

9/26/13

I walked approximately 5 miles a day. I was knocked down to my hands and knees.

For 3 years, I had debilitating migraines, severe pain in my neck, middle lower spine, knees & wrists, with nerve pain down arms & legs.

Neurologist diagnosed me with neuropathy and gave me very little pain relief with gabapentin. I began to see Dr. Lee, he gave me steroid injections, which gave some temporary relief as I continued with neurologists.

I put my pain completely into Dr. Mortazavi and Ashley PA-C's hands. **Dr. M performed cervical radiofrequency denervation (nerve burning in the cervical spine). I HAVE NOT HAD A MIGRAINE SINCE!** Dr M then performed lumbar radiofrequency denervation. The nerve pain and pain in the buttocks is finally gone! I can get in my car and go without the pain limiting my travel. I do walk again. I still have limitations due to muscle spasms, but I do get relief from meds and massage with items prescribed by Ashley, PA-C. I can stretch and exercise, hoping to gain strength. I want to thank Dr. Mortazavi and Ashley PA-C, Dawn and the rest of the staff for their concern and time to get me out of bed, off my recliner and back to enjoying some of my life again. The Valley Pain staff has made my life so much better – thank you and I love you all!

Willa Long