

SUCCESS!!

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I was transferred into SOMD in Dec 2011, having left the care of a Navy chiropractor at a naval hospital in FL. Although the treatment made me feel good for about 2 hours noting had really changed in my condition long term and after being here a couple of months the pain was getting worse.

I was experiencing severe pain in my lower back and hips as well as my neck, I gave in and went to the clinic here on base and was quickly disappointed in the typical navy medicine approach, "you just need to go to physical therapy". So I took matters into my own hands and conducted an online search for a local chiropractor.

I had lived with the pain long enough, about 15 years in my lower back and about 9 years in my neck. At times my back was so bad I spent days on muscle relaxers and lying in the living room floor. I even would waddle through the house with a heating pad on my back held in place by a back brace hooked to a 100' extension cord. I needed help and I knew this was going to cost me out of pocket. I know there is a lot of risk in this searching technique but not knowing anyone in the area and tired of the pain I left my chances up to God and Google.

My search led me to Dr. Stacey Dent, and after 5 minutes with her I knew God had control of Google. The staff at Harbor Bay is top notch, and made me feel right at home from day one. Dr. Dent asked me some very basic questions about my pain and I tried very hard not to lead her in my answers but let her do her job and diagnose me. She conducted some pretty serious test and x-rays and scheduled a follow up appointment the next day.

My return visit revealed some pretty clear problems and no amount of physical therapy was going to cure me. The thing that stood out to me the most was when she told me I was carrying 18 more pounds on my right hip than my left; I knew she was on to something now. She reviewed my x-rays with me, she had done her homework and had marked me up and showed me how bad my back and neck were compared to what I should look like. Her ability to explain things to me and put my mind at ease is part of her gift. She answered all my questions and never pressured me or tried to lead me in any direction except getting well.

She went to work on me and from the very first visit I felt better, I was not cured and she reminded me I wasn't cured, but I felt better which was my goal as well as hers. From the very first adjustment on my neck it remained in place for almost a year before it had to be adjusted again and that was due to my not following orders. My back was in much worse condition and took some time to come around. But after all her hard work and following her plan, yes you have to do your part as well, I have lived the last 6 months with much more comfort in my life.