

April 2, 2020

Dr. Jason Regis
Transformation Wellness Team
4343 Shallowford Rd Suite H6
Marietta, GA 30062

Dr. Regis,

I have been adjusted a couple of times before coming to see you, but I would say that working with you has been my first experience in consistent chiropractic care. What I have enjoyed most is how you take the time to educate me on being proactive in my health and also preventative care. I feel like I always learn something new each appointment!

While I have maintained a healthy lifestyle, something that has been an issue for me recently is wrist pain in my left hand. It's been painful to do push ups, put my hair up with a hair tie, and other random activities that I have taken for granted. I've been told to ice it, rest of typing on the computer, and take anti-inflammatories in the past, so I was surprised when I learned from you that my wrist pain actually had to do with my shoulder being out of place and issues in my elbow. After my last adjustment, the pain went from a 7 to a 2. I was nervous that I would need to just continue getting adjusted to decrease the pain, but again was encouraged to learn that you had stretches and exercises that I could do at home to continue my care. I am pleased to report that after doing these stretches and getting adjusted regularly my wrist feels back to normal.

I can't thank you enough for your guidance and commitment to professional care.

Warm regards,

Emma Donaldson
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