

Take care of your body

Elizabeth Collins, of Erlanger, realized she needed help when she woke up one morning with severe lower back pain. None of the medications she was taking helped the pain, and she found herself at the drugstore tearfully pleading with the local pharmacist to tell her what she could do. When he asked if she had tried chiropractic, Collins instantly remembered Dr. Gary Callioni, at the Chiropractic Rehab Center, who treated her for low back pain three years ago.

"When I went to Dr. Callioni before, he cured me, but he also showed me exercises that he said I needed to do to keep my back healthy," Collins explained. "I did do the exercises for awhile, but then I quit doing them. So when the pharmacist recommended chiropractic, I called Dr. Callioni right



Elizabeth Collins of Erlanger with Dr. Callioni.

there in the drugstore."

Dr. Callioni helped Collins with her back pain, and once again stressed the importance of continuing to do core exercises which consist of flexibility and strength training to maintain a healthy spine.

"Elizabeth came in with more pain than before," he stated. "So many times patients don't realize the importance of continuing those core exercises, and once they stop doing them, the body can fall back into the old

patterns that caused the pain initially. After they stop coming to me, patients need to bear the responsibility for maintaining spinal health."

Collins is a believer, now, and has also brought her daughters in for Dr. Callioni's care.

"I'm well again," she declared. "I will keep up with the core exercises this time."

To make an appointment at the Chiropractic Rehab Center at 618 Buttermilk Pike, the number to call 331-9566.