

"I started seeing Dr. Barbour for headaches and low back pain. Since receiving treatment, my headaches have stopped and I do get temporary relief for my back." D.J.

"My son came to see Dr. Barbour for cranial work. After two treatments, he was able to relax more at night and sleep better." T.R.

"I started seeing Dr. Steppe a little over a year ago. Her hands-on treatments helped get everything aligned for my surgery. Now that my surgery is done- everything is great!" C.D.

"Since coming to Dr. Barbour and his staff, I have seen noticeable improvement in my neck and shoulder pain. Due to their help, I have been able to get a great majority of my everyday life and hobbies back. Thank you to Dr. Barbour and his staff." K.K.

"My daughter suggested I come to a Healing Circle when my orthopaedist suggested I needed surgery to address the chronic shoulder pain that hadn't resolved after four months of physical therapy. After the first Healing Circle treatment, I noticed a significant improvement. Each treatment that followed resulted in more and more improvement. I used to be awoken from sleep because of pain, but now I'm nearly pain free!" – M.P.

"On October 11, 2016, I began treatment at Rehabilitation Specialists of Monroe in constant pain of a 7-8 average. I have severe tailbone pain, SI joint dysfunction, low and mid back pain, and nerve pain in my foot/leg. I would have stabbing, burning pain in both SI joints, if I walked or was on my feet longer than 10 minutes. Barb in Physical Therapy loaned me an SI belt to try and it was the single most effective action against my SI joint pain in three years. Then, shortly after that, Dr. Abou-Chakra did an injection in each joint. In three weeks, I haven't had any stabbing pain in my SI joint at all. I've been able to start using my elliptical, cooking dinner, and going up and down my stairs with ease. This is the best, overall, that I've felt since before my spinal fusion on July 3, 2014. I never felt fully recovered from that surgery and was diagnosed with Failed Fusion Syndrome. Thanks to the combination of treatments offered here (the watsu aqua therapy being my favorite) my pain has reduced overall from 7-8 average to 3-4 average and I feel like I'm on a good path to getting my life back."

"Dr. Barbour is exceptional at what he does and has helped me with my problem. I have met numerous people in his waiting room and feel like my problem is very minimal in comparison to others. The numbers of people that are in constant pain on a daily basis is staggering and thank God there are doctors like Dr. Barbour that are available to help them. Thank you so much to the staff and Dr. Barbour." – J.B.

"I had lower back pain, bulged disk with sciatic nerve pain. I couldn't bend down, put my pants, socks, or shoes on. I couldn't drive for two weeks. After three treatments and physical therapy, I was able to go back to work and drive. The pain level when I came here was a nine or ten and now is a one. Dr. Barbour and staff helped with my improvement. Yes, I would recommend to friends and family. Thanks!" –B.H.

"I was having shoulder pain for over 3 years. Another one of my doctors suggested I see Dr. Steppe. I did! It was one of the best things I could have done. I had a rib out of place. Dr. Steppe not only realigned it, but I did not feel any pain and for the first time in over 3 ears . . . Pain Free! Thank you! Dr. Steppe, you are the best!" – S.K.

"Dr Barbour has helped my daughter so much! He has given her a quality of life that she would not have had without him. He straightens her back and helps her breathe better by relieving her asthma and allergy symptoms. No one could seem to help her until she found him. I wish Dr Barbour many blessings and a long life. My daughter is only 37 years old, so he has to live a long time!" – C.M.

"I was just seen by you this past week and I just wanted to let you know how very much I appreciate you going out of your way to help me when no one else would. You don't very often meet caring and compassionate people and you, are one of the very few. It may not mean much but I wanted you to know how very grateful I am for you and your help – words cannot express. Much respect to you." – J.M.

"Part of low back pain treated on first visit is resolved and never came back."

"I look forward to seeing Dr Barbour! I feel we've made progress, already in my first appointment! Feels extra happy to have new hope!" – T.W.

"I could hardly walk. After one treatment I could walk on my foot without pain. After the head injury 3 former patients of Dr Barbour advised me he would be the one that could really help me. It was then my structural and nervous system problems really began to get under control. No one else ever got to the root of the problem. Areas of great tension have disappeared from my neck, back, and hips. I regained feeling in my little toes. My thinking has become clearer as well. It is so good to not be in constant battle with pain. I also feel much calmer and stronger emotionally, as well as physically. I am getting my life back. I am feeling more complete. I appreciate all the treatments that have renewed my life." -- J.P.

"You deserve it Dr B.!!!" – D.W. [in response to Dr Barbour included in 2012 edition of the "Guide to America's Top Physicians" by Consumers' Research Council of America].

“[Dr Barbour]’s one damn good doctor!” – C.N.

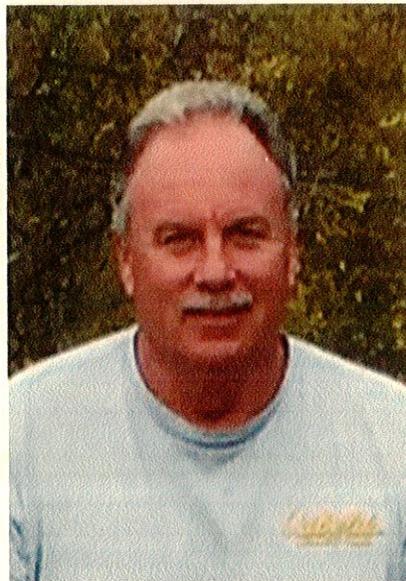
“Dr Barbour is the ABSOLUTE BEST physician I know. He has helped me live my life to the fullest! I will be forever grateful for the wonderful care he has given me and recommend him to anyone.” – B.B.



Center for Progressive Health & Wellness

*The Next Step • Rehabilitation Specialists*

## Success Story



Darryl Coch

**My shoulder feels 100% better. I can move my arm all around now, and sleep a lot better. Before, I could not lift over my head at all. Good job. All the staff is really helpful and nice to work with.**

*Darryl Coch*

December 7, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161

(734)241-0560 • Fax: (734)241-3230

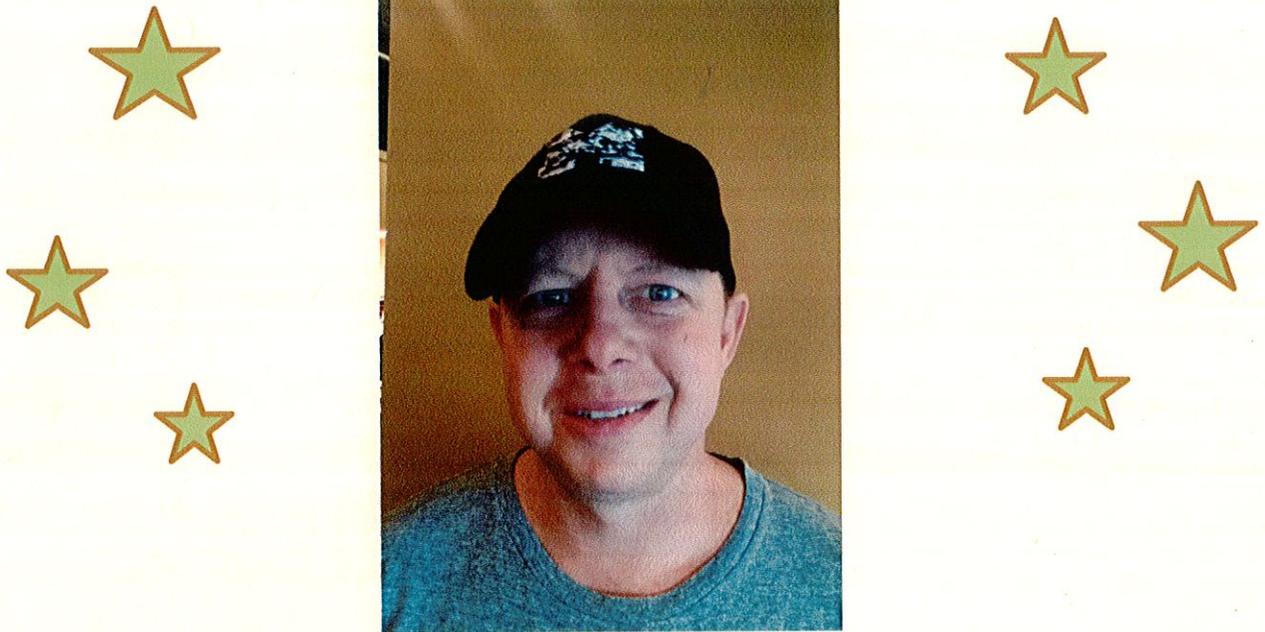
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



Center for Progressive Health & Wellness

*The Next Step • Rehabilitation Specialists*

## Success Story



Shawn Coots

**My back pain has been reduced and I have more positive time with the kids. I'm not in pain all day.**

*Shawn Coots*

December 5, 2016

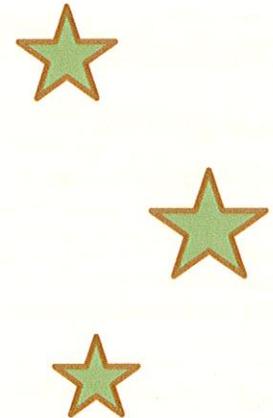
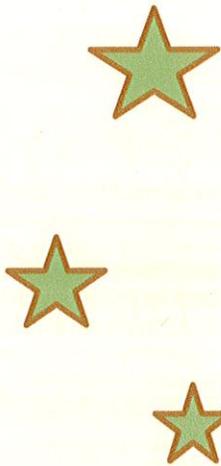
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**

*The Next Step • Rehabilitation Specialists*

## Success Story



Julie Hartford

**Since receiving the injections, my pain levels have decreased. My pain levels were as high as 7 and 8 on a daily basis. Now it is lower on a daily basis.**

*Julie Hartford*

December 7, 2016

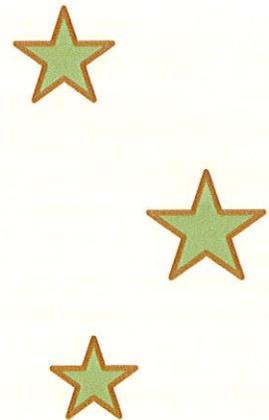
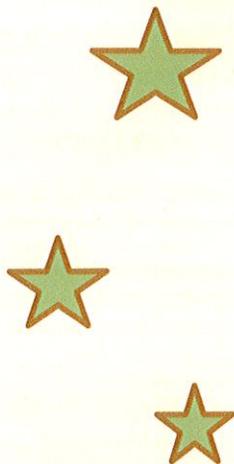
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Stacy Hicks

**I came in with neck pain. After several treatments, the pain was completely gone. Very few headaches. Hard to believe the little bit of poking and prodding that is being done can actually make so much difference!**

*Stacy Hicks*

January 23, 2017

975 S. Monroe St., Suite C • Monroe, Michigan 48161

(734)241-0560 • Fax: (734)241-3230

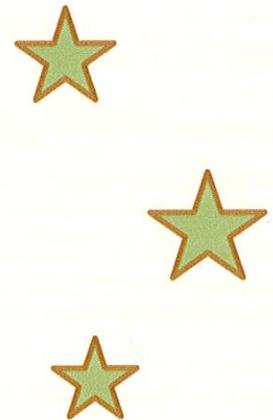
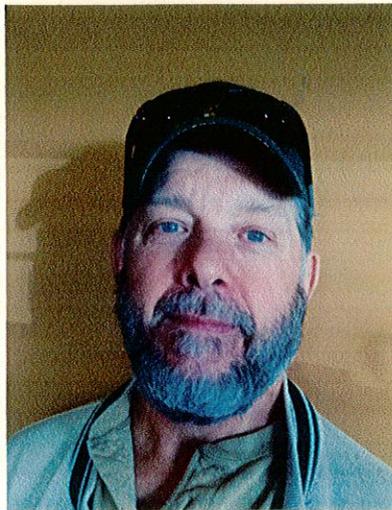
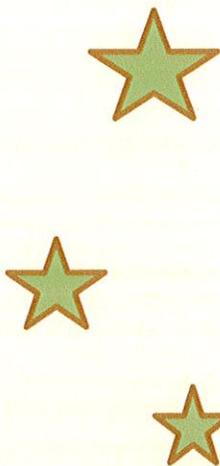
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Allen Imber

**I came to Dr. Barbour because he had helped my wife with her back pain. I had been experiencing intermittent lower back pain for a long time. After a few visits and a month of therapy, I am able to return to my old activity level without pain. I have to do the stretches, but the benefits are well worth it.**

December 7, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161

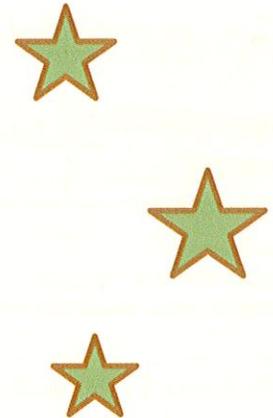
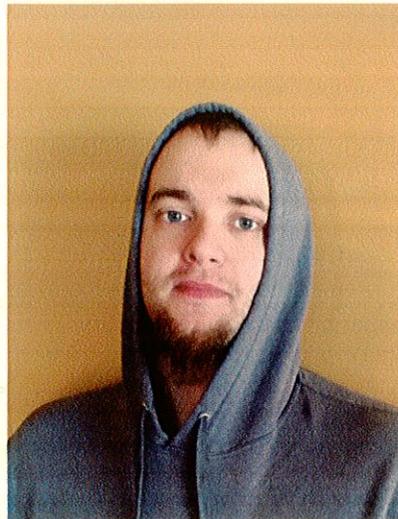
(734)241-0560 • Fax: (734)241-3230

[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**  
*The Next Step • Rehabilitation Specialists*

# Success Story



Jarrell Ramsey

**After seeing Dr. Barbour, my activity level has increased. Since the injury, the pain has decreased. I'm able to do light physical exercise and sleep on my back again.**

December 6, 2016

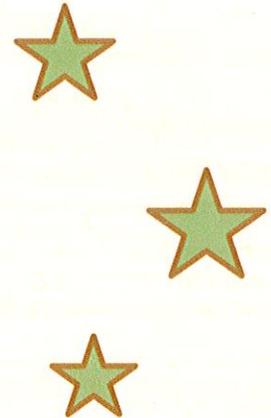
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Shlimon Shlimon

**Since seeing Dr. Steppe, I have had overall improvements.  
She is excellent.**

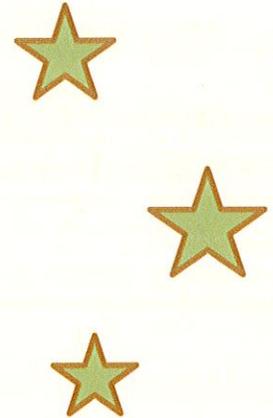
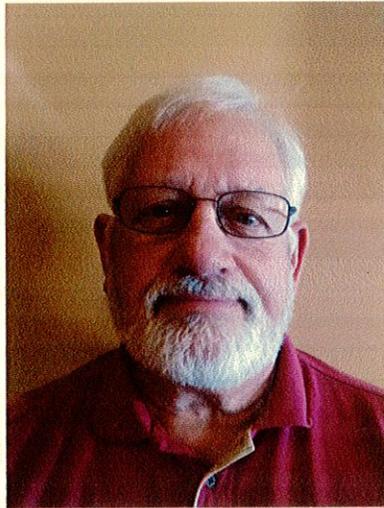
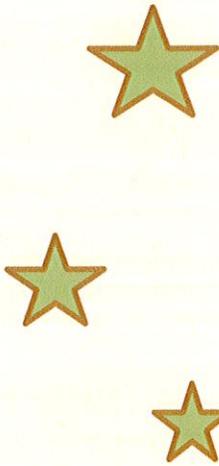
December 8, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**  
**The Next Step • Rehabilitation Specialists**

# Success Story



**Bruce Sobbry**

**I suffer from Ringing in the Ears (Tinnitus) caused from many years of being around very loud noises (military service, work, and recreation) my whole life. It had gotten to the point where I could not be around anything at all that produced any noticeable noise (public places like restaurants). The ringing was forefront in my mind at all times – consuming my thought process.**

**Dr. Barbour and his staff have been a blessing to me. They, through cranial massage and adjustment, have helped tame the beast in my head. I now have been able to resume to an almost normal level of activity. I still have reduced level of the tinnitus, but it is way more manageable. I have been able to resume my lifestyle, I still stay away from any and all loud noise, wear hearing protection a lot, and my life is much richer due to Dr. Barbour and his staff. Thank you very much.**

**This is one doctor's office that I enjoy coming to.**

**January 9, 2017**

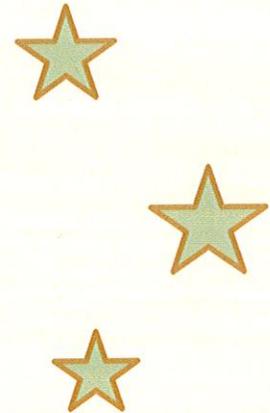
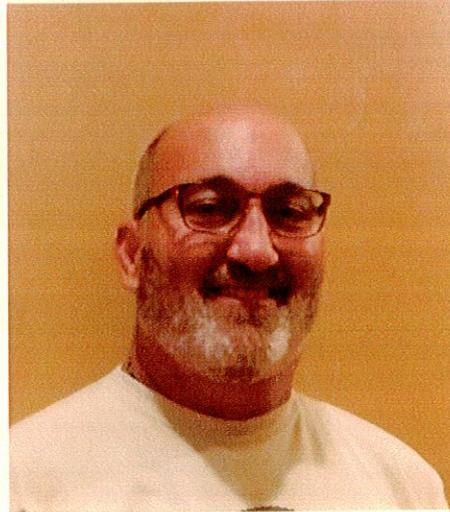
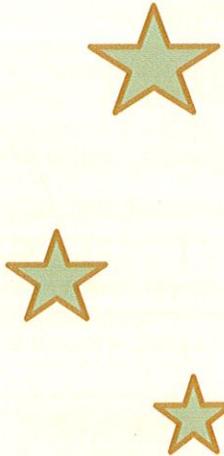
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**

*The Next Step • Rehabilitation Specialists*

## Success Story



Jon Madden

**Two years ago, I had a lot of pain in my mid back and left shoulder. Went to a lot of doctors before coming to Dr. Barbour. It took one month of therapy and a few times to see Dr. Barbour. He made me 110% better and now I come back for maintenance when I need it.**

*Jon Madden*

---

November 29, 2016

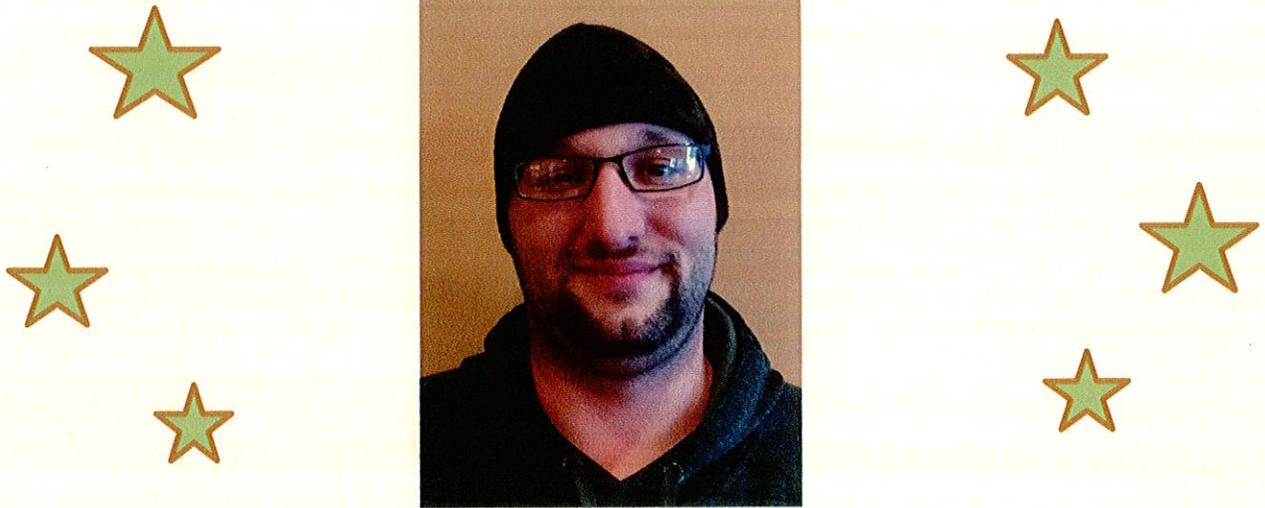
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



Center for Progressive Health & Wellness

*The Next Step • Rehabilitation Specialists*

## Success Story



Michael Armetta

**Before coming here, I had severe pain in my lower back, caused by two bulged disks. My home and work life suffered greatly from this.**

**Since coming to this facility and beginning treatment here, my life in general has greatly improved. It seems every day I'm doing more and more things I used to enjoy doing. Don't get me wrong, I still have bad days; but overall, my good days outweigh the bad by far. So now I just look forward to whatever comes next. Thank you so much for helping me get back to doing the things I love.**

*Michael Armetta*

November 29, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161

(734)241-0560 • Fax: (734)241-3230

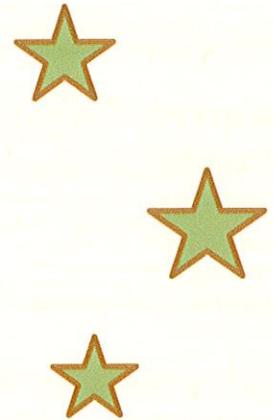
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Sharon Balk

**Several years ago, I was diagnosed with fibromyalgia. I tried shots, supplements, etc., but the only relief I got was from treatments from Dr. Barbour. They are what keep me mobile and makes the pain tolerable.**

*Sharon K Balk*

December 8, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**  
*The Next Step • Rehabilitation Specialists*

## Success Story



Melanie Davenport

**I injured my arm during the summer lifting a huge tree branch that went down during a storm. I felt something pop in my arm and it continued to ache and throb for several months.**

**Then Dr. Barbour worked on my arm and it felt a little better. He worked on it a second time, and the pain lessened even more. It took a total of four times of Dr. Barbour adjusting my arm for the pain to go away completely. It has never bothered me since.**

*Melanie Davenport*

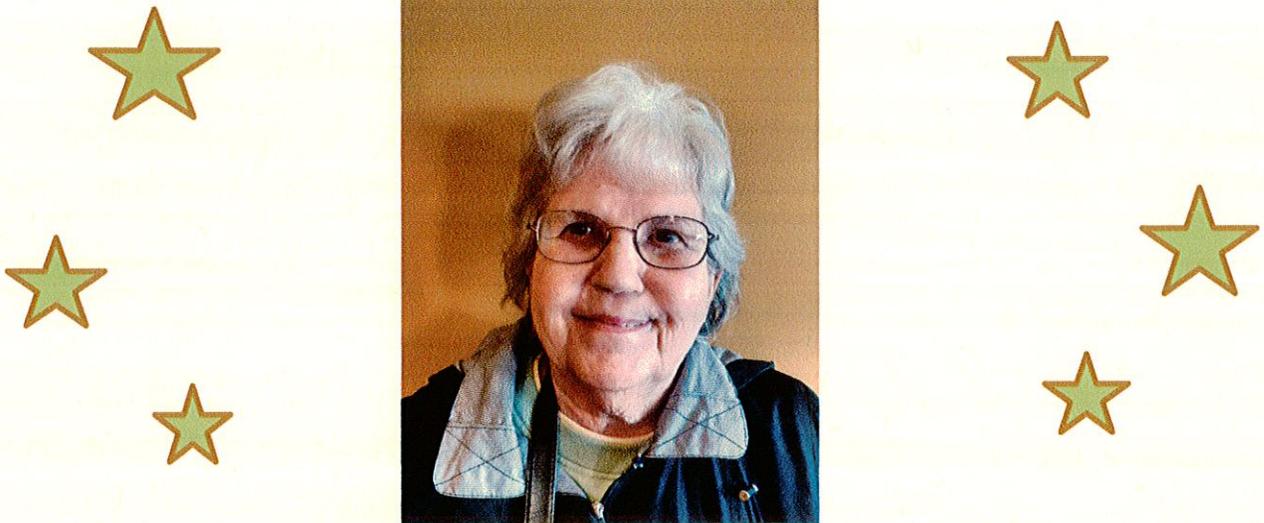
December 8, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*  
*The Next Step • Rehabilitation Specialists*

## Success Story



Shirley Jennings

**For the past 2.5 years, I've been on oxygen.**

**Due to Dr. Barbour's treatments, I have been able to do the things I need to do with less pain and walk better. The best news is, I don't have to drag the oxygen tank around. It was a struggle to transport the tank, putting stress on my back. Dr. Barbour and his therapists are wonderful.**

**I have recommended family members and friends, who are currently benefitting from Dr. Barbour's care. I would encourage other people with pain or problems to come to Rehabilitation Specialists of Monroe for help.**

*Shirley Jennings*

November 30, 2016

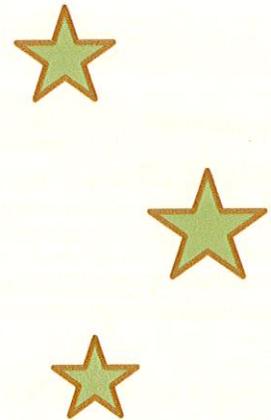
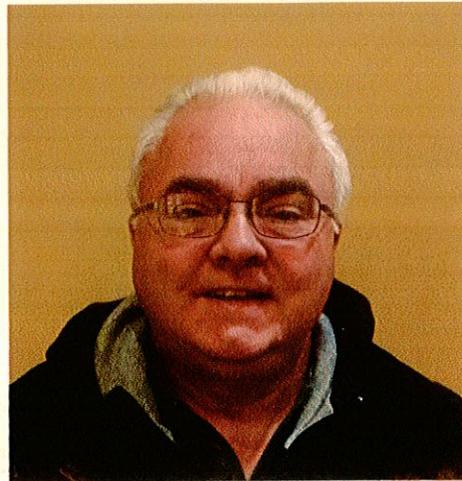
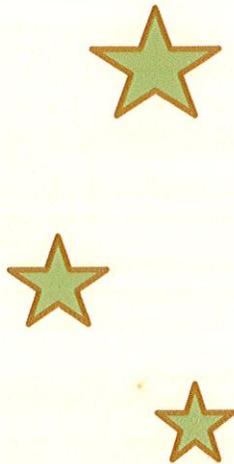
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Rodney Moore

**My wife and I had a problem with vertigo. At times, it was hard to even get out of bed. Dr. Barbour worked on my wife and me. We both could not believe how fast he helped us. My wife and I are so grateful to have someone like him. We thank God for him.**

*Rodney Moore*

December 6, 2016

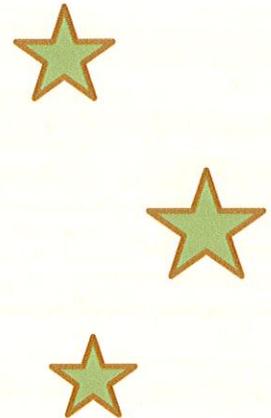
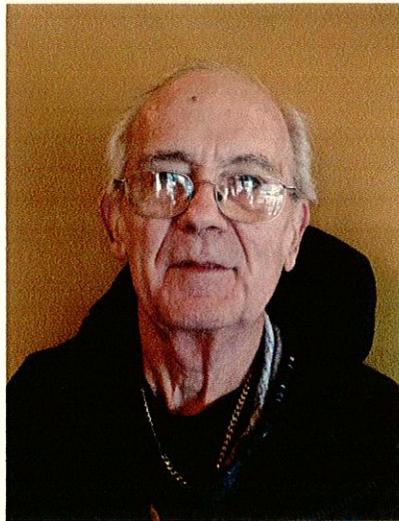
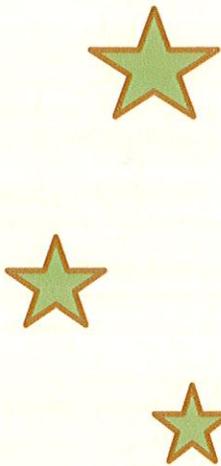
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



John Naper

**My mood in the past month has improved.  
Also, my sleep is doing much better.  
The treatments and medicine I receive here is very  
helpful for me.**

*John A. Naper*

December 8, 2016

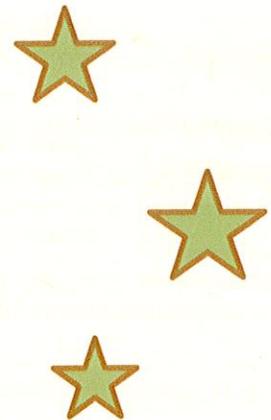
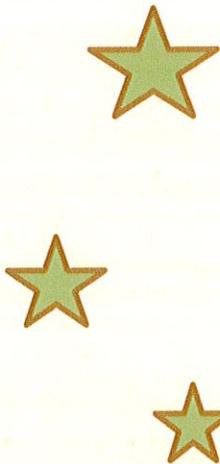
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**

*The Next Step • Rehabilitation Specialists*

# Success Story



**Ronnie Reece**

**I have been coming to Dr. Barbour for over 20 years. I have had chronic pain and joint issues all of my adult life. I have had 15 surgeries in this time. Through Dr. Barbour's hands-on treatments acupuncture and massage, I was able to recover and keep my mobility through it all. Now with pool therapy, I am able to continue with a somewhat normal life in my activities. My pain levels were always kept to a minimum through treatment and medication. Dani, Pat, and Lisa have always gone out of their way to help and accommodate me. Jean is just wonderful also. Her talks and pats on the back have helped get me over many obstacles in life. I have personally met 2 people that travel 2 hours one way to see Dr. Barbour for fibromyalgia. That speaks for itself, that he's the best for fibromyalgia. I have recommended Dr. Barbour to several people over the years.**

**All have experienced help for their medical conditions.**

**December 1, 2016**

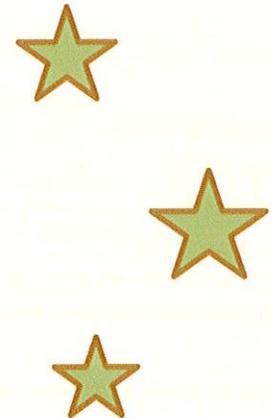
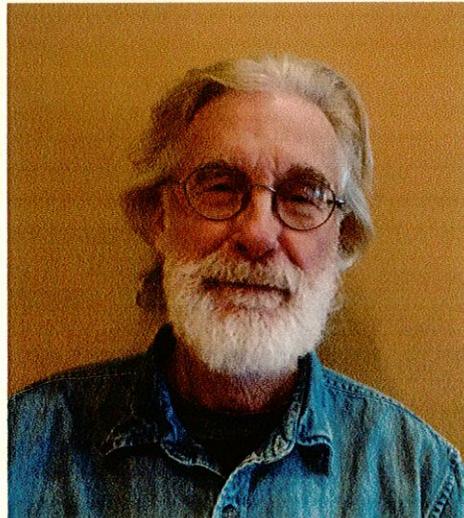
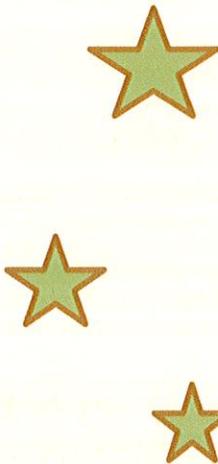
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



William Sheets

**Both of my elbows bother me, due to chainsaw work.  
The right elbow felt much better after I had a treatment  
with Veronica.**

*Bill Sheets*

December 8, 2016

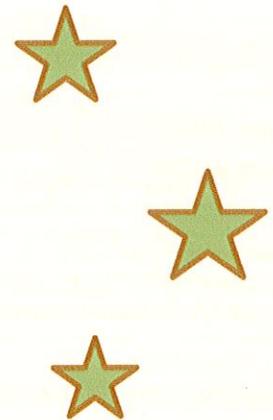
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Anne Sisung

**My pain has been a lot better. Everyone here has been very helpful in all my visits. I've been coming here for years. I would recommend family and friends to Rehabilitation Specialists of Monroe.**

*Anne M. Sisung*

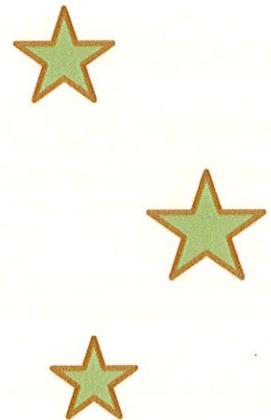
December 6, 2016



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Teresa Thompson

**Since I have been coming here, Dr. Barbour and staff have done so much for me. My neck was aching horribly and after treatment, I have less pain and more motion than before. Thank you all so much for helping me.**

*Teresa Thompson*

---

December 6, 2016

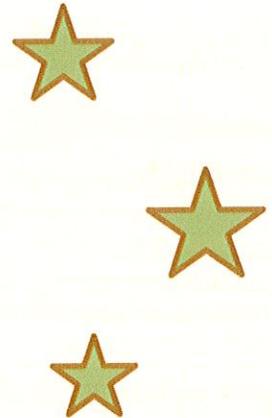
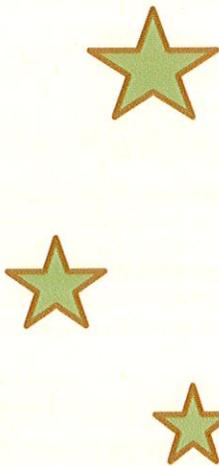
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



Center for Progressive Health & Wellness

*The Next Step • Rehabilitation Specialists*

## Success Story



Patricia Allen

**Since coming to Dr. Barbour on September 27, 2016, I have gained range of motion in my right shoulder. I have also reduced my pain meds, since coming to physical therapy.**

*Patricia Allen*

---

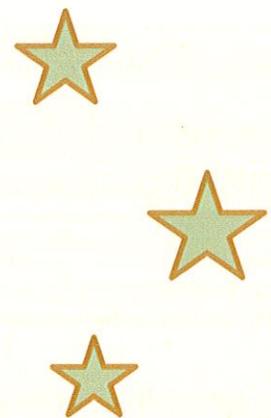
December 1, 2016



**Center for Progressive Health & Wellness**

*The Next Step • Rehabilitation Specialists*

# Success Story



**Randall Harmon**

**Hi, my name is Randall, 29 years old. I started seeing Dr. Barbour when I was 19, due to severe pain in my SI joint - lower left side of my back.**

**The pain was so bad that I couldn't function as a normal person.**

**Just getting out of bed was a task in itself. When I started seeing Dr. Barbour, I was desperate for relief and I can tell you he has been a miracle to my life.**

**From pinpoint injections and his caring advice, he is truly an awesome doctor that I consider my friend. I would recommend my family and friends to him. I have told people at my work about him. I'm confident he can help anybody in pain.**

**He did what several doctors, hospitals, and physical therapists could not do for me.**

**November 28, 2016**

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Karen Krake

**Felt Head Pressure – After my visit, I could feel reduced pressure on my left side. I had a new day ahead of me.**

**Thank you.**

*Karen Krake Thank You!!*

December 6, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Donald Loveland

**I came to Dr. Barbour with a left hip pain of about an eight. After his examination, I could feel a difference. I was put on a schedule of eight treatments. After completion of the treatments, I feel pain free (1) or less. It feels great. Thank you. The staff was very polite and helpful. They made me feel at ease. I would recommend Rehabilitation Specialists of Monroe to anyone.**

*Donald Loveland*

November 29, 2016

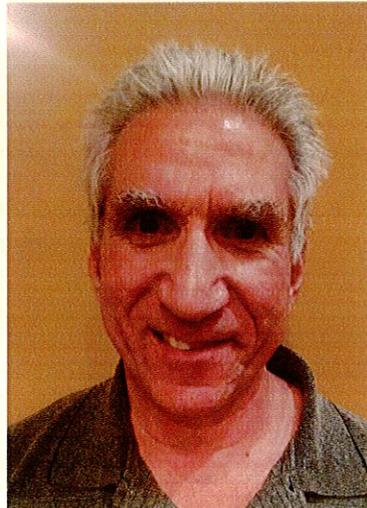
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**

*The Next Step • Rehabilitation Specialists*

## Success Story



Joseph Mariano

**I have been coming to Dr. Barbour's office for about a year and a half. I would have intense pain in my right hip area. With Dr. Barbour's help, the pain has been greatly reduced.**

**I was not able to sleep on my right side for over a year. I am now able to. The pool therapy is amazing. Dr. Barbour truly cares about his patients and wants them to be pain free. I see him now for regular maintenance and care.**

*Joseph F. Mariano*

November 28, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



**Sara McManaway**

I was 7 months pregnant. I was experiencing some pretty awful sciatica. I was unable to stand for long periods of time, or walk. I was working full time and needed to be on my feet. I wasn't getting much sleep because every position I laid in was uncomfortable. The pain was so unbearable at times that it radiated all the way up to my head and down to my toes. The OB at one time even sent me for a Doppler on my legs fearing clots because I was in so much pain. I came to see Dr. Barbour and Tim Kellie during a healing circle praying for some sort of relief. They both were very mindful of my pregnancy and were caring and careful. They took their time and made sure to explore every possibility of what could have been causing my pain. After my first initial visit, I left feeling optimistic. I was able to walk more comfortably, knowing that after a few more sessions I would be feeling like myself again. I saw Dr. Barbour and Tim many times after that through my pregnancy. After my final session I was pain free walking well and sleeping well and ready to welcome my daughter into the world. Thank you Dr. Barbour and Tim Kellie!

*Sara McManaway* 😊

December 9, 2016

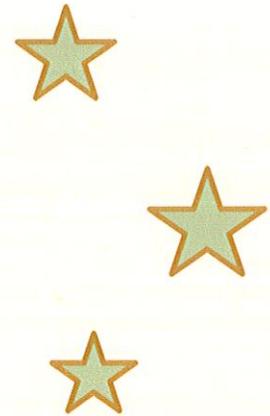
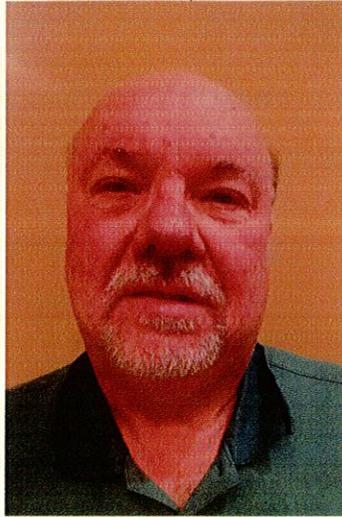
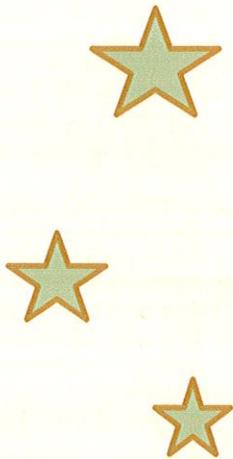
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**

*The Next Step • Rehabilitation Specialists*

## Success Story



Patrick Mydlarz

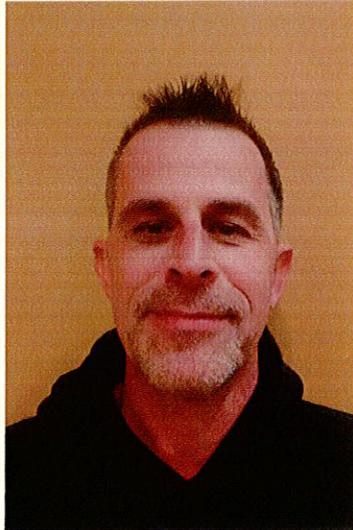
**I have been seeing Dr. Barbour since the start of 2016 and have seen various improvements of my aches and pains, from hip-related (which was the first reason) to current right shoulder. After treatments from Dr. Barbour, my hip-related issues went completely away, with currently no pain at all. My right shoulder has seen the pain threshold lower, although movement is still an issue. On occasions, I have had back rib pain and after one treatment, it went completely away. I have recommended Dr. Barbour to friends and business associates and forwarded his information to them. Dr. Barbour is a credit and an asset to his professionalism.**

November 28, 2016



**Center for Progressive Health & Wellness**  
*The Next Step • Rehabilitation Specialists*

# Success Story



Lance Riggs

**My treatment is working a lot better and would like to  
thank all the doctors.**

November 28, 2016

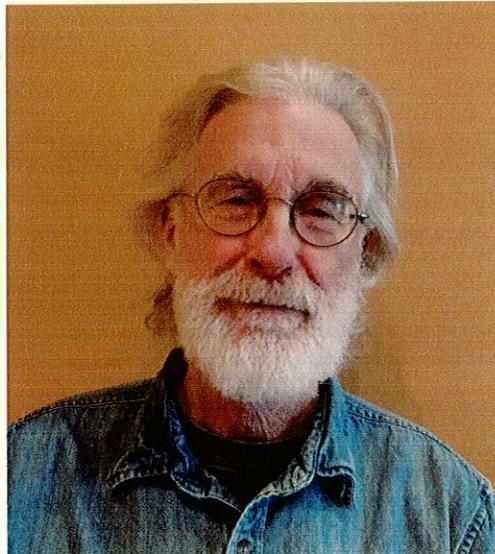
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



William Sheets

**I have been a patient for about 20 years. I came 10 years after a car accident, where I had a closed head injury. Dr. Barbour has been a great help to me over these many years! I continue to experience positive results from his treatments.**

December 1, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Lynn Simmons

**I have been having sciatica pain and restless legs for almost ten years. I tried different medicines, without any change. After my visit with Dr. Abou-Chakra, we set up an injection in my spine. The procedure was not that bad and afterward, I have had no pain. I was thrilled. If and when my pain returns, I know I will return. Physical therapy was also helpful before the procedure.**

December 8, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Jason Vavrick

**I have been at the Center for Progressive Health & Wellness for a few years. Severe back problems brought me in. While I have seen and had excellent care from everyone, my continued success has been seeing Dr. Barbour on a regular basis. Important to any business is a great support staff who are helpful, friendly, and have great senses of humor. Thank you to the Center!**

November 28, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Renea Bunkelman

**I have been coming to Dr. Barbour off and on for many years for various issues, always with success. Two months ago, I woke and couldn't straighten up and walk without severe pain. Tried exercising for two weeks without success and came to Dr. Barbour. He found my one leg one inch shorter. He manipulated something internally and I walked out pain-free – and have been since. I now wear a lift in my shoe and return every month or two to get checked out. Would, and have, recommended Dr. Barbour highly.**

*Renea Bunkelman*

September 27, 2016

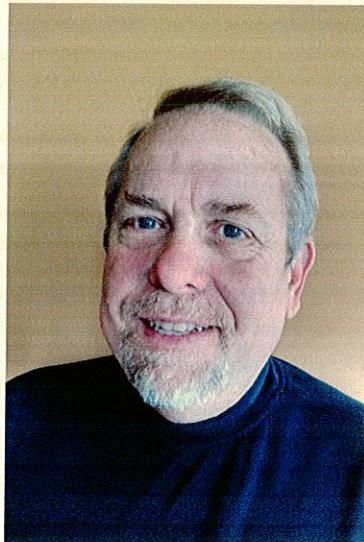
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Frank Patt

**Dr. Steppe has been working with me over the past four to five years. Over this course of time, my issues with my back have been transformed to the point that I can function the way that I need to. Dr. Steppe has very gifted hands and has given my way of life back to me.**

October 12, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*  
*The Next Step • Rehabilitation Specialists*

## Success Story



Matthew Rimel

**I have been to several chiropractors and doctors for shoulder pain over the last two years. After one visit to Dr. Barbour, I had instant relief and after two physical therapy visits, I was feeling even better. Thanks for the relief!**

*Matthew Rimel*

---

July 14, 2016

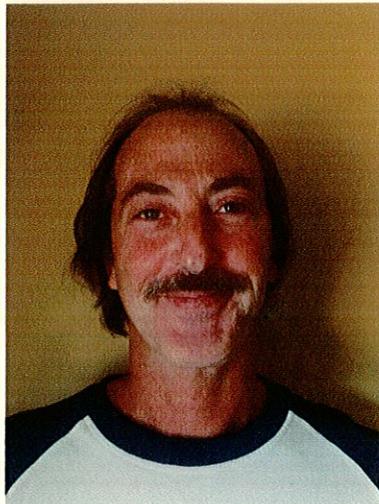
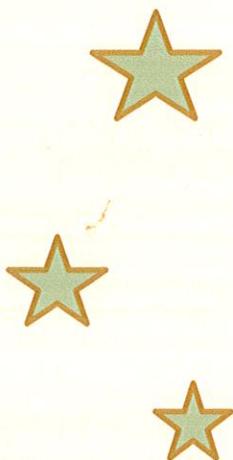
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Corey Long

**I have blown discs in my back. Couldn't hardly walk or sleep. I feel 90% better since coming to Rehabilitation Specialists of Monroe. Tim is great at manipulation and really helped a lot. All employees are swell.**

*Corey Long*

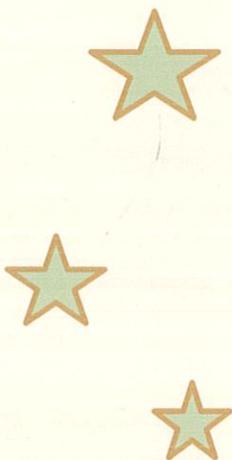
August 29, 2016



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Tom Primeau

**I initially came to see Dr. Barbour after being diagnosed with sciatica.**

**Until my visit, the pain was constant and my activity level was very limited. Since visiting Dr. Barbour, he and his staff have been able to keep the pain to a minimum. Cindy was also a key player in healing treatment on a few occasions. I would highly recommend Dr. Barbour and his associates. I thought I was out of options until I came to Progressive Center for Health & Wellness. Thank you!**

---

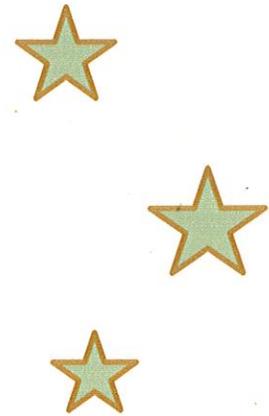
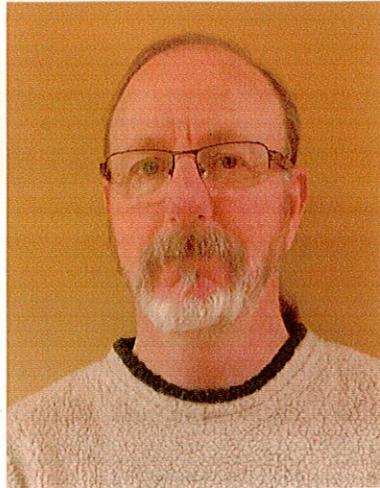
August 31, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*  
*The Next Step • Rehabilitation Specialists*

## Success Story



Timothy Eveland

**Several years ago I developed severe pain in my right arm and hand, along with numbness in my hand. A local doctor wanted to start injections in my neck for a ruptured disc. I got a second opinion from another doctor who wanted to operate on me the next day.**

**My wife had an appointment with Dr Barbour the next day, so when she came we explained to him my issues. He worked on me for 40 minutes.**

**My pain got less, I scheduled another appointment for three weeks and another a month later. During these appointments, Dr Barbour took the pain and numbness away and taught me how to live pain free.**

**Along with this issue he also took away my carpal tunnel in my right hand in 15 minutes.**

February 4, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*  
*The Next Step • Rehabilitation Specialists*

## Success Story



**Maureen Stanford**

**When I started therapy, I had severe chronic neck pain on the left side. I was unable to turn my head to the side or bend forward without pain. The neck pain kept me from sleeping well and awakened me when I moved. The manipulation from Dr. Steppe helped initially, then the therapy with Noel and the rest of the staff worked wonders. Everyone I worked with was professional and helpful. The cervical traction and treatments have given me greater mobility and the pain has lessened considerably. I can move without pain and not even think about my neck issues.**

**I would enthusiastically recommend Rehabilitation Specialists to friends and family.**

*Maureen A. Stanford*

June 29, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Yvonne

**All of my back was hurting: shoulders, middle of back,  
small of back, both hips, and left leg.  
After treatment everything was not hurting.  
Thank you Dr. Steppe, you are wonderful.**

---

May 23, 2016



**Center for Progressive Health & Wellness**

**The Next Step • Rehabilitation Specialists**

# Success Story



**Karen J. White**

**I have had a history of migraines for years. Dr. Steppe has helped me so much. She suggested I do therapy on my neck, which helped a lot and I learned ways to strengthen muscles and relax them. I always feel better after her adjustments, not like hard adjustments that cause severe soreness.**

**My bones seem to stay in longer and better than ever before.**

**I am now able to come once every two months, instead of monthly.**

**I am truly grateful to have found her and feel I could not have found a D.O. who can adjust my head like she can. Keep the good work up.**

**I am very grateful for your expertise.**

*Karen J White*

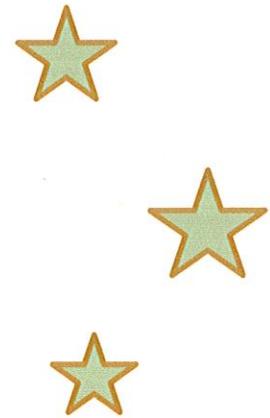
**February 29, 2016**

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*  
*The Next Step • Rehabilitation Specialists*

## Success Story



Linda Dupuie

**After the first treatment, I felt 100% better.  
What a relief to be able to walk without pain in my hip.**

---

June 2, 2016

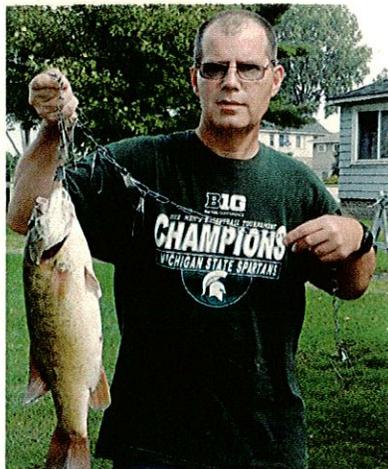
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## Success Story



Joel Steiger

**Before seeing Dr. Barbour 18 months ago, my last pain doctor was treating me for my pain of five years ago.**

**Also, he kept pushing for pain blocker shots, which I don't consider safe (have a few examples including death).**

**I have no cartilage in my left hip and my lower back disks have been deteriorating for many years – they're out of place, causing my back to bend front to back and left to right. They also pinch my nerves. My left knee has bursitis, torn meniscus and a Baker cyst.**

**I have a few other problems, but they have been fixed or cause minor pain. I have osteoarthritis. When I first came to see Dr.**

**Barbour, I had to walk with a 4-wheel walker or cane for short distances, like around my house. Now I can: (1) Do all my animal chores without a cane (2) When shopping and holding my arms on basket, I move twice as fast as before with minimal pain or no pain (3) When waking up I used to have a pain level over 10, I was out of balance, unstable, and fell down often. Now I wake up with a pain level of 8 and with my cane, I'm not out of balance, feel very stable, and don't fall down anymore (4) My daily hygiene activities are so much easier now (5) Last year I had to pay someone to do yardwork, this year I was able to spray round-up, weed killer, and spider spray around my porch, windows, and foundation. I can also spray my fruit trees this year and cut grass with my tractor (6) I have less trouble taking out my trash – with my cane – almost no pain (7) When unloading my car from shopping, I no longer need to back up to the porch stairs to unload my car-using the cane, I'm just fine (8) Getting the mail was slow and painful-not anymore (9) I used to sleep 5-6 hours and would get up because I hurt, now I sleep 8 hours or more without pain and can sleep on my back for the first time in six years (10) It took 20 minutes to get dressed, now it takes 5 minutes. In short, when referred to Dr. Barbour by one of his patients, it was the best thing that ever happened to me. Before I couldn't sleep or travel on foot without extreme pain, now I can sleep and foot travel with minimal to no pain and never needed a dangerous pain block shot to cover up pain. Dr. Barbour is a one of kind, marvelous, and I thank him greatly.**

*Joel W. Steiger*

May 10, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



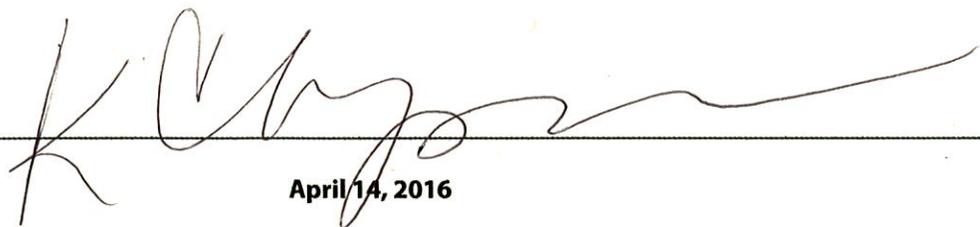
**Center for Progressive Health & Wellness**  
*The Next Step • Rehabilitation Specialists*

# Success Story



**Kathleen Champagne**

**Foot pain gone for the first time in 20 years!**



---

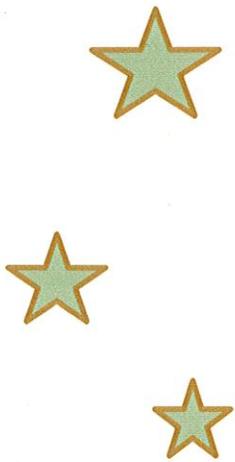
April 14, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*  
*The Next Step • Rehabilitation Specialists*

## Success Story



Betty Sweeney

**I'm able to use my arms the way I wanted.  
I have a lot less pain when I raise my arms.  
I feel both therapy and doctor visits have helped.**

*Betty J. Sweeney*

April 7, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Diane Hodges

**Dr. Keith Barbour has helped my bursitis in my left hip by getting two knots out of my diaphragm, and Barbara, Noel, and Hannah are a wonderful team. Thanks to everyone here, I no longer have pain in my left hip. I have been in pain since I was 18 years old, and I am now 52! They are remarkable. Thank you. Sincerely, Diane Hodges.**

---

November 12, 2015

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**

**The Next Step • Rehabilitation Specialists**

## Success Story



**Loretta Moore**

**I have been suffering from sciatic pain for three years. I have been through physical therapy, injections, and strong pain meds. Nothing helped. I had to finally leave work on a medical leave. In order for my doctor to sign the papers, he told me I needed to try P.T. again. I came to Dr Barbour only because it was within walking distance for me. My first visit he told me he could cure me that day. I thought, "this man has some ego!" He did osteopathic manipulation on me. The pain was gone! I went from a pain level of 9 out of 10 to a 2/10. It's been 2 weeks, and I am still 75% cured. I can go back to the job I love! Thank you Dr Barbour! You are a miracle worker!**

*Loretta Moore*

February 2, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**

*The Next Step • Rehabilitation Specialists*

# Success Story



C. "Sue" Hudkins

**When I first came to Rehabilitation Specialists I was on crutches and in so much pain, I couldn't walk. Dr. Barbour worked on me and got me off my crutches and he and my therapist got me out of pain and back on my feet again. Since then, anytime I have a problem, I see Dr. Barbour or Dr. Steppe and they always straighten me out and make me feel better. Even when I had shingles, I was in so much pain, I saw Dr. Jurkovic and she did acupuncture and my pain level went from a nine to walking out with a one! I always recommend Rehabilitation Specialists, Dr. Barbour and Dr. Steppe to anyone in pain.**

*Sue Hudkins*

February 29, 2016

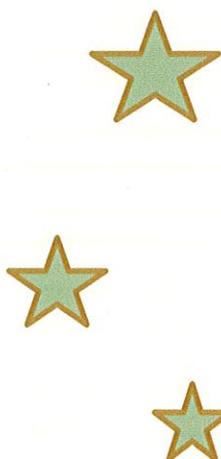
975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**

*The Next Step • Rehabilitation Specialists*

## Success Story



### Patricia Johnson

Not only am I an employee of Rehab Specialists, I am a patient too! Dr Barbour helped me get through a knee injury last year and with the help of the P.T. Department (Noel, Barb and Hannah). We got the torn meniscus in my knee feeling better (without surgery!). Through their expertise and guidance I was able to improve my ROM and strength in the knee and reduce the pain.

I did not have to use a cane for very long thanks to them!

Dr Barbour helps to decrease my aches and pains due to arthritis and stress with weekly OMT treatments. We are all very fortunate to have him as both a boss and a doctor.

Dr Abou-Chakra suggested injections for my painful knee, and they really did help! Brandi was so helpful with assisting during the injection, easing my mind and holding my hand through the process. There was very little pain with the injection because Dr Abou-Chakra is extremely skilled and experienced.

He is a very kind and considerate physician and I am grateful for his help. I believe the injections have helped relieve the pain of OA and I am able to postpone knee surgery.

Of course I would highly recommend anyone to come to Rehab Specialists, there is a perfect course of treatment for all types of problems.

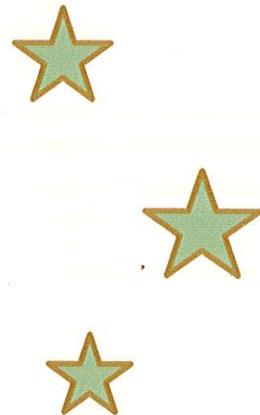
**February 11, 2016**

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



**Center for Progressive Health & Wellness**  
*The Next Step • Rehabilitation Specialists*

## Success Story



Anne Sisung

**Been coming here for years. Dr. Barbour is amazing; I came in with left ankle and foot pain. Walked out pain free! I couldn't believe it. 😊 So happy 😊 Everyone is so helpful, they make you feel like family. Thanks everyone for their support.**

*Anne Sisung*

March 30, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)

Alice M. Brown

November 24, 2015

Dear Dr. Barbour:

This letter of thanks is long overdue, but I was waiting for your help to plateau and not continue to increase my physical abilities greatly increasing my quality of life, all while decreasing my pain from headaches, herniated disks, and multiple joint injuries. I am still getting better even though I am 17 years out from the accident and a senior by chronologic age.

My life changed forever December 4, 1998 when I was hit head on by a car passing a truck that just pulled out in front of him. The driver had a choice of running into a 6 foot ditch (on either side of the road), hitting the back of the truck, or take a chance there was no one in the other lane. He chose the latter, which I understand but deeply regret, as does my body.



My Car



My Foot was reconstructed.

As you can see the Jaws of Life were needed to extricate me. My knees were crushed by firewall; hands broke the steering wheel as I saw it coming so I braced myself on it while standing on the brakes. Do to the angle of women's leg and foot; women tend to crush their ankles, as I did, vs. men who break the bones of the lower leg as did he which heals better than the foot. Foot reconstruction was required as you can see in the photo.

Thanks to my surgeons, physical therapists and now, Dr. Barbour I am able to walk, though still use wheelchair or scooter for long stretches or on bad days, have many less headaches, less hand and arm pain, and have a greatly improved my quality of life. I am now almost able to keep up with my 6 year old grandson and amazing hubby.

Thank you for my new lease on life, improved mobility and hope to continue to improve.

*Alice*



*Center for Progressive Health & Wellness*

*The Next Step · Rehabilitation Specialists*

## Success Story



Valinda Jonas

**I had 4 years of non-stop sciatic nerve pain,  
and I had tried 2 rounds of rehab. As a choreographer,  
I could no longer dance. I was so depressed. Then my nephew's wife  
suggested I see Dr. Terri Steppe. I did. She really worked hard on my  
back and while painful at the time, I began to heal.  
From that day on, I never had the same pain again.  
I have told everybody who will listen about Dr. Terri Steppe and  
the kindness of Dr. Barbour and his staff.  
They gave me my mobility back!**

---

August 24, 2014

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*  
*The Next Step · Rehabilitation Specialists*

## Success Story



Carolyn Emerick

**On January 3, 2014, I slipped and fell in a snow covered parking lot where I work, and have been off work since that time. Dr Terri Steppe has been treating my back and leg injury. I was put into therapy for one month for which workman's comp approved and paid. As I had begun to see some improvement, Dr Steppe ordered continued therapy as well as epidural injections for the pain I was in.**

**On behalf of Dr Steppe, Melanie Mann has worked with workman's comp over the last few months trying to get approval for continued therapy and epidural injections. Although I know it was thoroughly frustrating because they continuously gave her the run around, she worked tirelessly on my behalf. She also kept me informed on what was transpiring. Because they continuously denied the requests, I was eventually put into therapy in April, with the intent of billing it to my Blue Cross, once the billings were denied by workman's comp. Although they had repeatedly denied the requests for therapy and epidural injections, they did pay for it in the end and I believe that Melanie played a big part in that, as well as all the prayers**

**that went up on my behalf. I am thoroughly grateful to Melanie for going above and beyond the call of duty. She made it very apparent that she really cared about me and what I was experiencing, on both an emotional and physical level.**

**Dr Steppe even tried to contact one of the doctors at workman's comp, but had to leave a message. After over a month and through several phone attempts and messages left back and forth, she was able to speak to one of the doctors there, and was able to get approval for my treatment. I am extremely grateful for Dr Steppe. I don't believe there are very many doctors who would have gone to the extreme to help a patient as Dr Steppe has done. In addition to the above, Dr Steppe has called me at home on numerous occasions – in the evening and on her days off -- to see how I was doing, as my pain level had been extremely high. I can honestly say I have never know a doctor who cares more for her patients than Dr Steppe. She genuinely cares about them and will do whatever she can to help them get the treatment they need to regain their health.**

**The Center for Progressive Health & Wellness has been my first choice for therapy or treatment for pain. The entire staff, from doctors and assistants, therapists and assistants, receptionists, and office staff, has always been a pleasure to work with and always make you feel as though they genuinely care. Dealing with everyone in this organization has always been a "feel good" experience for me, no matter how much pain I am in.**

*\* Carolyn Emerick*

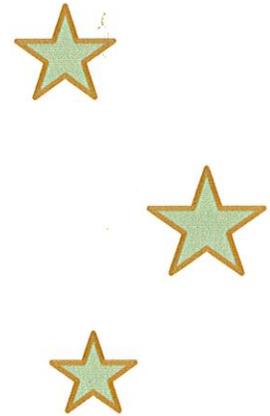
---

**June 5, 2014**



*Center for Progressive Health & Wellness*  
*The Next Step • Rehabilitation Specialists*

## Success Story



Ann Dempsey

**When I started coming to Rehabilitation Specialists I was in horrible pain. I was unable to function in my daily activities. I mostly sat in a chair and moved from one chair to the next. After getting shots from Dr Abou-Chakra and treatments done by Dr Jurkovic I am almost back to feeling like myself. I am back to doing routine daily activities and slowly getting back to working out at the gym. Everyone here has been so kind and caring. They have all helped bring me back to me. Thank you everyone.**

*Ann Dempsey*

February 12, 2014

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*  
*The Next Step • Rehabilitation Specialists*

## Success Story



Cathy Marlow

I had been suffering from right knee pain due to IT Band syndrome. It caused a great deal of stiffness and pain after sitting and limited my ability to exercise. I came to see Dr J. and had acupuncture which helped to a degree. She then tried a new fascial release technique that she had learned, and the difference has been amazing! I am able to move around freely without stiffness and pain, and I am able to participate more fully in yoga and pilates classes. Dr J. and Jeanne have been wonderful to me, and the front desk staff, especially Stacy, are always pleasant and friendly. I have recommended RS to several friends at work.  
Thank you so much!

*Cathy Marlow*

April 22, 2014

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

# Success Story



Melissa Tuccini

**I'm absolutely shocked how different I feel  
in less than an hour. No medications, x-rays, etc.  
The pain I had put off dealing with for months is gone.  
Thank you, Dr Steppe!**

---

February 10, 2014



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

# Success Story



Eleanor Seiler

**You have been 'The light in my darkness'! I sustained a disabling back injury leaving me with pain levels up to 10 out of a 1-10 scale. I had significant difficulty standing and walking. I was given multiple strong pain relieving medications during and after hospitalization . Upon discharge, I sought to find alternative resolution to my disability & pain. A wonderful friend introduced me to physical therapist Bruce C Diven, PT, DPT. I came with a cane and a turtle pace. One and a half hours later I left unassisted with half the pain I entered with. His specialized DC electrical point stimulation to acupressure points was truly miraculous, releasing my tight back muscles that were pulling and compressing my vertebrae/nerves together. Dr. Bruce is gifted with many other modalities of physical therapy I was honored to be treated with. He never gave up on me, even when I was ready to give up on myself. I cannot say enough about the commitment of this man to his patients! Thank you Dr. Bruce, from the depths of my heart! Dr. J introduced me to the amazing benefits of acupuncture, osteopathic manipulations and water therapy. I continue to heal and strengthen and am looking forward to returning to work. A huge thank you to all! May God bless you with continued growth for the mission I see for you in the future. You are a truly committed, uniquely gifted group of healing professionals.**

---

April 11, 2014

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



### Tracy Cools

I'm 44 years old and I have suffered from severe migraines and other headaches for literally half my life (since a car accident at age 22). I've tried everything to ease the pain -- from chiropractors, to injections, acupressure/acupuncture, and manual manipulation -- still I had maybe four days a month without a headache. After researching Botox, I asked Dr Barbour about it and he referred me to Dr Abou-Chakra for the Botox injections. That was about five weeks ago, and I haven't had a single migraine or any other type of headache since! I'm now able to participate in things with my family instead of sleeping while they're gone. I finally have my life back! I feel absolutely AMAZING! Dr Abou-Chakra gave me my life back -- how do you say thank you for that?! I guess just by saying Thank You, and hope that my story helps other people considering Botox for migraines. Trust me -- you won't regret it! Thank you, Dr A.C. and the caring and helpful medical assistants! I'm so grateful to be a patient here!

*Tracy Cools*

April 10, 2014

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*  
*The Next Step • Rehabilitation Specialists*

## Success Story



**Renee Bullard**

Conventional medicine could not find anything causing my breathing issues. After months of doctors, tests, & worsening symptoms, I was recommended to see Dr Barbour. When I started in September 2013, I was able to do about two hours of activity before I was exhausted and needed a nap. I felt as if someone was applying pressure around my diaphragm and I usually sounded like I had laryngitis. My goal when I started seeing Dr Barbour was to be well enough to enjoy and be active for our family vacation in December 2013. With the help of Dr Barbour and all of his staff I achieved that goal and was able to celebrate our son's 5<sup>th</sup> birthday at Disney World. By the first part of December I felt like my old self and was able to do activities effortlessly. (I had never been so excited to clean an entire bathroom in under 40 minutes.)

Although there is no term for my condition or explanation as to what or why it happened, thank you everyone here for helping me reclaim my life so I can be the mom and wife my family needs.

*Renee Bullard*

March 31, 2014

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



### Comfort Notheis

I came into the Center a hot mess, looking for anything to help me feel better and get my life back. I have five autoimmune diseases, a ruptured disk in my back, and tennis elbow. It was sucking the life out of me. I have a daughter who needs me, a hard job, and my doctor wanted me to be off work but I couldn't afford that. I was in pain 24-7. A friend told me about the Center; thinking it couldn't hurt, I came. After my first visit I was sore when I left but the days that followed I wasn't hurting like I did before. I had to really think about it, and after the second visit I knew this was the greatest Center ever. Now I am a firm believer that all the work that they do here has made my life much better. I feel I can play better with my daughter, not having to come home from work and just lie on the couch. This is a true life changer for me.

I can't thank the Center enough. I got my life back.

*Comfort Notheis*

March 5, 2014

975 S. Monroe St., Suite C • Monroe, Michigan 48161  
(734)241-0560 • Fax: (734)241-3230  
[www.mindbodyandmotion.com](http://www.mindbodyandmotion.com)



# Center for Progressive Health & Wellness

## The Next Step • Rehabilitation Specialists

### SUCCESS STORY

Please write, in your own words, what your success here has been:

After one year of pain in my ankle I  
came to Dr. J. After only one treatment  
my pain went from 100 to 1. I can sleep  
at night pain free. I only wish I would  
have seen her a year ago. I saw 3  
Doctors and had many xrays and mri's  
without any relief. Thankful a friend  
recommended her.

---

Signature Jinck Peltz Date July 31, 2013

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



## Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

### SUCCESS STORY

Please write, in your own words, what your success here has been:

I am pain free and my range of motion is greatly improved. My neck and shoulder were completely locked up. Moving was painful and daily activity was almost impossible. Dr. J was able to complete an assessment and began treating me the same day. There was a real improvement from the first treatment on. Pain began to decrease and physical activity began improving slowly. Attending the healing circle weekly was important to my recovery. I attended several weeks and also had another appointment with Dr. J. Learning the stretches also assisted with the range of motion issues. The staff was caring and pleasant to work with. Thank you!



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

I have been having foot pain for one year. After a few acupuncture visits I am now pain free and can walk and run again without pain.

---

Signature Sally Kozlowski Date 4-24-13

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

I was not a believer of Acupuncture, until I tried the weight loss with Dr J. my cravings have stopped, no more snacking during the day or at night. I have lost 5 lbs in 12 days without even trying too. Thanks Dr J I am a believer now.

---

Signature

Stacy P. Adams

Date 4-22-13

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

In January DR. J and I talk about weightloss, Due to it was very hard for me to lose weight due to menopause and very stressful job. A lot people might say that the weight I lost was not much; but to keep it off and not regain it or yo up and down, I have not workout but I watch what I eat. I am very happy with 15 pounds. I lost and I still have away to go.

Thank again DR. J for help me get were I am today.

---

Signature

Marie Haney

Date

4/8/13.

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

I have been struggling to lose weight since I had my hysterectomy.

DR. EVANOFF-JURKOVIC is using acupressure to help me with appetite suppression. I am 4 weeks in and I have lost 8 pounds. My goal was to lose 15 so I'm half way there.

---

Signature

*Amanda Bauer*

Date

*4-10-13*

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

Due to a car accident I broke my tibia + fibula and shattered my ankle. For 3 years I suffered from chronic pain in my ankle and leg which stemmed up to hips, lower back and upper back after 2 treatments I began noticing longer periods of activity and less pain and less recovery time. Would recommend him to anyone. He ~~has~~ gave me my life back.

---

Signature Daniello Schooley Date 4-8-13

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been: March 5, 2001

I was hit by a semi Truck. I was having problems that I don't know why. I was sent to Dr. Barbour after test and treatments. He found I have a head injury, remembering neck, walking, hands, sense, mirages and just, oh, daily living with your patience, listening, treatment and caring helped me when I saw no hope. You, Dr. Steppie and PT staff have angel hands and blessed. I will live in pain the rest of my life. But with all your help and treatments you help to keep the pain down so I can function. You all our caring and all your blessed touch touches my heart and soul. You guys are my angels. Thank you Bunches!!  
Also messages, Hot Tub.

Signature Rena Sanford

Date 2-28-13

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

### SUCCESS STORY

Please write, in your own words, what your success here has been:

I had left hip pain. Had  
one treatment by Dr. J.  
Pain is gone!  
Thank you

---

Signature Wanda Cole Date 2-18-13

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

---

### SUCCESS STORY

Please write, in your own words, what your success here has been:

After a few sessions w/ Dr. J &

Noel I am able to move my  
neck more freely & my headaches  
are gone!! 😊

---



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

My shoulder was so sore when I came in. I had trouble attaching my bra and putting on my seat belt. I just left Dr. Barbour's treatment and I put my coat on with ease realizing that my shoulder no longer hurt. Amazing!

Signature \_\_\_\_\_

Date \_\_\_\_\_

12-10-12

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



## Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

### SUCCESS STORY

Please write, in your own words, what your success here has been:

Thanks to Dr. Steppe I was accurately diagnosed with a rare blood disorder called MGUS. Her ~~PhD~~<sup>MD</sup>

The diagnostic tests she performed/ordered ie: Urine, Blood finally gave me answers to a problem I had been dealing with for years. I am now doing great, seeing specialists at Uof M. Dr Steppe is an excellent doctor I will continue to recommend to everyone!



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

I have been feeling ill for several months with severe nausea and stomach pain with cramps. Dr. Barbour felt a lump in ~~my~~ the area of my Gall Bladder and manipulated and disbursed the mass. My health is improving daily and the daily sickness is gone. I am certain that this has saved me from a surgical procedure to remove the buildup of salts in my Gall Bladder. Thank you so much for your care and knowledge and your wonderful positive influence in my life!

Sincerely yours,

---

Signature Wesley Thompson Date 10/31/12

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

Since my last visit with doctor Barbour and therapist Sally for the first time in my Life my bowels are working without any medication!  
Which is amazing for two pressure points being released!!



Thank you All Very Much

Brandy Kelley

---

Signature Brandy Kelley Date Nov 1, 12

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

I came in because I had severe sciatic pain. I had numbness and tingling that ran down the back of my leg to my feet. I have had 3 trigger point treatments so far and have seen much improvement after seeing Dr J

---

Signature Pam DeGuz Date 10/17/12

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

When Having AAH ? Acupuncture weekly with Dr. J,  
I am able to increase my activity level and  
feel better overall.

---

Signature

Charles S. S. S.

Date

10-1-12

May we reproduce and display your experience?  Yes  No



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

When I came in I could hardly move my neck - It felt like I "Put it out"! after seeing Dr. J. in the Healing Circle, I immediately had relief in my lower & mid back but was still "stiff" in the neck & shoulder! I woke up the next morning & my whole back & neck felt great!

Signature Jana L. Pearsall

Date 9-13-12

May we reproduce and display your experience?  Yes  No



# Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

## SUCCESS STORY

Please write, in your own words, what your success here has been:

For three months I had a non-stop headache with neck pain, lower back pain. with treatment from Dr. J, the P.T and MMT staff after 6 weeks I am 95% Pain free and improving.

Thanks to all that have participated in my treatment.

Signature

*Tony R...*

Date

09-19-2012



Center for Progressive Health & Wellness

---

The Next Step • Rehabilitation Specialists

**SUCCESS STORY**

Please write, in your own words, what your success here has been:

Dr J really helped the swelling on my legs.

---

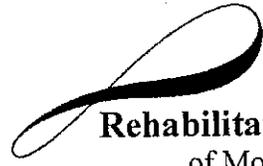
Signature

*Janet S. Burt*

Date

*9-21-12*

May we reproduce and display your experience?  Yes  No



**Rehabilitation Specialists  
of Monroe, P.C.**

Keith R. Barbour, D.O., F.A.A.P.M.&R., F.A.O.C.R.M.  
Ateeq K. Rehman, M.D.  
Reuben S. Henderson, D.O.  
876 Stewart Rd. Ste. D  
Monroe, Michigan 48162  
Phone: 734-241-0560 Fax: 734-241-3230

**SUCCESS STORY**

Please write, in your own words, what your success here has been:

*I ALWAYS ENJOY COMING TO SEE DR BARBOUR. I LOVE THE STAFF THEY ARE GREAT AND THEY TREAT ME LIKE FAMILY. I ALWAYS LEAVE DR BARBOUR FEELING AWESOME COMPARED TO THE WAY I FEEL WHEN I COME IN. I WISH I COULD SEE HIM EVERYDAY!*

*Sincerely,  
Gene Labred*

---

Signature *Gene Labred* Date *12-14-04*

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No

## SUCCESS STORY

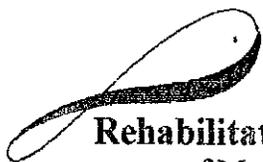
Please write, in your own words, what your success here has been:

Hello, my name is Jewell Prater and I have been seeing Dr. Henderson for about a month. I was a welder at trade and injured myself on the job in 2001. I had rotator cuff surgerys in 2002 on both shoulders, also sprain neck, sprain Thoracic Region, sprain both arms and shoulder impingement. I have been in therapy for almost 3 years. The pain has been terrible. I can no longer do alot of things at home that I used to be able to do. I have a wonderful husband Mike and a 9yr old daughter Jessalynn that I don't know what I would do without them. Right here at Dr. Henderson's office is where I have found the greatest relief. When I came in I could hardly stand. Today it's getting better one day at a time with the help of everyone at the office.

Signature and Date Jewell Prater - 10-30-2004

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



**Rehabilitation Specialists  
of Monroe, P.C.**

Keith R. Barbour, D.O., F.A.A.P.M.&R., F.A.O.C.R.M.  
Jagdish H. Karamchandani, M.D., P.T.  
876 Stewart Rd. Ste. D  
Monroe, Michigan 48162  
Phone: 734-241-0560 Fax: 734-241-3230

**SUCCESS STORY**

Please write, in your own words, what your success here has been:

last wk I couldnt  
even bend down into  
the bath - the next  
wk I could crawl  
in the Attic - And  
my Sinuses cleared  
up the next day!  
Thank you Dr. B.

Signature Rita Ziskubi Date 1-19-04

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No

REHABILITATION SPECIALIALISTS OF MONROE, P.C.

Keith R. Barbour, D.O., F.A.A.P.M.R.

876 Stewart Rd. - Suite D

Monroe, Michigan 48162-4226

Ph: 734-241-0560 Fax: 734-241-3230

## SUCCESS STORY

Please write, in your own words, what your success here has been:

The problem that brought me to this office is persistent pain due to knee and shoulder injuries. I've made seven trips so far. My body has responded to treatment very well. Previously I needed regular doses of Motrin 600 mg. Now, I rarely need aspirin. This makes me feel that I'm not a fogey just yet, which is a big relief.

In the process of getting me straightened out, Dr. Barbour has done some cranial work. It just recently occurred to me that I haven't had a single sinus infection all winter. This is a HUGE deal, because for years I've had constant sinus infections from October to May. If I built a structure with all the antibiotic pills I've taken, it would be visible from space. I've had two endoscopic surgeries but the glop in my sinuses kept growing back due to year-round environmental allergies. My ENT doctor dubbed my sinuses some of the worst he's seen, and I'm sure he was looking forward to many years of steady income from me. Too bad for him.

I enjoy my office visits. Dr. Barbour has a calming and caring presence. It's a nice oasis in my crazy life. I always feel better when I leave.

I'm glad my massage therapist nagged me into coming in.

Dr. Barbour--you da man!

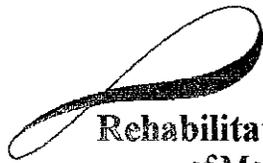
---

Signature and Date

*Karen Webster, Grand Rapids, 2-7-03*

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



**Rehabilitation Specialists  
of Monroe, P.C.**

Keith R. Barbour, D.O., F.A.A.P.M.&R., F.A.O.C.R.M.  
Jagdish H. Karamchandani, M.D., P.T.  
876 Stewart Rd. Ste. D  
Monroe, Michigan 48162  
Phone: 734-241-0560 Fax: 734-241-3230

**SUCCESS STORY**

Please write, in your own words, what your success here has been:

I seen Dr. Barbour on 7-24-03. After his treatment, I was walking out of the room & I was fine. I looked down & realize I forgot my cane in the room. I was walking without it.

Signature Mary Lee Allen Date 7-24-03

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No

REHABILITATION SPECIALIALISTS OF MONROE, P.C.

Keith R. Barbour, D.O., F.A.A.P.M.R.

876 Stewart Rd. - Suite D

Monroe, Michigan 48162-4226

Ph: 734-241-0560 Fax: 734-241-3230

SUCCESS STORY

Please write, in your own words, what your success here has been:

12/23/03 after seeing Dr. Rahman I felt  
50% Better and my Bladder Control  
was Better?

*Robert Swanson*

Signature and Date 12/23/03

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



**Rehabilitation Specialists**  
of Monroe, P.C.

Keith R. Barbour, D.O., F.A.A.P.M.&R., F.A.O.C.R.M.  
Jagdish H. Karamchandani, M.D., P.T.  
876 Stewart Rd. Ste. D  
Monroe, Michigan 48162  
Phone: 734-241-0560 Fax: 734-241-3230

## SUCCESS STORY

Please write, in your own words, what your success here has been:

Recently, I was asked to see Dr. Karam in place of Dr. Barbour for my office visit. Reluctantly, I said ok. **What a surprise!**

Dr. Karam is very professional and interested in what you have to say. He talked to me about my problems and explained very explicitly how therapy and exercise could remedy my problem.

He also worked on my neck and other trigger points at the time of my visit. Also, he took the time to answer my questions.

I felt very satisfied and hopeful at the end of my first visit with Dr. Karam. I would highly recommend Dr. Karam as a very thoroughly and caring doctor.

Janice Johnston

---

Signature Janice Johnston Date Apr. 25, 2003

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No

REHABILITATION SPECIALIALISTS OF MONROE, P.C.

Keith R. Barbour, D.O., F.A.A.P.M.R.

876 Stewart Rd. - Suite D

Monroe, Michigan 48162-4226

Ph: 734-241-0560 Fax: 734-241-3230

SUCCESS STORY

Please write, in your own words, what your success here has been:

On March 14<sup>th</sup>, 2003 I received a phone call from a patient, Cecil Sell. He had fallen in his bathroom at home and had hit his head. I told him not to move and to stay there; I was going to call his daughter. I then asked Sarah to talk to him while I reached his daughter. After reaching his daughter, I got back on the phone with him. I spoke with him until his daughter had arrived. She taken him to the ER and they assessed him and sent him home. I then spoke to Dr. Karam regarding the patient and the Dr. suggested he get a MRI done because it might be spinal stenosis. I informed the patient that the Dr. would like a MRI done and he agreed. When the MRI report was received, Dr. Karam had been right, the patient had spinal stenosis. He is now seeing a neurosurgeon for it. Dr. Karam deserves thanks for handling this situation.

Told to Jennifer, M.A., by Cecil Sell

Signature and Date *Cecil Sell*

4-4-03

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No