

“Our Patients Speak”

Success Stories from Back to Basics

Information on Completing Your Patient Testimonial

Please print and complete these forms and return them to Back to Basics

Since your response to the multidisciplinary team approach to health care at Back to Basics has been very good, we would like to ask you to prepare a statement of your condition and the results you have achieved. The purpose of the statement will be to inform others (who might have a condition similar to yours) that you have had help through our natural health care procedures. This personal testimonial will be encouraging for readers to try Chiropractic, Acupuncture, Massage Therapy, Med-X, or any of the other services we offer as a means of regaining their health. We appreciate your help in telling others your story.

The following explanations are to assist those of you who request some kind of example of how you might put your experience in your own words. These examples are numbered to match the questions on the form you will use for this purpose. Please note that you may leave some items blank if you do not feel they apply to you or to preserve your confidentiality. Also, you may request that we do not reveal your full name, profession or your hometown. (E.g. *Tom H., Newport Coast*).

1. **WHAT WAS YOUR CONDITION?** In your own words tell the degree of suffering, exact location of pain, and the length of time that you had the condition, along with anything else you think would be important. Use correct disease names and diagnoses when possible.
2. **WHAT STEPS HAD YOU TAKEN PREVIOUSLY TO GET HELP?** (Do NOT mention other doctor's or clinic names or ridicule them.) EXAMPLE: *“Various forms of treatment were tried and failed to give relief. I went from doctor to doctor, Orthopedic specialist, Nerve Specialist, etc. tried traction, took pills . . .”* State what you have tried.
3. **HOW WERE YOU REFERRED TO BACK TO BASICS OR CHIROPRACTIC?** EXAMPLE: *“Referred by a friend or former patient, newspaper advertisement, website, yellow pages, received a mailer, met the doctor, just heard about, just decided to try Acupuncture/Chiropractic etc.”* If you had any doubt in the beginning, you might mention it here.
4. **IN YOUR WORDS, WHAT DID THE BACK TO BASICS TEAM/DOCTOR DO?** Make some comment about the original examination, X-rays, Report of Findings, what was found, what was recommended, and your response as a result to following the doctors treatment recommendations.
5. **WHAT ARE YOUR HOBBIES?** Did your condition interfere with your hobbies and activities? If so, can you now pursue them satisfactorily?
6. **HOW HAVE YOU IMPROVED?** Mention to what extent the condition cleared up or improved and how long it took.
7. **WORDS OF ENCOURAGEMENT TO OTHERS.** EXAMPLE: *“I hope that my experience will prompt others to try Chiropractic/Acupuncture (etc.) care. I have tried all methods and found Chiropractic best. I am amazed at how modern Med-X Spinal Rehabilitation is and how it gets such terrific results. Deep Tissue Therapeutic Massage and Cox Flexion Distraction Technique are wonderful.”*
8. **ADDITIONAL REQUEST:** If possible, please attach a picture to the testimonial form or preferably e-mail your digital picture to info@backtobasicsnewport.com. The picture should be clear and sharp, fairly recent and possibly showing YOU doing something active, such as golfing, surfing, sailing, tennis or playing with your kids (etc.). Or perhaps a picture of your whole family who have benefited from care at Back to Basics.

