

SUCCESS STORY

Please write, in your own words, what your success here has been:

In addition to ~~being~~ ^{promptly} ~~successfully~~ ^{successfully} treated ~~promptly~~ ^{successfully} for an arthritic neck,

I am currently being treated during my second pregnancy. My first pregnancy was a piece of cake compared to this one. This one started with ^{general} muscle pain early, then came the low back pain, followed by pelvic area pain. Dr. Rehman diagnosed my low back pain and pinched nerves and started a treatment regimen that has significantly decreased my pain and allowed me to continue working. The treatment ~~and~~ flexibility and care given at Rehab Specialists has helped me greatly.

Signature and Date

Taya Himebach

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No

I appreciate all they have done for me, and my 2 year old Ellie appreciates that her momma can still pick her up and play with her.

Four years ago my twin sons were born. I was amazed and joyful, but physically I was a wreck. I am 5 feet 2 inches tall and during my last trimester, carrying 15 lbs. of babies, my belly was almost 4 feet around-46 inches. We had a difficult time at the birth, and I had an unusual problem following the c-section. My blood temporarily used up all the clotting factor, so I hemorrhaged, and it took almost a week of transfusions before my blood chemistry was stabilized.

After we were all home from the hospital, I remembered what a Massage Therapist friend of mine had told me about a wonderful Osteopath- Dr. Barbour. We started taking the boys to him when they were only six weeks old. It took me another couple of months to figure out that I needed to see him as well.

I didn't know it, but during the pregnancy my abdominal muscles and tissues had stretched to the point of tearing. Not only the rectus abdominus muscles in the center of my belly, but the muscles on the sides also. It was difficult to walk, stand, and sit up normally. Most daily activities, like carrying the babies, pushing a stroller and housework were very hard to do. I could only sleep propped in a semi-sitting position; any other position was either painful, or too hard to get up from.

I saw my family doctor, who felt my belly and said he had never come across anything like it. The movements of my intestines clearly seen and felt through my skin, which made me, feel very strange. My doctor said only surgery could repair the situation.

The next time we brought the boys to Dr. Barbour, I made an appointment for myself. Dr. Barbour examined me and explained about the tears. He also thought that surgery might be necessary, but in his low-key encouraging way he said, "let's see what we can do."

I made rapid progress during my first six months of treatment, and steady progress after that. I wore an elastic binder around my belly for a couple of months and was able to take the boys for longer and longer strolls. Pretty soon we could go on the gravel paths in the neighborhood park. Dr. Barbour told me to switch from my attempts at partial sit-ups, as I had been advised, to just lifting my head at first. Gradually I progressed to lifting my head and shoulders etc.

By the time the boys were a year old, it was clear the tears were healing well and I would not need surgery. I had been afraid I would never be able to work in my profession- massage therapy, again. But I was able to get back to work in a small way. The healing and strengthening process took another 2 years-with treatments from Dr. Barbour and sticking with the exercises.

I remember the first time I was able to move our queen sized platform bed so I could vacuum behind it. For well over a year I couldn't budge it and had to ask my husband to help. Then one day I slid it easily away from the wall: Victory!

Now after four years, my strength is back to its pre-pregnancy norm. I've even taken up kick boxing. I'm very happy after each class, not only because its fun, but because even 2 years ago I would never have thought I'd be able to do it. And it is with a sense of personal triumph that I've begun studying with Dr. Barbour; taking his workshops in Manual Medicine. I've gone from being a patient here, to beginning to learn some of the techniques which healed me. I thank Dr. Barbour with all of my heart.

Kate Levin