

## **NO MORE SURGERY**

My name is T.K. I'm from Windber, Pennsylvania near Johnstown. I am 53 years old and I have been a Police Officer for that past 35 years in the second largest municipal police department in Cambria County. I am presently working as a Criminal Investigator and Narcotics Agent. I am also a team leader on a SERT (SWAT) Team in Cambria County. I work about 60 hours a week.

My duties with the SERT Team are to encounter violent and dangerous suspects that are under arrest and rescue hostages from danger and bring bad situations under control. In April of 2007 one such encounter caused some serious injury to my neck and cervical spine. After the injury I saw a chiropractor because of a chronic neck pain but after several weeks of treatment I was not getting relief I needed. After seeing my family doctor I had an MRI done and was diagnosed with a serious herniated disc in my cervical spine that required immediate surgery.

I never had any type of back or neck surgery before and I went to a well known top surgeon who recommended immediate surgery to repair the damage. In October of 2007 I had a Laminectomy performed with a fusion of my C-5 and C6 spine. I was in good shape after surgery and was planning on starting back to work in January 2008. In late December just before my anticipated return to work, I began to have serious pain in my left shoulder and down the left arm that was 24/7 to where I could not sleep or do anything without serious pain and discomfort.

I returned to see my surgeon in January 2008 about the problem and discovered that I had developed Stenosis (scar tissue) in the area of my recent surgery and it would require another neck surgery called a Foraminotomy to remove and relieve the pressure on my spinal cord that was causing my chronic pain. I had that second neck surgery in February of 2008 and I got immediate relief and my pain was gone. One month later I returned to work.

In July of 2011 I began to have a loss of strength in my right hand that was accompanied by numbness and tingling. Once again, I returned to see my surgeon believing that I was experiencing more neck issues that was causing my loss of function. The surgeon did some tests after reading an MRI I had done and determined that I was suffering from some neck issues but that he felt my real problem in my right arm and hand was from an impingement (pinched nerve) in my right elbow. I saw a specialist about the elbow problem who wanted to do surgery to correct it. This left me with still having to deal with my neck problem and I began to search for non surgery options. It seemed to me that these series of neck surgeries were going to be more prevalent in my life and I needed to find other options when I realized the

surgeries were only temporary fixes and my problem would return. I do not want to have anymore surgery on my spine.

A friend of another Johnstown native told me about Dr. Bob Corcetti and how he was able to help a local man who had 18 back surgeries. I made an appointment with Dr. Bob and began treatment with him September of 2011. Dr. Bob educated me about what was causing my neck issues and my loss of function with my arm.

Since September, the treatment I have received from Dr. Bob has all but eliminated my numbness and tingling in the right hand and I have begun to regain the strength back in the hand as well. It has been a slow process but I am very happy with the results I have had since my treatment began with Dr. Bob Corcetti.

Dr. Bob will spend whatever time it takes to heal your problem and he is pretty straight forward with his treatment. He accomplishes the task by encouraging you and coaching you to accomplish your realistic goals and objectives. I trust Dr. Bob and I follow his instructions very closely. I feel that his treatment has opened the door to not having any further surgery. I feel good and enjoy my demanding life style. What a great feeling to know that there are alternatives and people like Dr. Bob to heal you free you from pain!

T.K.