

**PATIENT TESTIMONIAL**

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**TO:** DR. MIRA DHUTIA  
**FROM:** SANDRA  
**DATE:** OCTOBER 26<sup>TH</sup>, 2006  
**RE:** TREATMENT

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I am writing to thank you for giving me back my very active life. When I first came to your office, I was hopeful that you could help reduce the terrible stabbing pain I was experiencing. At first, the pain was occasional and bearable, but by the time of my first appointment 6 months later, it was constant and interfering with my daily activities.

I was immediately impressed by your questions and ability to listen to my concerns and to really understand what I was telling you. You confirmed my suspicions as to the cause of my pain and sent me to get an MRI to confirm your diagnosis. The results of the MRI showed a slipped disc in my lower back.

Fortunately, you did not wait for the results of the MRI tests to give me some relief. You began therapy immediately which I very much appreciated. In follow-up visits, you clearly explained the problem I was experiencing using physical models and pictures to help me understand the problem I was facing. You also gave me choices as far as solving my back problems. In addition, you instructed me to be able to do physical therapy exercises at home by myself, to strengthen my back muscles.

Your therapeutic treatment and exercises have not only given me some relief from my back pain, but also, an opportunity to return to a life of normal activity. I couldn't be more pleased and appreciative of your help. I would enthusiastically recommend that other persons with similar back pain seek your professional assistance. I would also suggest that people seek help before it becomes a problem that negatively controls their life as I did.

Sincerely,

Sandra