

I have been a Physical Education Instructor for 37 years actively teaching at the North Allegheny School District. I have always prided myself on living a life style that promotes healthy physical activity. I have been running long distance for 35 years. I engage in the elliptical machine during winter months. I try and exercise 45-60 minutes a day. I also play basketball, bike, and golf recreationally. Being active has always been part of my lifestyle.

Three years ago, I injured my ankle very badly playing basketball and resorted to using a full ankle brace. During that period I also changed my running gate due to this injury. I started to experience some hip and joint pain associated with my running. I continued to run but the pain grew worse. My doctors diagnosed the pain as trochanteric bursitis and osteoarthritis associated with the bone-on-bone contact caused by running every day.

I was told that hip replacement might be the only way to get relief. I was not in a hurry to get this procedure. I was encouraged by friends to see a chiropractor. I was very hesitant and did not believe strongly in chiropractic practices. I decided to give Dr. Gretta Meeker an opportunity to diagnose my injury and offer some treatment. The rest is history.

My first meeting with Dr. Meeker, I realized I was in the right place. She was very confident that she could help my situation. She said that it would take some time, but she felt that she could get me back to running without pain. After getting X-rays and seeing the condition of my hip joint, she put me through a series of stretches and manipulations that seemed to offer immediate relief. She followed that up with another series of stretching and strengthening of the muscles and ligaments in my hip joint. My progress has been amazing. I am back to running 50-60% 5-6 days a week with relatively little or no pain. I still have a ways to go, but feel confident I will get there.

I owe this all to Dr. Meeker. She is extremely knowledgeable and very proactive in her methods of treatment. Most importantly she cares. She takes the necessary time to put me through correct therapies. She does this in a very professional and friendly manner. She took charge of my situation and asked me to believe in her. I trusted her and followed her directions concerning this rehabilitation. She was firm and direct. I knew exactly what I was supposed to do. Not only did I become a believer in chiropractic but more importantly a believer in Dr. Gretta Meeker.

Hopefully, I am on my way to a life-time of running and activity thanks to Dr. Meeker.

She is amazing! Give her a chance! You will not regret it!

~ P. S.