



When I was young I had a slipped disc. I tried everything to fix it; physical therapy, medicine, manipulation by my D.O., it got a little better but I was still in steady pain. Then a while ago, I re-injured it filing a floor on my hands and knees. It was worse than before. I had always been told NOT to see a chiropractor, but wasn't finding relief through my regular doctors. It was tough not to be able to bear any weight. I couldn't carry anything heavy without it really hurting, then, when I couldn't pick up my daughter anymore, I had to try something. I figured 'what did I have to lose', and scheduled an appointment with Dr. Cayer.

Dr. Cayer started to treat my neck and shoulders and I'd say they are much better. After the pain was gone, we started to work on the low back. I've had a lot of success with him. Now, I see him once a month or so to keep in shape, unless I do something that wakes it up. I'm very careful not to lift too much or too often with my upper body, I stretch and try to stay flexible and not put pressure on my lower back.

I am happy that I can hold my daughter again and not have that steady pain.

-Peter



My husband referred me to Dr. Cayer and I have been coming in for long term care. Since becoming a chiropractic patient, I have noticed overall better health. My immune system has gotten a huge boost.

Before coming to Dr. Cayer, I had experienced life long low back pain, now I rarely experience any pain at all. It makes a significant difference when you are chasing an active 3 year old boy around!

The staff here is friendly, flexible and knowledgeable, as is Dr. Cayer. I continue to come back because I enjoy feeling good.

I would recommend Dr. Cayer and chiropractic to anyone looking to take an active role in there preventative health care.

-Sylvie



Hello Dr. Cayer .

I wanted to send this to you.....my experience at your office has been such a positive one from the start. One of the most important things that I look for is professionalism and your office continues to show that. What impressed me the most was how you and your assist took the time to education me about what goes on with your spine and from there you have continued to help make me feel better with each visit.

When you walk into your office.....the positive atmosphere is extremely warm...with bright smiles and warm welcomes and I thank you for that!

So it brings me to continue to talk about my experience that I have had at your office and to thank you for making me feel better each and everyday!!!

Again thank you

Viann