

To whom it may concern:

I have been receiving chiropractic care from Terry at Total Balance Chiropractic for over 8 weeks now. When I first starting treatments I had a lot of pain in my left shoulder and down my arm and could not easily move it. It was causing me to have very disturbed and uncomfortable sleep. I have been given education and advice on how to change my working and sleeping environment to help maintain the changes that have been occurring during my treatment. The treatments have not been at all painful and every step is explained as we go. I am pleased to say that I have gone from pain to occasional discomfort. I have found all the staff to be friendly and helpful and would recommend this practice to any of my friends and family.

Donna Starr

IT Trainer



10/7/13