

THE HEADACHE CLINIC.
45 EMPIRE RD.
JOHANNESBURG.

Zwarenberg Farms.
P.O. BOX 1499
SASOLBURG.

1st December 2006.

Posture Modifying Appliance is exactly what this little mouth piece has done for me. I can now, proudly walk tall, exercise a full hour programme 3 to 4 times a week. I have gained weight & muscle tone, have become a new person mentally & physically.

The day I received my P.M.A. my husband said to me - "Welcome back!"

After 15 years of 'HELL' - I have always suffered from headaches which became worse as I tried to work, which was both physically & mentally demanding.

In & out of doctors rooms, complaining of headaches. I injured my neck while at work & needed surgery for the fusion of the 6th & 7th Cervical Vertebrae. Returning again in 3 years time for the fusion of 5 & 6th Cervical Vertebrae. All this time asking 'Is' why does the pain not go away. I attended rehabilitation classes with


physiotherapists over & over again, but could not advance further than a gentle massage. I needed to strengthen through exercise, the muscles in my neck, shoulders & upper body. The headaches dominated my every move. Pain-killers & anti-inflammatory I swallowed all the time - but gave short relief. This had severe repercussions on my digestive system. Once again another doctor to sort out huge digestive problems & abdominal pain. & once again a routine of treatment.

I gave up driving - an accident was round the corner. I had no control of my body and my life. I was becoming dependant on my family both mentally & physically. If I travelled I had to lie down flat.

The day would start (having taken pain killers & anti-inflammatory) the night before - just to sleep. I would wake up between 2 & 5 am with a pounding headache, desperately I would swallow painkillers again with a cup of coffee, with a hot shower on my neck & shoulders, crying desperately, will this ever end! I felt like

I was being ^{heard &} understood.

The x ray department, honed in just the right area, my occlusion then to the dentist, who could have known, such a small adjustment was necessary (due to a botched up dental crown).

After the dentist having made moulds upper & lower jaw, I moved onto the physiotherapist & after an hour of intense massage she ~~also~~ found & released all those stressed up pressure, tense spots & the trigger spots & then ended with a recap of  essential exercises to be done 2-3 times a day. I then returned to the trained sister who carefully, explained the function of the P.M.A. and on inserting the plate I immediately felt my body adjust & respond into the correct position - my tongue immediately relaxed in my mouth & the stress & pressure was released into the back of my head, from the Axis, Atlas, down ^{from} into the jaw muscles into my shoulders the cervical muscles into the trapezius down into the thoracic. Wow, at last I can now stand TALL again (I am tall person). I walked out of that headache clinic

a brittle ceramic doll which was falling apart in tiny little pieces. To go to another doctor again was unthinkable.

A neck & back specialist would be my last resort. He suggested surgery "Rhizotomy" for the cervical, Thoracic & Lumbar region, my whole vertebral ^{column} was becoming negatively involved. I booked in for that Saturday morning (I was desperate for relief.)

In the meantime, my husband started to search the internet - PAIN, HEADACHES & somehow he found the Headache clinic. He phoned & spoke to a caring & concerned Mary-Deigh, who very gently asked my husband to bring me into the rooms A.S.A.P.

Well, the rest is history. After 4 days I had met with an amazing Medical team who all dove-tailed into my true rehabilitation.

First I saw a Doctor who interviewed & assessed my full history - x rays etc. Then moved on to a psychiatric nurse who listened intently & understood my pain. The emotional exchange after so many stressful years was exhausting & draining. But, for the first time I felt

confidently knowing this is the turning point I am going to get better.

Returning to my physiotherapist, she could not believe the improvement.

Immediately we started my programme of exercises required for my rehabilitation. No more pain-killers required.

The advancement made was amazing from May 2006 to today the 1st of December. I have not seen another doctor. I can now happily cook a meal for my family, wash the dishes, make my own bed (I could not bend down without a head pounding) & return to work. I can once again be a wife to my husband & a mother to my children.

Dr Sheval you have now repaired & replaced 3 P.M.A's (all for free) as I tend to put a lot of pressure on this little plate which I wear 24hrs a day. - NO HEADACHE'S!

I can not thank you & your medical team enough - you literally saved a family, husband & a LIFE! I will remember you all for ever.

God bless you all,

Marianne Knoetke