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## **Broken Back, Scoliosis & Sciatic Pain**

I've broken my back twice, and as a result my first lumbar vertebrae is 20% of normal size due to the compression involved in the accidents. I have been hit by a car where the collateral damage is a permanent pelvic tilt. I have an extra lumbar vertebrae and scoliosis. It is through a fitness regimen begun at 18 years old and more so by the grace of God that I am even walking today.

A few years ago, I was working in Colorado Springs and had an hour drive each way everyday to work and back. My personal life had become very stressful and one day while running I developed what I thought was a pulled calf muscle. Naturally I thought I could work it out and instead the pain became progressively worse, so much so that the drive to and from work, resulted in my having to get off my leg and made work and my personal life very difficult. I could barely make the drive every day.

After much of my own "home remedies" I finally decided to go to a highly reputable spinal center in Denver. where the doctor's first word was "operation." It was as impersonal as that. There were the perfunctory scans and x-rays and co-pays and very weak physical therapy all of which were pointless as the prognosis that an operation was the only solution had been predetermined. The doctor's last words to me were, if PT doesn't work, *call me* to set up the surgery. Not *see me and we'll talk about it but call me and we'll set the operation up*. As if he was the authority in my life.

I remembered going to a physical therapist one time while on vacation for sciatica which resolved the issue. I went online to look for such a therapist and came across Boulder Therapeutics and David's website.

I was/am very impressed with the informative website which thoroughly explained sciatica and its causes. I decided to suck up the pain and make the drive from Highlands Ranch to Boulder...it was a great decision.

David looked at my x-ray and we had a discussion for about 20 minutes. David explained that my body obviously had grown accustomed to the "particulars" of my scoliosis, extra vertebrae. He went on to conclude (logically rather than presumptuously as the doctor had) that due to personal pressures, sports injury and other things, my body simply needed to be realigned and loosened up in the very core areas. His logic was a refreshing contrast to the illogic of an operation which would completely shift 48 years of my body alignment and for me would probably require additional surgery to realign my body. Whatever the case, David's solution made sense. He also immediately stated that "he would work things out and train me so I would not need to come back." He made it clear, this therapy was not permanent and I felt great to hear someone who simply wasn't looking for another "customer."

As I said, I sucked it up and made the trek to boulder and no joke, the first visit, I drove back to Highlands Ranch pain free! The pain began to come back as the day turned to evening but nothing like it was before. I returned for a couple visits per week and with each visit the sciatic pain became less and less and David explained the progress and what he was doing every time. I began to now know how my body *functioned*. David was educating me to stay healthy.

David was a refreshing and welcoming part of my life by teaching me the physiology of the problem and how to maintain a healthy alignment keep the muscle core loose as to not pinch the sciatic nerve. What a great deal for me, bad for David's business but that reflects David's/Boulder Therapeutics integrity and his ethical devotion to the field. Boulder Therapeutics exemplifies "healing".

I am back to form, running, playing tennis and any sport I want to play, not to mention I am back to lifting serious weights again.

I cannot say enough about Boulder Therapeutics. I no longer go there regularly but Boulder Therapeutics is any person's tool and resource for staying healthy and remaining in the game. Boulder Therapeutics has become my personal sports therapists and considering the results, a very economical addition to my routine.

I pray for David that peace be with him and his business continue to thrive. David is an eternal optimist who provided me healing and good personal conversation in a time of healing for me. The healing was not only physical but emotional and personal as David knows. I had great deep conversations while on the table and consider him a reliable and trustworthy person who I have met and is part of my life due to the experience I had at Boulder Therapeutics. There are few people I can say that about today.

I strongly urge anyone I meet in the gym, on the court or at the pool that whatever their pain may be, they give Boulder Therapeutics and David a shot at it first. I am confident that if they cannot work it out, the options are slim that it can be worked out.

Thanks David and Boulder Therapeutics, for the healing. It is your gift and you've realized it. I pray you reach your potential to heal others as you did me.

From Kevin in Highlands Ranch.

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