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On Behalf Of:

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I am a teacher in baker city Oregon and have struggled with pinched nerves in my neck. About 2 years ago I had a painful issue with my neck. My range of motion was compromised along with aching and numbness in my arm and fingers. After a couple doctor visits and a trip to the ER I was sent to physical therapy. Which gave me a lot of exercises to use to increase my range of motion. During this process an MRI was also ordered on my neck. Along with that my physical therapist recommended I see someone in Idaho that could do needling. I

saw a specialist on necks in Idaho. He wanted me to get a shot in my neck but I decided to try needling first. I live in baker city Oregon as I have mentioned earlier and since this was not available to me in Oregon I was going to have to drive 2 hours to see someone for needling. These appointments only lasted approx. 20-30 min. but it was extremely difficult to take time off of school, get a sub, and drive to Idaho for this treatment. Not to mention there is an hour time difference between baker city and boise Idaho. So every time I needed to go there for my appointments I had to plan to be gone for at least 4 and ½ hours. I had to travel over there about 6 times to get the care I needed to treat my neck. I also had to arrange for my husband to take me the first few times because of my neck pain, I couldn't drive for that length of time without being in pain. I don't know what I would have done without it. It really helped me and I haven't had any issues for 2 years. But it certainly would make a difference if we had this type of care in our area.