

Jennifer Hufnagel

1. How has Chiropractic care improved your life?

In 2012 I pulled my hamstring while training for a Marathon. I thought it would take months to heal and I wouldn't be able to run the race. My husband encouraged me to go to Dr. Hoops and within a month I was back on track and running long distances again. Dr. Hoops used the Graston therapy on my hamstring and adjusted my back and hips to keep my spine and legs in alignment. He also suggested multiple stretches that helped with recovery and strengthening for my hamstrings. Thanks to Dr. Hoops Chiropractic I was able to keep running and reach my goal of qualifying for the Boston Marathon.



2. What would you say to a friend or family member who was curious about chiropractic care?

That I was a little skeptical too at first, but I would tell them to give it a try. I feel much better and stronger after an adjustment. It's a great alternative to pain medications and I love the fact that he tries to keep you training if possible.

3. What has pleased you the most in your course of treatment?

The fact that they're focused on making me stronger and giving me the tools to keep training rather than tell me to take pain medications and "stay off of it" for 6 weeks.

4. Additional notes/comments about Dr. Hoops or your experience with chiropractic:

I have had great experiences at Hoops Chiropractic! When I call Angelina, she works to get me in right away. She is always very friendly to me and all the patients. Dr. Hoops has been helpful through all of the injuries that I have sustained increasing my distances. He always has a positive attitude and encourages me to keep up my training. He has given me a lot of great advice about stretching and using ice/heat for routine recovery.

