

January 2, 2024

RE: Dr. Doug LaRoss

I was in a car accident about 30 years ago which resulted in a neck injury. As the years passed, this injury began to cause several issues with my overall health. I started experiencing numbness radiating down my arms, severe headaches, limited range of motion of my head and neck and pain in my shoulders. This of course negatively impacted my work, sleep, and personal life. My neurologist recommended surgery, but I was determined to seek alternative treatment options.

After working with several physical therapists and chiropractors over the years, I was able to gain some relief. However, I have been declining over the last several months. Thankfully I met Dr. LaRoss and decided to schedule an appointment. After several visits and adjustments, I am feeling a lot better. I know it's going to take a few more visits but I am confident my progress is moving quickly in the right direction.

What stood out most about him was his personal demeanor and ease of communicate which made every session a positive and comfortable experience. His ability to explain complex concepts in a way that was easy to understand has been invaluable, contributing to a sense of trust and confidence in his care.

I wholeheartedly endorse Dr. LaRoss as a chiropractor who demonstrates a genuine commitment to the well-being of his patients.

Thank you for helping me realize there is hope without surgery.

*Olivia Howard*