trust this opinion, because I had lost all faith in healing with everything else I had done for this situation. I had nothing else but hope.

After my first visit with Dr. Mike, he diagnosed many of my problems and began a very tailored and individualized treatment program for me. Within a matter of DAYS, I began to feel relief from the pain and stopped using the cane. Going to Dr. Mike was one of the best pieces of advice I have ever followed. He has changed my life and has given me back my body and my strength, and ultimately my freedom. I would recommend him to ANYONE suffering back and neck pain. I especially recommend him to those who think they have tried everything. He is truly a beacon of hope when you think there isn't one. THANK YOU, DR. MIKE!!!!

Sincerely,



Curtis Gallahan