

6-weeks **after having surgery to repair a torn labrum**, my **shoulder was completely frozen**. With my arm straight, **I could not lift my wrist above waist level**. Months of hours-long physical therapy had me able to raise my arm approximately 60-degrees with excruciating pain. I am an auto mechanic and could barely work. **3 x 5-minute visits with Dr. Bonebrake, had me lifting my hand over my head. After a few more weeks at 2 visits per week**, my previously injured shoulder has **100% range of motion**.

During one of my visits I casually asked Dr. Bonebrake for any recommendations regarding **chronic tendonitis I had in my heel for the past 10-years**. Every time I planted too hard or tweaked it, I couldn't walk correctly for days. I used to be a runner and that was no longer a remote possibility. **I had been to multiple specialists over the years with no luck**. He asked if I would like him to take care of that today. **I was skeptical that a decade-long problem could be remedied in a few minutes**, but I figured I had nothing to lose. **5 minutes later he had me running sprints in the parking lot to prove the repair! Years later, my heel is strong and pain-free.**

I have been to several chiropractors over the years with the occasional neck or back ailment. Over the course of several treatments and a week or so, the pain was gone and utility restored. However, **Dr. Bonebrake was only Doctor I've encountered who could bring me from unable to walk or turn my head after a weight-lifting injury to functional and virtually pain-free in 1 visit. He has been a lifesaver on numerous occasions.** **Daniel Beck**