



My Patient Testimonial

My name is Alyssa Taylor, and I am a dancer. I have been dancing since I was three years old, but I have just recently discovered the tolls that dancing takes one's body. Several years ago I began experiencing severe back pain when I would dance. I saw another chiropractor before I saw Dr. Hoops, but Dr. Hoops was the only person who was actually able to diagnose what was wrong. It took quite a while to discover what was actually wrong with my back, but with Dr. Hoops' help, along with x-rays and an MRI, he found that I had chronic facet syndrome. He explained to me that parts of my vertebrae called facets that would rub together and cause inflammation in the erector spinae, or the muscle that lines the spine. This inflammation is the cause of the pain in my back when I would dance. After several more visits for adjustments, Hoops discovered what the potential cause of my facet syndrome. I have always had one leg anatomically $\frac{1}{4}$ inch longer than the other, and the misalignment of my hips was not the cause of the difference. As I was standing, Hoops saw that my right knee was higher than my left, even though my right leg was the longer leg. He then measured my bones and found that my right tibia was slightly longer than the left. Dr. Hoops was the only person who was able to figure this out. He has been able to control the inflammation in my back with therapeutic ultrasound, and regular visits and adjustments; the pain in my back has decreased.

Back pain is not the only reason that I have seen Hoops. I have also seen him for other dance related injuries such as a pulled hamstring, strained/pulled hip flexors or iliopsoas, a strained pectoral minor, and a ganglionic cyst in my foot. Every time that I have gone to see him with an injury, he not only does all that he can to help heal my injuries quickly, he has also talked to me a lot about sports medicine to help me understand the injury. He introduced me to Kinesio-Tape, which has been a miracle for almost every competition that I have had to dance in with an injury. He explains in detail anything that I need to know about how I injured myself, and what may be hurt as well as what I should be doing to help it heal. These detailed "lessons" about the muscles and bones throughout the body has greatly influenced my decision to become a physical therapist.

Dr. Hoops is a very well rounded and influential family and sports medicine chiropractor. He takes the time to get to know his regular patients and treats his office like a big family. I highly recommend Dr. Hoops to anybody who seeks chiropractic or sports medicine help. He will help you in more ways than one. Take it from me, the girl who always gives him a new challenging injury to treat, Dr. Hoops can diagnose and treat **any** injury or pain you come to him with!