Why Your Friends & Family Don’t Understand...

BACK ACHE? Stiffness? Leg Pain?
Take This Simple “At-Home” Test

How 5 quick questions may finally be the answer to your STIFFNESS in the morning, a CATCH when you bend over, ACHING in the hip, and BURNING down the leg...even if you’ve been suffering for years!

Frustration is talking to friends and relatives if they haven’t had back pain. Because there’s no way they can really know what it’s like—even if they’re trying to help.

They may SAY they understand, but they just don’t. They don’t realize there’s NOTHING like back pain—that it’s totally different and affects everything in your life. In fact, they may secretly be wondering...

“Are You FAKEing it?”

That’s the worst—if they whisper behind your back that you may be wanting attention or over-reacting or have a low-pain tolerance. But...

1) They don’t understand about the sudden CATCH that can drop you to your knees.

2) They don’t know about turning over in bed every 5 minutes—then SLEEPING in the dumb recliner or couch the rest of the night when you can’t get comfortable.

3) They don’t have a clue about trying to get up the next day and facing the world when you’re totally EXHAUSTED and still in pain.

And forget about turning, reaching or bending—they don’t realize you’ve GOTTA take it slow and be v-e-r-y, v-e-r-y careful.

The good news is I know what you’re going through. My name is Dr. Gary Cebek, and I see folks in agony every day so I know what’s real. I’ve seen grown men (and women) cry from horrible spasms. I’ve had to help folks get out of the car—then walk them by the hand as they shuffle to the front door of my clinic.

Most people have NO IDEA they’re so “out of kilter” on the inside. The regular doctor may say it’s normal—but it’s not...

...because as crazy as it seems, even a small curve in your spine (#1 above) or an old knee injury or a flat foot—or even a fall down the stairs when you were 7 years old—can STILL throw off your whole body and cause just about anything—from horrible back pain, to a kink in your neck, to headaches, to a frozen shoulder.

And in #2 above, can you see how the pelvis is twisted and one hip is higher than the other? At home you may notice how one cuff of your pants seems shorter than the other, or a dress hangs lower on one side or one shirt sleeve seems shorter. More about this on the other side...

I know what people REALLY want when they seek help for back pain—and it’s not just relief:

• They WANT someone who’s seen their kind of problem before—and fixed it!
• They WANT a professional who listens, understands, and believes what they say.
• They WANT to know what’s causing the pain and exactly what to do about it.

Folks want REAL answers—not a bunch of hemming and hawing. They want to know if I really think I can help, how long it’s going to take and how much it’s going to cost.

But maybe even more important is knowing what people DON’T want:

• They DON’T want to be talked down to like they’re ignorant.

• They DON’T want to be confused or intimidated by long medical words and “doctor speak”.

• They DON’T want a handful of pills—then be told to take it easy and come back in a week.

Is it asking too much to be treated like a human being and not like a number—or like someone who may understand a thing or two about their own pain??

So start getting some real answers by taking the simple test on the next page. It’s 5 important questions that can give you a lot of information about your back (and your neck and shoulder, too). Because you don’t have to be a doctor to see there’s something’s wrong.
“Look-in-the-Mirror” Quiz, Just 5 Quick Questions!

All you have to do is stand in front of the mirror and take a quick look. This is one small part of the 17-Point Pain-Elimination Exam we use to find the real (and usually hidden) reasons you’re in pain.

- YES  NO  **Face the mirror and let your hands hang naturally.** Is one hand closer to the mirror? Are your shirt sleeves even? If not, your pelvis or your spine may have a twist—even a small one. But don’t worry, we’ve seen it many times and have proven strategies to help you. By the way, Pilates and yoga won’t fix it.

- YES  NO  **Now look toward your feet.** Does one pant leg hang lower? You may have a short leg from an old ankle injury or a flat foot which can throw off your back, neck and shoulder. There are a number of proven, pain-free techniques and overlooked solutions it’s important you know about.

- YES  NO  **Look at the top of each shoulder.** Are they level with each other? No? Then a neck muscle may be pulling unevenly on your spine. It can be simple and straightforward to correct but you SHOULDN’T ignore it.

- YES  NO  **Put your thumbs on top of your hips.** Are they even? If not, several vertebra may be rotated in your lower back. Good thing Dr. Cebek has helped thousands of spines like this. And of course, you know that no pills will straighten your back!

- YES  NO  **OK, twist at the waist** as far as you can toward the mirror—and without moving your feet. Notice how far you go. Now turn the other way. Is it the same? If not, you could have a shortened core stabilizer muscle. It takes very specific stretches and adjustments to unwind you but it’s usually not too hard.

**BONUS QUESTION:** You don’t need the mirror for this one but a partner may help. Just stand in your stocking feet and feel under the arch of each foot. Are they about the same? Can you slide a pinky in a little way? If yes, good. If not, not so good because this is your foundation. Most people don’t realize their FEET can be the whole reason for back pain.

If you answered “YES” to any one of the above questions, you really SHOULD have your back checked out immediately—and it doesn’t even have to be at my office. Just make sure it’s someone who will get down to WHY you’re having pain, knows how to find the hidden reasons—and of course, who treats you with respect and not like a number.

“Free Consultation Without Obligation”

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