

# Spinal Decompression Therapy Testimonials

Please read what our patients have to say about  
Spinal Decompression Therapy



**Corinne Lujan**

Before having spinal decompression therapy I was unable to take care of myself. My husband even had to take a leave of absence from work to care for me and our children. I was forced to use a walker to walk even one step. I was stuck lying in bed all day long, which became a very depressing way to live. I tried every form of pain medication, and even had three epidural injections. Nothing was relieving my pain. All of the doctors I saw were recommending I have back surgery. That to me was out of the question.

Thanks to spinal decompression therapy and the help of Dr. Huber and his staff I am 95% pain free. I did not have to have surgery and the pain medication I take is not very often. I am living proof that decompression therapy works.

If you are having any kind of back pain I would recommend decompression therapy, and there is no better place to have it than Dr. Huber's office. In my experience, I have found

Dr. Huber to be one of the most caring and compassionate people that I have ever had the honor to meet.

He will do anything and everything in his power to relieve your pain. I also really enjoy his staff, everyone is very nice and they make you feel like part of a family.

Before I decided to try decompression therapy I would spend most of my day at Doctors offices. I saw pain specialists, a neurologist, and a neurosurgeon. I spent countless nights at the emergency room screaming in pain. Come to find out, I had a degenerative disc and a herniated disc that had broke causing me to have a pinched nerve. It hurt so badly to sit, stand or walk or even lay down. I'm so glad this is all over and I can go on with my life and career. I just told Dr. Huber that I was going to go back to work because I'm feeling so good.

**Corinne Lujan, Stockton, CA**

I had injured myself by falling out of a truck and landing on my back. It caused severe low back pain with pain down my leg to the foot. The pain was constant and limited me in my ability to work, walk for any distance and even to eat, as it was hard to sit for long periods of time. The pain was so severe that I had to have an MRI on my back. The results were a degenerated disc with a disc bulge that was pressing on the nerve down my leg. My girlfriend who is a patient of Dr. Huber's told me about his Spinalaid office and I made an appointment to see if I was someone who could be helped with this procedure. I had a consultation with Dr. Huber and he reviewed my MRI with me and told me I was a good candidate for decompression therapy. I decided to undergo the procedure as surgery was not an option for me. I have my own

**Frank Perry**



business and could not be away from work for long periods of time. The treatment was a total success for me. I am able to have a normal life again and am working full time with no restrictions. Also I'm able to ride my Harley again which was impossible before the decompression treatment. I'm very happy I came to Dr. Huber's office and learned about decompression therapy. Everyone at his office is friendly and caring, and I also made some new friends. If you or someone in your family is suffering from low back pain or leg pain I would recommend you make an appointment to see if you can be helped with decompression therapy. You'll be glad you did!

**Frank Perry, Stockton, CA**

**Mary Klingman**



My lower back problem effected my daily activities drastically. I could hardly do anything anymore, I couldn't walk, sit, or stand for more that ten minutes. I was very concerned that my problem was getting worse and I had terrible pain in my back and leg twenty-four hours a day, I could not sleep and was up and down all night. I was told I would have to live with this problem because I had already had surgery that didn't work. I didn't want to be on pain pills for the rest of my life, so I had been suffering like this for seven years.

My brother was the one who convinced me to see Dr. Huber. He told me it would take away the pain and it did, thank God! He had seen Dr. Huber prior and had good results.

My experience with Dr. Huber's office has been great, everything about my treatment was wonderful, I feel like a new person, no pain. Now I can walk, sit and stand again. I am so glad I came to Dr. Huber's office because I have a new life again, I can travel now where before I was confined to my home.

If you are having back problems I would say have the treatment as soon as possible.

The thing I liked most about Dr. Huber's office is now I feel like a new person, and am very happy and feel so good! The office is great all around both doctor and staff.

**Mary Klingman, Stockton, CA**



**Ron Gregory**

Before using spinal decompression at Dr. Huber's Spinal aid office I had lost feeling in both of my legs. I was told by a surgeon that I would have to use a walker. I was also told by various doctors that I was going to need back surgery to correct my back issues. They were going to enlarge the nerve openings on both the left and right side of my spine and then fuse two vertebrae in my lower back. To me this was not an option.

I began looking for other options and other forms of less invasive measures of care on the internet. I came across websites that discussed decompression therapy.

The more I studied and researched, the better it looked. I did a search for local doctors that utilized decompression therapy and went to three different offices and talked to the doctors. Dr. Huber's Spinal Aid office became a no brainer.

Spinal decompression therapy has been the best thing I've done for my back in years. I no longer have pain in my back and have feeling in both legs.

I've have since ditched the cane! I no longer need the handicap plaque for my car. I have full use and feeling in my legs. Spinal decompression therapy may not be for everyone. But I think that anyone that has chronic lower back issues that have been told they need surgery should first look into decompression therapy. It worked for me. **Ron Gregory** - Stockton, CA

**Barbara Smith**

I had back pain so bad I had to stop and lay down and elevate my feet to relieve the pressure on my back. I couldn't walk for any distance without low back pain. I was concerned because my problem was getting worse over time and I was told I would have to live with this pain. I was becoming tired of being restricted in my activities and my Dr. Michael Zumstein, D.C. recommended that I look into Spinal Decompression therapy for my chronic Back Pain. He referred me to Dr. Huber's office and I had a consultation to determine if I could be helped with Decompression therapy. My experience in Dr. Huber's office has been wonderful, the staff is very good to me and I feel so good after my treatment. The biggest difference for me in the care I received at Dr. Huber's office is there is no pain pills and no surgery. If you are having a similar problem I would say to you, Go for it!

**Barbara Smith - Stockton, CA**

**Georgia H.**

Before I started my spinal decompression therapy my walking was becoming more and more limited. I began to develop tingling in my legs due to the stenosis in my lumbar spine. As the pain progressed it became difficult to dress myself. I had seen four different doctors who suggested therapy, pain medication and also surgery. Since those options were unacceptable to me, I sought alternative forms of treatment. After learning about Spinalaid centers of America, I called and requested additional information about decompression therapy. An appointment was made for me with Dr. Huber in Stockton for an evaluation to determine if my condition qualified for spinal decompression therapy. Following the evaluation Dr. Huber thought I would be a good candidate for the treatment and I began my course of the treatments. I am no longer in pain and am able to live a normal life, the decompression treatments were a success! Dr. Huber and his office staff were very informative, friendly and efficient. I have referred the treatment and this office team to many people.

**Georgia H.**

**KevinYoung**

"My back pain was so severe that it was limiting me from putting on my shoes, getting dressed, bending over or doing any kind of yard work. It was having a very negative effect on me, especially my attitude. I was always tired and very uncomfortable. My problem was absolutely getting worse and I was ready to throw in the towel which I never wanted to do. I was told that I was going to have to live with this problem using medication and possibly surgery. The factors that led me to seek care were the extreme pain and the inability to live a normal life. My experience at Dr. Huber's office has been very pleasant. I have never been comfortable in doctor's offices, but the staff is awesome and I actually look forward to going!



I would highly recommend decompression therapy to anyone suffering from severe and chronic low back pain. I feel like I have my life back in control. Almost immediately I felt relief and now am almost completely pain free and it feels great! The biggest difference between Dr. Huber's treatment and other treatments is you don't have to deal with cortisone shots that are only temporary relief, and you don't deal with painful treatments. It is truly a great experience."

**Kevin Young**

**William "Monty" Montgomery**



I was suffering from back pain due to lower bulging discs in my back which had stopped me from doing many of my daily activities. I have almost completed the spinal aid program and am almost completely pain free. My daily activity was greatly compromised due to the back pain. I could no longer garden, play golf or lift anything of any weight. When my doctor restricted my golf playing and gave me pain pills, I decided it was time to get serious about a remedy for the back pain. A friend saw the ad in the newspaper and told me about the procedure. I immediately did some research and decided this was the best alternative for me. I had tried many different forms of treatment including chiropractic, NSAID medications, acupuncture and exercise; but this is the first and only one that has stopped the pain. I'm very much looking forward to returning to the many outdoor activities, especially golf. I would also like to compliment all of the employees working for Dr. Huber. They are very professional and pleasant to be around. I will miss them now that my treatments are over. When someone asks "hows your back?" I am a walking testimonial about this procedure. I would recommend it to anyone with compromising back pain. The procedure is painless and, most importantly, non-surgical."

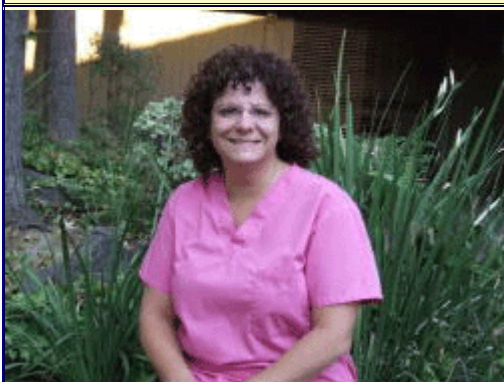
**William "Monty" Montgomery**



**Effie Holstein**

"I was having much lower back pain and was finding it hard to walk. Even for short distances I would have to stop and rest before continuing. I noticed some advertising about decompression therapy and felt it may help my arthritic back. I have been pleased with the results. My back pain has been reduced and I can walk greater distances with more comfort. Dr. Huber and his assistants are all very helpful and I had a great experience and would recommend this for anyone having back pain."

**Effie Holstein**



**Sandy Rutledge - Stockton, CA**

I had severe back pain for about 2 years until I had Spinal Decompression. Before the procedure, I had to take pain medication daily to function. There were many days that the pain medications did not help. I missed out on a lot of social activities due to pain. Surgery was recommended by my neurologist, but I was not mentally ready. I am so glad I did not do it. Since I completed my Spinal Decompression therapy- I AM PAIN FREE! I am bowling again and doing all the activities I enjoy. Many people ask me how am I doing and if I would do it again. My answer is "Great and Absolutely!" Dr. Huber and his staff are the best!!!!

**Sandy Rutledge-Stockton, CA**



**Micaela Ruiz-Stockton, CA**

I was involved in an automobile accident and as a result of that I was diagnosed with a herniated disc in my lower back. A neurologist recommended surgery soon or the problem would continue to get worse as the years went by. Surgery was not an option for me. I continued to take pain medication and have chiropractic treatment. There were days the pain was there all the time. My life style changed so much, I could not play with my grandchildren, go grocery shopping, walking, cooking, and even trying to rest was painful. I found out about spinal decompression therapy from the office of Dr. Huber and I started my

therapy right away. I felt the difference in my pain level the first week of treatment, now I can do my usual activities. I am very happy that I did the spinal decompression therapy. I would recommend spinal decompression to anyone that has lower back pain. Thank you Dr. Huber and your lovely staff for making me feel at home every time I was in your office.

**Micaela Ruiz-Stockton, CA**



**Peggy Dills-Stockton, CA**

For several years I have suffered from lower back pain. It interfered with my doing housework, my job and even driving. There were certain social activities I could not participate in. When my problem was at its worse, I would have to stay in bed with an ice pack for several hours. I was very concerned that If I did not do anything about it, my problem would get worse. I have had chiropractic treatment and spinal decompression therapy and I noticed a huge improvement. I know that if I had not been treated I would be on permanent disability. Spinal decompression therapy brought me back to normal life again. Dr.

Huber and his staff really care about my health. I truly recommend spinal decompression therapy and chiropractic care, it is the best for back problems.

**Peggy Dills-Stockton, CA**



**Stephanie Alvarez**

"When my back was at its worst I could not bend forward or lift anything over five pounds. At times I couldn't pick up my legs to put on my shoes. I lost the ability to run, play soccer or do anything with extreme activity. All of which I have been doing my whole life. My medical doctor prescribed vicoden and muscle relaxers to ease the pain. I was told to deal with the pain the rest of my life unless I wanted to try surgery which was not an option for me. I met Dr. Huber where I worked and he could tell by the way I walked I had a back problem. He let me know about spinal decompression therapy and gave me information

to research and feel comfortable about the program. My everyday activity has improved 100% I still experience discomfort when I overdo it but my recovery time is ten times faster. The staff here is very friendly and helpful and I would recommend spinal decompression for anyone who is a candidate. I am grateful it worked for me."

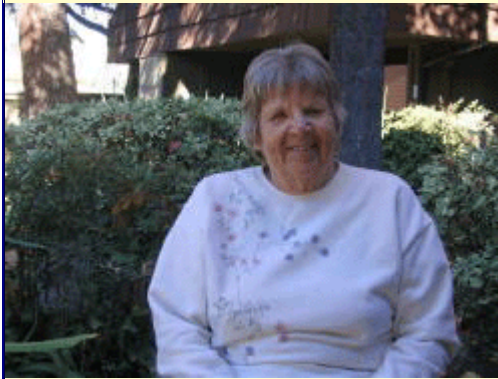
**Stephanie Alvarez**

**Marian Berdan-Lodi, CA**

When I started my treatment with Spinal Aid Centers of America at the office of Dr. Huber I was not able to walk very far and I could not do my grocery shopping without pain. My problem is that it was worse and I could not do my usual daily activities including chores or any walking. I was concerned about my problem getting worse and I was told that I was a surgical candidate and required surgery. The factors that lead

me to seek care was the increasing pain that I was experiencing. My experience at the offices of Dr. Huber has been great. Everyone has been so nice and helpful. I have never had to wait for my appointment. I am glad. I came to this office because I feel so much better. The best thing I like about Dr. Huber is the staff. Everybody is very nice and friendly and they have helped me a lot. The biggest differences about Dr. Huber and his staff from other treatment options was that I seemed to be just a name to the other offices. This treatment program has caused me very little pain and I have needed no injections or surgeries. I would recommend this treatment program to anyone with this type of chronic low back pain.

**Marian Berdan-Lodi, CA**



**Dorothy Brodehl-Lockeford, CA**

Before I started my spinal decompression program with Dr. Huber I was having increasing difficulty with walking and was becoming very limited and painful. This problem was making me feel very old and immobile. I was very concerned that my problem was getting worse. I was told that I could have surgery for my low back pain but that the surgery may not ease my pain. The main factors that lead me to seek care was the increasing pain that I was experiencing and the lack of mobility. I saw the ad for Spinal Aid Centers of America in the Stockton Record newspaper and I felt I needed to investigate an option that might help me and

give me some relief. Since I started care with Dr. Huber I began getting some pain relief almost right away. The plan that Dr. Huber made for my treatment is working and what I like most about coming to this office is the friendly staff and their efficiency. The biggest difference that I have noticed about this office is that the treatments have been helping me in decreasing in my pain and allowing me to walk better. I would encourage other people with similar problems to investigate this procedure and get started with these treatments.

**Dorothy Brodehl-Lockeford, CA**



**Adeline Smith-Stockton. CA**

While reading the paper, I saw the ad for Dr. Huber about a new procedure for low back pain sufferers called Spinal Decompression therapy. I spoke with my son about it and he suggested that I should give it a try. Due to lower back pain I could not do much of anything especially standing, sitting for long time, riding on long trips, and shopping. I was concerned my problem was getting worse and I did not want to live on drugs for the rest of my life. Surgery was not an option. Ever since I started my decompression therapy my experience has been great, I have had relief and Dr. Huber explained everything to

me very well. I am glad I came to this office because my condition is better and every one has been very pleasant. I would definitely recommend the Spinal Decompression therapy to anyone "It helps"! Thank you Dr. Huber and staff for being so friendly and helpful!

**Adeline Smith-Stockton. CA**