

Hello, my name is John English. I'm a mailman in the Orlando area. In 1996, I was rear ended at 50 mph while putting letters in a mailbox. Needless to say, I had several injuries. I was left with permanent injuries. This included neck, back, walking, hearing and constant pain. I have been under a doctor's care since the accident and took many medications including injections for pain.

Not long ago and by chance, I happened to have been directed to Dr. Racine's office. He explained that he was a neurological chiropractor and could help me get out of pain. At the time I was more concerned about an unrelated painful hip problem. So I figured why not give it a shot.

After some exams and a few x-rays, he explained that my 1st cervical vertebrae (C-1) was misaligned. After one adjustment I started to feel better. My neck and back pain have decreased to a low level. I can actually walk correctly without throwing myself into moving. I don't feel the anxiety that I once did, and I sleep better now.

At this point I'm halfway through treatment and still improving. My body seems to respond well to this type of chiropractic care. I highly recommend Dr. Racine.

J. English