

# Physical Medicine Intervention for Pain Management

Dr. Jason Mazzarella



## *Chiropractic Testimonials*

"There is really no better profession than chiropractic. You really helped me...I depend on chiropractic and so does my whole family. I found it was better to go to the chiropractor before you get injured. Chiropractic is truly one of the few professions that really helps people in a straightforward way with no monkey business, like some of the other professions promise to help, but this chiropractic is the real thing. That's what chiropractors do, take care of people like no other kind of healer." **Arnold Schwarzenegger**

"I got a chiropractor to come along to the [Patriot] shoot, because they can actually stick you back together within 15 minutes. He used to come every other week, from Los Angeles to South Carolina— spend a week and work on the entire crew. The guy's amazing." **Mel Gibson**

*"Thank God I have a great chiropractor. I wish I'd never introduced him to Madonna and Janet (Jackson) and Tina (Turner). Now I have to share him."* **Cher**

*"Chiropractic helps athletes and people working out, engaging in a sport or even just performing daily functions such as walking and sitting to operate at their peak levels of performance without pain. I highly recommend that you pay a visit to your local chiropractor."* **Dr. Joyce Vedral, Fitness Expert**

*"I've found that it's a great stress reliever to get adjusted. It takes away a lot of the tightness in the muscles and when calcium deposits form in the neck and lower back, adjustments seem to disperse the deposits."* **Jose Canseco, Retired MLB**

*"I have to have an adjustment before I go into the ring...I believe in chiropractic. The majority of boxers go to get that extra edge."* **Evander Holyfield**

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*"I've been seeing a chiropractor and he's really been helping me out a lot. Chiropractic's been a big part of my game." **Joe Montana and 35 of his teammates received chiropractic care right before the 1990 Super Bowl Game***

*"Being a chiropractic patient has really helped me a lot. When I was in a growth spurt, my back became very sore and I was weak. My chiropractor really helped me. Not only did he adjust my spine, he also gave me strengthening exercises to do. If you are tall and gangly like I am, or play sports, I would recommend chiropractic." **Tiger Wood***

*"If not for chiropractic, I would not have won the gold medal! It is essential to me in my training routine. You obviously can't compete at your fullest if you're not in alignment. Every track and field athlete that I have ever met has seen a chiropractor at one time or another". **Dan O'Brien, 1996 Olympic gold medalist, decathlon***