

***“I was diagnosed with severe stenosis, herniated disc and arthritis...”***

## ***Spinal Decompression Helps Local Priest Find Relief***

“The first week of June, 2008 I started having back pain. I thought that it would go away in a few days since I had similar pain about 4 times in the last 30 years. I went to Dr. McCluskey as he had treated me for some minor pain a few years earlier. He told me to do an MRI and gave me a list of places where I could have it done. I went home and before I could make an appointment for the MRI my pain became so severe not only in my back but also in both of my feet below the knees. My whole body felt as if it was on fire. I thought that paralysis was setting in because I could not stand on my feet. I called 911 and was taken to emergency. I spent a week in the hospital but all they did was give me pain medicine and tried to do an MRI but to no avail because of the severe pain. The pain was so severe that I could not even lift a washcloth to my face. The hospital took me to the pain management department where I received two “blocks” and released me. A friend took me in a medical van to an open MRI in a

neighboring county. I was diagnosed with severe stenosis, herniated disc and arthritis among other less severe problems. I then received a third “block” and was sent to another doctor and a physical therapist for three weeks. That doctor told me to see a neurosurgeon because I would probably not walk without surgery and possibly even braces. By this time it was the end of July 2008.

I then called my brother who is a medical doctor in southern Ohio and he told me to avoid surgery at all costs. I was doing physical therapy at home as I was instructed to do by the therapist the hospital sent me to. At this time I was able to get around the house in a wheelchair and slowly with a walker. By the first week of October I realized that I was at a standstill. This was already the fifth month that I could not sleep in a bed because of the severe pain. Then a friend of mine went to see Dr. McCluskey and the doctor inquired about me. I gave my friend a copy of my MRI to take to Dr. McCluskey. He looked at it and said that I should already have been able to walk and said that he could help me.

I started therapy with five sessions a week for the first two weeks and then after that it was three times a week. I started decompression which was uncomfortable for about three times because of the pain in my back when I was lying down. The fourth time and succeeding times I had no problems with decompression and even started to walk into the office without a walker or the four legged cane that I was using in my home. Besides decompression I received cold laser, electric stimulation, ultrasound, vibration, caloric, and adjustment with the Activator. All of these procedures were totally painless and slowly lessened my back pain until it basically went away. The leg pain, although nowhere as severe as it had been, took a little longer to go away completely in the left leg.

All this time I had set a goal for myself. I wanted to celebrate Mass on the occasion of my 40<sup>th</sup> anniversary of ordination to the Priesthood unaided by a walker or a cane. And I did it on February 1, 2009.

During all my therapy dr. McCluskey and his very able staff were very encouraging and always made me feel very comfortable. Although they are all very professional they make you feel like a friend. I thank God for Dr. McCluskey and his wonderful staff and have recommended him to others.”

***Rev. Msgr. Michael Rewtiuk, Priest, Parma***

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***“I Was Told I Had Spinal Stenosis, Herniated Discs And Sciatica.”***



“Living with lots of pain – could not stand up straight most times because of the pain – never had a good night's sleep –lots of weakness in my

lower legs and feet – numbness and tingling. I had an MRI a few years ago, because of a lot of pain in my lower back and weakness and tingling in my lower legs and feet and was told I had spinal stenosis, herniated discs

***“...and today I am totally pain free in my lower back.”***

and sciatica. I was advised to take pain medication, perhaps get a few times cortisone shots and if the pain persisted, I would need surgery, as there was not much else it would help me. However, I heard a lot of pros and cons about this surgery.

So for a while I took my pain pills, but the pain was always there, and my legs got weaker, so much so that my knees would give out, and I had a few falls. Then one day I saw an ad in the news paper about a non-surgical treatment and decided to make a call and an appointment with Dr. McCluskey. He took some x-rays and showed me exactly what was wrong with me and why I had so much pain. He started me with the Activator and electric stimulation and suggested I probably would benefit to take the spinal decompression therapy. I took a series of treatments on it, along with electric stimulation and the Activator and today I am totally pain free in my lower back.”

“The pain in my lower back is completely gone – it was the best treatment I received. I feel like a whole person again. It is a relaxing and gentle treatment – the spinal decompression machine beats surgery any day.” “I am still taking treatments with the Activator, the electric stimulation ...for the trouble with my legs. However, I do have less spasms now and my legs are getting stronger little by little.”

“I started on this therapy with lots of pain and after going through it, I came out a new person – to take the treatment relieves your pain, is soothing and I would take it again if needed.”

“So Dr. McCluskey and wonderful staff a big thank you for all the help I get here.”  
~ ***Rose Ondo, Parma, Retired.***

***“I made an appointment with the clinic on July 13, 2007. It was my lucky day.” (Spinal Decompression)***

"It was back in October of 1961 that I injured my back. I went on pain pills for a while, and then I was hospitalized on two occasions. Pelvic traction was used both times to some success, but the pain in my 5<sup>th</sup> lumbar area was with me to a different degree most of my days. Now in 2006 and 2007 I couldn't live with the pain any longer. I have a son in the medical field who kept telling me about Dr. Patrick McCluskey at Timber Ridge Neck and Back Pain Clinic. I made an appointment with the clinic on July 13, 2007. It was my lucky day. Dr. McCluskey x-rayed my lower back and spine, and explained what he would do to help me.

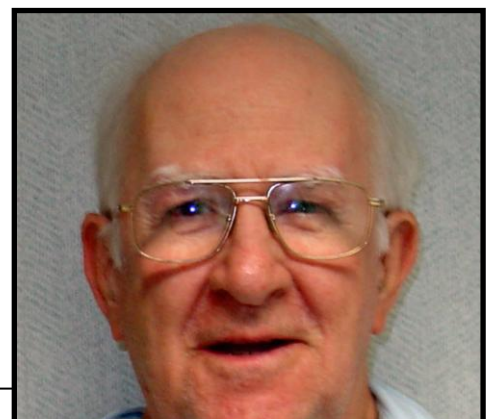
***"I couldn't live with the pain any longer."***

I received hot massage treatments, then on to the Decompression table. It was a very relaxing and pain free time. Even after the very first session, my lower back felt better than it had in forty-five years. Along with the Spinal Decompression, Dr. McCluskey treated my entire back with a hand held instrument called the Activator. It gives a low force blow to a specific area. This treatment was also pain free and easy to take. At this writing I've had ten treatments and my back feels great. I enjoy working in my yard, and expect to be out there soon. I wouldn't hesitate to refer the Timber Ridge Neck and Back Pain Clinic to any of my friends." ~ ***Frank Hocevar, Parma***

***"For At Least 15 Years I Didn't Attempt To Dance Because Of My Back And Leg." (Spinal Decompression)***

"When I came through the doors of the clinic, I could hardly walk and was limping noticeably. I had gone through much pain. I was having problems sitting,

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***"I limped into the clinic and danced out when finished with treatments"***

standing, and driving my car. Before entering the clinic, I had undergone being in traction twice a week for a month. Then I had the caudal block shots in my spine - twice in three years. I had massage therapy for several weeks. All these gave me temporary relief over the past twenty years. After five treatments in the clinic, my limp got better and had some relief in my back. Now that I've had my final 26 treatments, I feel little pain in my back, I have no limp, the doctor also addressed my neck problem, and I'm able to turn further swivel of my head than before. Since my treatments I have bowled in 2 leagues and now play golf twice a week. For the first time in 25 years I feel no pain. I can do many more things around my home that I could not do before the treatments.

As for my right leg, it was so painful to even drive my car a block to buy my prescriptions. (Took) Pain killers some. Now I feel I could drive across the country. I feel that I limped into the clinic and danced out when finished with treatments. As for dancing, I did a slow dance with a partner just recently.

For at least 15 years, I didn't attempt to dance because of my back and leg. Now I can do it! If I were to have a problem again, I would go to the clinic in a "NEW YORK MINUTE".

Also, the staff of ladies at the clinic are terrific, pleasant, friendly and capable, well-trained and a pleasure to be amongst. They learn your name, address you such, and they care and are very accommodating. You can be very proud of them, Dr. McCluskey. I shall miss their "cheery" hello and goodbyes. God Bless You, Ladies. For what it's worth, I feel younger now." ~ ***Sincerely yours, William McIntosh, Retired, Brook Park.***



*"I discovered that I had two herniated disks L4, L5."*

**"As A Singer With The Cleveland Orchestra Chorus, I Spend A Long Time Waiting On Stage: Sitting For Long Periods Was Becoming Increasingly More Painful." (Spinal Decompression)**

"I had severe pain in my lower back (L4, L5) and was unable to sleep or sit comfortably. Driving was painful. I was miserable." "I have had back pain since '95. I was in a car accident and had 2 pregnancies in 2 years. After my family practice doctor recommended an MRI, I discovered that I had two herniated disks L4, L5. After a meeting with a neuro-surgeon who

wanted to schedule back surgery, chose another route. I had facet injections which helped but it was a temporary fix. As a singer with the Cleveland Orchestra Chorus, I spend a long time waiting on stage; sitting for long periods was becoming increasingly more painful."

"Dr. McCluskey said he thought I would be an excellent candidate for decompression therapy, as it would be a great alternative to invasive surgery and a permanent fix instead of all the temporary ones that hadn't worked for me. So I signed up. After only 4 sessions out of the 20, I realized that I had been sleeping through the night. Not waking up every time I rolled over from the pain. I was actually refreshed all day. I hadn't realized 'til ten that I hadn't had a full night's sleep in 12 years! Imagine my joy!"

"I enjoy my time on the bed - it's relaxing, I almost fell asleep today."

"I am thrilled at the prospect of being pain-free after so many years - I can't believe how fast I felt a difference, after only 4 sessions I noticed a huge change."

"No down time from surgery, no repeating the facet injections every 3 months - just a great non-surgical alternative that works!"

Thank you! Thank you!" ~ *Sarah Osburn, Singer & Homemaker, Strongsville*

### ***Herniated Discs In Neck & Back***

"After I was diagnosed with herniated discs in both my neck and lower back I was asked to see a neurosurgeon with my MRI pictures in hand. To my utter delight, I was informed that I did not require surgery. I then consulted with Dr. McCluskey as to therapies available to alleviate my daily discomfort. I was asked to consider the LCD(Lumbar Cervical Decompression) being newly offered at the Neck and Back Pain Clinic, along with daily Activator adjustments, cold laser therapy and electric stimulation with hot packs. Not long after ...the various treatments began, I noticed a significant improvement in my overall mobility (I was walking more erect with increased range of motion) as I moved about at the factory where I work. My problems with chronic sciatica seemed much less bothersome as well. I felt less foot and leg pain. I had the added bonus of laser therapy and Activator adjustments to

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my hand, at the time of each LCD appointment, as I often experience pain due to repetitive motion work on my job. I was very pleased that this additional issue of pain on my hands, which I struggle with daily, was seen by Dr. McCluskey as significant enough for consideration along with the more major issues of herniated discs that caused me persistent pain.

I experienced neither pain nor discomfort with any of the treatments given at any time in Dr. McCluskey's Neck and Back Pain Clinic. The entire staff always helped make my visits stress free, also by efficiently accommodating me with my active schedule of traveling from home to therapy, and directly to work after each visit. This attention to detail by everyone felt therapeutic as well.

When my LCD sessions were completed, I took the ultimate test of taking a brisk walk around the block in my neighborhood. When I had tried this a year ago, I could barely make it halfway without experiencing pain in various places, including my sciatica. Now with my new orthotics Stabilizers and the LCD treatments behind me, I have had a very successful experience walking through my neighborhood, a renewed activity I hope to enjoy on a more regular basis.

My newly-acquired freedom of movement has elevated my overall mood and outlook on life. That alone is something I haven't felt in much too long a time. I can only surmise that the increased blood flow and the decreased level of pain I now experience as a result of the remarkable positive effects of targeted decompression have contributed significantly to my overall recovery."

~ **J. D., Cleveland Heights**



## ***Golfer Finds Relief from Spinal Stenosis***

“After a diagnosis of Spinal Stenosis (MRI evaluation) I was put on a regimen of pills and exercises. The results were not good. I was in constant pain. I couldn’t walk very far or stand for any period of time. I also had many sleepless nights.

Dr. McCluskey offered a qualifying assessment and suggested spinal decompression. The benefits of the gentle and relaxing decompression sessions have been fantastic. I can now operate relatively pain free. I would strongly recommended decompression to anyone suffering from lower back pain.

***“Dr. McCluskey’s program ...is in my estimation the path to RELIEF”.***

Dr. McCluskey’s program of decompression, cold laser therapy, electric muscle stimulation moist heat and ATM2 is in my estimation the path to ‘RELIEF’”. ~ ***Anthony Bucciere, Broadview Hts., Retired***

## ***Parma Man Told No Treatment Necessary***

“I visited Dr. McCluskey concerned about a minor lower back pain. He did a thorough exam with x-rays. He indicated minor treatment was available but not necessary. I visited a second time but only for a great ½ hour massage. I’ve recommended a few individuals and have positive feedback.”

~ ***Dennis Akos, Parma, retired***

**“...my pain has gone from a hair-raising, excruciating level to an achy tolerable one; all with non-invasive therapy that is painless and gentle.”**

“Unless you’ve experienced the debilitating pain of back injury, you cannot know how it changes your life. Your lifestyle and the activities you take for granted every day become a painful chore. Even walking requires a deliberate effort. The pain and depression become part of you.

Five years ago I severely injured my back. Because I’ve always been health-conscious and athletic, I believed with rest and the proper exercises I could spring back to normal in a few weeks. But this was not the case. My MRI showed herniated discs, spondylolisthesis (the cracking and movement of vertebrae), bilateral facet hypertrophy, and severe stenosis of the spinal cord resulting in painful sciatica down my left leg. Though fusion of the vertebrae was suggested, my problems were many and would require other surgeries as well. Naturally, I took the alternative route; doctors, medications, physical therapy and series of pain blocker injections. Some helped, some didn’t.

Then one day a friend showed me an article on a procedure called lumbar spinal decompression and how they used this on astronauts for their back problems with excellent results. That same week my husband came home with a brochure on the same procedure with a coupon to try it at no cost. He slapped it on the table and said: “Go”.

I will forever be thankful, for that’s when I met and put myself in the capable hands of Dr. McCluskey at the Timber Ridge Neck and Back Pain Clinic. He took x-rays, consulted with me about the procedures he uses, how he felt the Activator could be beneficial and had his staff put me on the decompression table to see if I could even start treatment at the lowest level. He took two hours with my “free” consultation that evening. He never promised me any results, only that he felt he could help me. I knew then that I was going to try everything he suggested.

After six weeks of Dr. McCluskey’s therapy with the decompression table and Activator, I am more mobile now than I have been in five years. Nothing is ever going to reverse the damage I’ve done to my back, but my pain has gone from a hair-raising, excruciating level to an achy tolerable one; all with non-invasive therapy that is painless and gentle. Do I recommend Dr. McCluskey? You bet I do, and so have all the doctors listed on the board in his waiting room who have referred patient there.

Please give this a try. Like me, it could be the best move you’ve made in a long time.” ~ **Kathy Girardi, Independence, Ohio – new patient, 2006**

***"I thought I'd never eliminate the pain I had with bending forward"***. "My name is Kevin Smith and I've had persistent lower back problems for the last 10 years! My problems were diagnosed as degenerating discs and arthritis in my low back. Before starting Spinal Decompression therapy, my lower back would tighten up anytime I had to do bend over motions. Being a 44 year old father of active 10 and 12 year old children, a bodybuilder, and a certified personal trainer, I was worried about how I could keep up with my lifestyle. I was afraid that this might turn into a need for back surgery and was worried that this might affect my finances.

But after a series of treatments of Decompression therapy, I feel no tightness or pain in any of my activities, so to me, Decompression therapy's been a lifesaver."



***"...Decompression therapy's been a lifesaver."***

I've taken care of my health very well in the past, and although keeping my back in chiropractic alignment has helped me considerably over the last 10 years, I thought I'd never eliminate the pain I had with bending forward. It wasn't until I started Spinal Decompression that I was able to do just about anything. My symptoms have been eliminated with no downtime, and with no drugs or surgery. In fact, I'm looking forward to competing in the Natural Northern USA Bodybuilding Championships.

Thank you Timber Ridge for giving me back my active lifestyle. I would highly recommend this Spinal Decompression course of treatment for anyone who qualifies."

***~ Kevin Smith, ISSA Cert. Personal Trainer/Strongsville, OH~ Patient since 1995***

***"I Had A Herniated Disc That Was Putting Pressure On My Spinal Cord."***

"Here is my story: After visits to the hospital, my family doctor, and a therapist and was not receiving any relief or answers, I decided to see Dr. McCluskey.

When I met Dr. McCluskey, I was experiencing numbness in my leg and foot. My foot was losing its mobility. Dr. McCluskey diagnosed that my sciatic nerve was pinched, causing the loss of motion and numbness in my leg. After a few weeks of treatment, I regained all my movement in my foot and the numbness lessened, but Dr. McCluskey was not happy with my progress. He felt there may be more than a pinched sciatic nerve. He sent me out for an MRI. He was s right. The MRI showed that I had a herniated disc that was putting pressure on my spinal cord. Dr. McCluskey recommended Spinal Decompression. Dr. McCluskey thought that this new procedure was a better option than surgery. He was right. I am in my last third of the Spinal Decompression and the numbness in my leg is lessening.

Dr. McCluskey is a doctor who cares about his patients' well being. I have been to a lot of doctors in my life. It is refreshing to wee a doctor who takes the time to make sure the patient is getting well and just not treating him/her as a number. Thanks for everything!!!!!!!!!"

***~ Robert M. Guddy, Vice President of Distribution, Marcs, Hinckley***

**Even people who have had back surgery...**

"My story began some 44 years ago when, with a cup of coffee in my hand, I twisted to avoid spilling it as I sneezed, which brought me to my knees with severe pain in my lower back. This action caused me to **'slip a disc'** and after living with that condition for 5 years going through two pregnancies it became so worn out that the disc ruptured and began to break apart, forcing me to undergo lumbar decompression surgery at the age of 29. I have lived with **degenerative disc disease** for most of my adult life, and throughout the last 44 years I have experienced much pain in my lower back even after having the surgery. In 2005, I was diagnosed with **spinal stenosis and 2 herniated lumbar discs.**



**"These treatments have been a gift from Heaven to me."**

This condition brought severe pain in my lower back, sacrum and buttocks as well as down my left leg. Again, decompression surgery was the recommendation by the spine center... Several years ago (2003) I was diagnosed with **2 herniated cervical discs** and underwent intense physical therapy... This relief too would prove to be temporary. So with the onset of the **severe pain in both my neck and lower back** last year I knew it was time to seek out a better type of treatment.

That is why I called and came in to see **Dr. McCluskey.** After consultation, exam and x-rays, it was determined that the L1 through L5 in my lower lumbar region were compressed (as Dr. McCluskey said they were bone on bone), and the C5 and C6 in my neck were also pretty much the same way. He said that I had one of the worst neck and back conditions he had seen. With that information and diagnosis I began the Spinal Decompression Treatments in January, 2008. These are the benefits I have received...

- I am **standing straighter** than I have for a very long time and being able to **stand up straight and walk well** like I am now is really something I didn't think I would be doing again! For this I am grateful to **Dr. McCluskey and his staff.**
- I can **rise from sitting position** without hesitation or pain in my lower back.
- I can **stand and walk for a longer period of time without severe pain** or feeling that I have to sit down to take the pressure off of my back
- For the most part, I am at **zero to a very low pain level in the lower back**
- I have the rotation back in my neck and **move my head up and down** more easily with no pain
- The **numbness and tingling** that was occurring in my left shoulder, arm, hand and fingers **are almost completely gone**
- I am **resting and even sleeping much better** as **pain is no longer keeping me awake.**

Without **The Spinal Decompression Treatments** I truly believe I would have had to make another trip to the Operating Room and have surgical decompression to relieve my symptoms. **These treatments have been a gift from Heaven to me.**

**Dr. McCluskey and his staff are very warm and friendly,** making you feel very much at ease at all times. They are **much attuned to every patient's needs, and they have been wonderful to me.** ~ Marie A. DiCorpo, Bedford Hts., Retired

***“Having worked in the medical field for many years, I was skeptical.”***

“I have had spine problems for a number of years from my neck down. I have gone through physical therapy on my neck several times for spondylitis. I also have osteoarthritis and degenerative disc disease.

Last summer I began having some serious problems with mobility and sciatic pain down my right leg. While talking to a friend of my husband’s, he said he had been going to a chiropractor and suggested that I try going. Having worked in the medical field for many years, I was skeptical. I thought and thought about it, and the pain kept getting worse. I was now getting terrible foot pain, as if the bones were breaking in the top of my foot when I stepped on it. About the same time, we received a couple of advertisements in the Cleveland Plain Dealer for Timber Ridge, so, in early December I called and made an appointment. I thought I would give it a try as it sure beat having surgery if it helped.



***“I am so grateful to Dr. McCluskey and his wonderful staff for improving my quality of life”.***

When I first started going to the Timber Ridge Neck & Back Pain Clinic my first impression was very good. The staff was so friendly and nice. After the first couple of visits I must admit that I had a lot of discomfort and thought maybe I had made a mistake. But I thought that I would give it some time as these problems didn’t come on overnight. I am very glad I stuck with it. I started to feel better and better, and I became more mobile.

I eventually decided to try decompression. I did three trial decompression treatments that made me feel good, so I decided to go with the 20 standard treatments. The decompression treatments are basically pain free. You feel a gentle pull. Along with the decompression you also receive various therapies, none of which were painful and really add to your relaxation and comfort.

**(Before Spinal Decompression):** Sciatic pain in right leg and foot, buttock pain, cervical, thoracic and lumbar pain. A very hard time going up and down stairs and get up out of a chair.

**(Benefits):** Minimal sciatic pain, lessened foot pain, able to get up from sitting without problem, can go up and down stairs with no problem. One thing that I was especially grateful for is that Dr. McCluskey does not use manipulation (twisting and cracking). He uses what he refers to as an Activator, which has no pain associated with it.

I am so grateful to Dr. McCluskey and his wonderful staff for improving my quality of life. I can now move about much better and would recommend the Timber Ridge to anyone.” ~ ***Judy Drager, Retired, Middleburg Hts.***



**"Have not fallen once since spinal decompression treatment."**

**"...have screws in my low back."**

"I had back surgery in 2007 for herniated disc. I now have screws in my low back. I have suffered with continuous back pain ever since. The surgery did not relieve the pain for me. I would not have it again. I read about Spinal Decompression in an ad. I saw my family doctor and he thought Spinal Decompression would help me more than my surgery for pain control."

"(I had) low back pain, pain in both legs... hard for me to walk at times. Had a lot of falls..."

**Benefits:** "Almost pain free in low back, walking better. Have not fallen once since spinal decompression treatment. Can do more housework. (Spinal Decompression) Treatments were very gentle, relaxing and pain free." **Likes Best:** "Relaxes me all over... I

found the Spinal Decompression therapies very relaxing. Within 2 weeks of treatment I started noticing less pain. By the end of my treatments I was almost pain free. I think Spinal Decompression is worth a try for anyone in pain." ~ **Katherine Selzer, Strongsville, Retired.**



**"...the pain lessened until it was completely gone."**

**"I was given nine epidural injections."**

"In 2007, the Cleveland Clinic diagnosed my condition as spinal stenosis. Also, severe arthritis in both ankles and knees.

I was given nine epidural injections. The first was great and took all my pain away. As time went by, the pain returned until I could stand it no longer.

The next step was to see a surgeon. Surgery was something I did not want to go through. One day a friend of mine suggested going to the Timber Ridge Neck & Back Pain Clinic. She told me they had something called "spinal decompression" and heard it was helping many people.

The following day I phoned for an appointment. On my first visit I found the staff to be very friendly and congenial. Comfort for the patient was their primary concern. I received my three free spinal decompressions and decided to continue with Dr. Patrick McCluskey.

When I started, I could not sit down or get up from a chair without tears in my eyes. The pain was excruciating. After each treatment, the pain started to subside. As time went on, the pain lessened until it was completely gone.

I would recommend this Clinic to anyone living with pain. They treat you with dignity and tenderness. They are there to help you and they do! Don't be hesitant, pick up the phone and call them now!" ~ **Lucille Gay, Sherwin-Williams Retiree, Poet and Screenwriter, Parma Hts**

## *Surgical Screws And Rods At 3 Levels*

“As a patient at the Neck & Back Clinic I was and am pleased with the treatment given to help the pain in my neck, back and legs.

I’d had several falls in the past which, I’m sure, contributed to my problems. Also, I had back surgery 11 years ago (**with screws and rods inserted at 3 levels in lumbar spine-editor’s note**) which was successful - until recently – then, sciatica in the legs and lower back returned.

I heard of physical therapy and tried that for many sessions, but did not get the relief I expected. Then, my sister in Indiana told me of her experience with the Activator and it was non-invasive treatment and also helped her. I received a notice in the mail of Dr. McCluskey’s treatment for pain –

After the x-rays and decompression treatment plus the exercise and oxygen – I can truly say – I’m greatly improved from severe pain in back, leg, and severe pain in back, leg & neck from #10 to #3 in pain management.

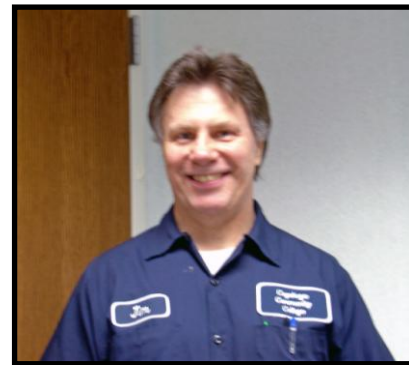
I would recommend Dr. McCluskey to anyone having similar problems...Sincerely, *Margaret Kapproth, Retired Dental Hygienist, Parma, OH*



*“I’m greatly improved from severe pain in back, leg, and severe pain in back, leg & neck from #10 to #3...”*

***"Decompression seems to be as advertised. My spine seems to have been rejuvenated. I hope this lasts a long time."***

"Pain was traveling from my lower back down my inner thighs. Because I don't like ingesting poison, I would not take pain pills. Sometimes I could not sleep unless I took a pain pill."



***Decompression Benefits:*** "The back pain is gone although I have had relapses. My lower back and inner thighs are less stiff.

***Describe Decompression:*** I felt no pain. As the weight was increased my spine would not be accustomed to the strain. This kept me alert to the machine's movement. Once my spine became looser, I found it very relaxing."

***Likes Best:*** "The results. Decompression seems to be as advertised. My spine seems to have been rejuvenated. I hope this lasts a long time."

"I would be remiss if I did not acknowledge how well the clinic is run. From the office staff to the therapists, they are friendly and competent. Contrary to the intense stretching and strengthening exercises that I experienced in physical therapy, my treatment at the Back and Neck Pain Clinic was relaxing - and the results were better. I have less pain and stiffness in my lower back and inner thighs. Although I have relapses, I usually recover faster and to a better condition than I was in before going to the clinic. Spinal decompression and adjustments have rejuvenated my spine. I have more flexibility and much less pain." ~ ***James Allen, Custodian, Parma***

***"My spine seems to have been rejuvenated."***

***“Severe sciatic pain right side - hip, calves. Severe stiffness in lower back. Sciatic pain from right hip down leg- numbness bottom foot. Inability to stand for too long or walk too far.”***

“I was a passenger in a car involved in a head on collision almost 30 years ago. I had no visible injuries, but the impact threw me to the floor of the back seat. I started having minor back problems after that. About 13 years, I fell on the ice in a shopping mall and cracked my tailbone. Kaiser x-rays showed some vertebrae damage and the internist said I has rheumatoid arthritis of the spinal column. In recent years I’ve experienced severe sciatic pain in the right hip and numbness down the right leg and foot.



***“...the spinal decompression made a noticeable difference.”***

Severe sciatic pain right side - hip, calves. Severe stiffness in lower back. Sciatic pain from right hip down leg- numbness bottom foot. Inability to stand for too long or walk too far. General stiffness, lower back. Couldn’t turn neck far enough to back out of parking spaces. Limited mobility.

I am able to walk through stores and started to cook, chop, dice, etc. I have a far better radius for turning head sideways. I can walk farther and stand longer, and my sciatic has subsided for the most part.

Likes Best About Spinal Decompression: Felt good, relaxing-almost fell asleep at time.

Since coming to Dr. McCluskey, I have been able to be more or less pain free for long periods of time. The electrical stimulation and adjustments work and the spinal decompression made a noticeable difference. There is no combating old age, so I manage to be more mobile with chiropractic help. And I enjoy seeing his friendly fun loving staff.”

***~ Gloria Kopen, Real Estate Sales, retired English teacher, N. Royalton, OH***

***“I developed a really bad back pain that went all the way down my right leg and it made walking difficult.”***

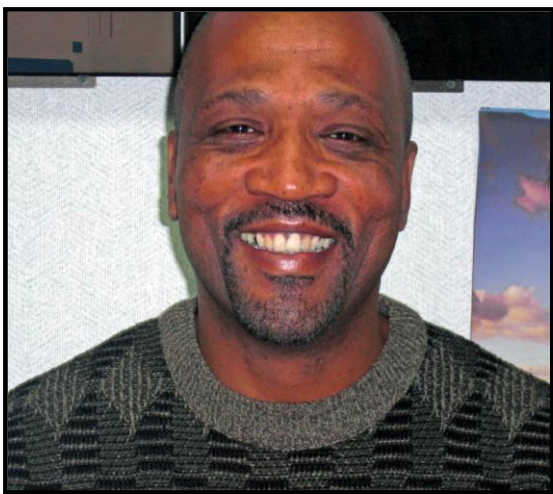
“Late in February, I developed a really bad back pain that went all the way down my right leg and it made walking difficult. I went to my doctor who checked me and gave me cortisone shot plus some pain pills. The shot worked for about five hours and the pain resumed. A week later, I went and saw him again and he gave me another shot. This was a muscle relaxing shot. I had asked him about seeing a chiropractor and he said manipulating does work at times. It can’t hurt. I remembered Dr. McCluskey worked me over a few years back so I went to see him. After the first visit he seemed to remember my old problem and informed me that what I had could entail back surgery. This is a no-no because I take care of my wife who is all but bed ridden since her

stroke and multiple problems. Dr. Pat then informed me of the new Decompression table which could do the job without surgery. With his confidence and his staff’s, I was convinced to go ahead with the procedure. To my delight and amazement, after four treatments my leg pain was gone. I still get back pain after working, in the evening or when I bend over the dishes in the sink or working bent over, but my walking days are back and I can put up with discomfort as long as they sell pain pills. The other treatments I receive from the staff and the Doctor, like the electric stimulator and heat or the cold laser, plus the other gadgets are all doing well for me. I couldn’t be more satisfied with the treatment from all the staff and their wonderful attitude and bright smiles. When I leave Timber Ridge, I not only feel better physically but mentally from being with people with such wonderful dispositions. Thank you all.

***~Larry Kuznik, Retired, Broadview Hts, OH***



***“To my delight and amazement, after four treatments my leg pain was gone.”***



***10 out of 10 pain level before starting and now 0-1 out of 10.***

***“After about six treatments the numbness and burning feeling was gone in my right leg.”***

“It was hard to walk and sit for long periods without pain in right leg - Get in and out of my car. I was a 10 out of 10 pain level. After about six treatments the numbness and burning feeling was gone in my right leg. I was able to sit and drive in comfort. My movement has returned to normal (he now rates himself as a 0-1 out of 10 pain level). The spine decompression treatments were painless. The back stretching was relaxing after each treatment I felt refreshed and rested. I highly recommend spinal decompression. The STAFF were always very concerned and pleasant.” **~ Stanley McKee, Maintenance, Seven Hills**