

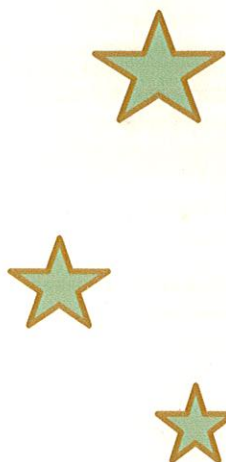
“I was having shoulder pain for over 3 years. Another one of my doctors suggested I see Dr. Steppe. I did! It was one of the best things I could have done. I had a rib out of place. Dr. Steppe not only realigned it, but I did not feel any pain and for the first time in over 3 ears . . . Pain Free! Thank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



*Center for Progressive Health & Wellness*

*The Next Step • Rehabilitation Specialists*

## Success Story



Fiona Skryzmoski

**I came in with lower back pain, and they diagnosed that it was actually in my upper back as well as my lower back. In two weeks they have made my pain level drop to zero and are working on loosening all the stiff muscles.**

**The PT people (Noel, Barb, & Hannah) are all teaching me new exercises to strengthen my core to help keep me pain free in the future. I would heartily recommend Rehabilitation Specialists to anyone in pain.**

*Fiona Skryzmoski*

October 10, 2015

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



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# Success Story



**Annette Benore-Heck**

**We have all done it, turned to pick up a pint jar or a ruler.**

**For me, I was working for a few hours on the computer, and my son came in to say goodbye.**

**I turned to give him a hug, and BAM that zing went across my upper back. It hurt just to take a breath, oh the pain every time I went to breathe in. I was so mad at myself, they had just told me no quick twisting. Did I listen, obviously NOT.**

**I had a therapy appointment that day for another issue. When I came in, I told Barb about my back going out.**

**OH MY, that wonderful woman just worked her magic.**

**When I walked out, I was 80% better. I believe that the small pain left was just my muscles feeling intruded upon.**

**No muscle relaxers needed. No aspirin needed. No sitting around and resting for days waiting for it to heal. No heat or ice needed.**

**Thank you Barb and Rehabilitation Specialists for helping me be able to continue with my week without skipping a beat.**

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**January 14, 2014**

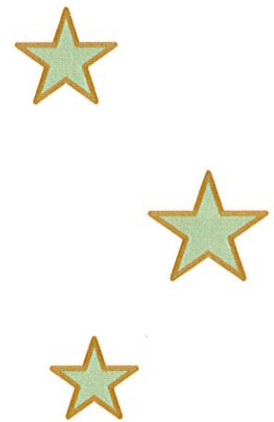
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## Success Story



Ron Basile

**I have had this “knot” between my shoulder blades which was painful and made it hard to lie on my back, to twist, and to reach. Barb checked my back and said she noticed a spot that seemed “locked.” She continued to work on it until it “clicked.” Now I don’t have that “knot” or the pain in my upper back. I can lay flat on my back again. I would recommend RS to all my friends and family.**

August 26, 2014

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# Center for Progressive Health & Wellness

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## SUCCESS STORY

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

I had been having chest pain for 2 months when I came in. It had been stress apparently from my mother being ill, etc. I had actually gone to the E.R. and had a complete heart evaluation and everything was O.K., no heart problem, no lung problem, no blood clot, but the pain continued for 2 months. But when Mr. Barbour and Tim treated me in the healing circle, the pain immediately was relieved and after a few days was totally gone and has not re-occurred. I would say the therapists here have healing hands!

Thank you all.

Signature

Rosalie A. Pastko

Date

1-3-13

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:

WHEN I CAME TO THIS CENTER, I HAD EXPERIENCED UPPER BACK STIFFNESS FOR YEARS. SUDDENLY, I HAD DEVELOPED ACUTE PAIN <sup>WHEN I</sup> TILTED MY HEAD UPWARD OR TRIED TO LEAN BACKWARD, THE PAIN WAS IN MY UPPER BACK AND MY STERNUM AND AT THE SAME TIME, A BURNING SENSATION DOWN MY RIGHT ARM.

AFTER TWO MONTHS OF PHYSICAL THERAPY AND MMT, I AM NOT ONLY PAIN FREE, BUT THE FLEXIBILITY IN MY UPPER BACK IS BETTER THAN IT HAS BEEN IN YEARS.

Signature

*Kevin Kottelmas*

Date

*1-4-2013*

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No

To whom it may concern,

5/15/95

I am an occupational therapist who has treated several of Dr. Barbour's patients for various diagnoses at a local

hospital. Approximately 2 years ago, I was suffering from severe mid-lumbar back pain. The pain was intense that I literally had to lie down for 15 minutes in between treating each patient.

I was not real familiar with Dr. Barbour's treatment technique at the time; however, 2-3 people talked to recommended him.

I called, and in spite of being booked up for that month, Dr. Barbour treated me within a few days. I was interested in the treatment techniques & he took the time to explain everything to me. His office staff was also very congenial & helpful.

Approximately 5 hours after my

initial treatment session, my  
back pain was completely gone!

He scheduled ~~my~~ me a  
follow up visit 2 weeks later.  
I told him I couldn't believe  
the results. (My back pain  
had been gradually getting worse  
last year & if I would have  
known how effective that treatment  
could have been, I would have  
made an appointment months  
earlier).

Since then, I have occasional  
mild back pain however, by  
using diaphragmatic breathing,  
taught to me by Dr. Barkow) I  
am able to decrease my symptoms  
significantly.

I highly recommend Dr. Barkow's  
treatment techniques & since then,  
have taken a few courses in  
myofascial release & found that it  
has benefitted my clients also.

Sincerely, Dawn M. Foshaq, OTR



REHABILITATION SPECIALISTS 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:

After a few weeks of coming here for  
neck pain, I was finally able to  
graduate from the rehab to my  
bed again! Finally a good night's  
sleep. Thank you!

Ronald Willet

5-14-04

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Signature and Date

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No

5

## SUCCESS STORY

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

I Can breathe! My ribs were put  
back in place because of my lovely  
therapist Allison! Now it is easier  
to get around and breathe!

Thank You -

Gayla Quass

4/27/04

Signature and Date

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No

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SUCCESS STORY

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

I have been seeing Dr. Barbour for a year and a half. I suffer from upper back pain and I finally feel better. Dr. Barbour sent ~~to~~ me to see a therapist by the name of Linda Lauer. She was great and she has taught me what to do when my upper back feels "locked up". I appreciate Dr. Barbour's patience with me and trying to find the right care for me.

---

Signature and Date

Rhonda L Haener 1-18-01

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No

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SUCCESS STORY

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

At 39 yrs old I had developed severe upper back pain. I have always been an active person and have 2 children who keep me busy. But the pain was slowing me down terrible. I was depressed that I couldn't continue the activities that I had always enjoyed. A friend suggested I should visit Dr. Barbour. Dr. Barbour identified my problem, were others couldn't and set up a plan that would relieve the pain to the point were I could manage it again.

I am now active in the activities I enjoy and I am able to keep up with my kids

---

Signature and Date

D. Vinciguerra 12-20-02

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No

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**SUCCESS STORY**

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

When I first came here I had pain in mainly my left side upper back. After four weeks of therapy and exercise I noticed some improvement. I then came for four more weeks of therapy. I feel after today that I have relief. I notice small things have changed. Hopefully after a time I will feel totally better! I'm on the way.

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Signature and Date *Cindy Conley 1-4-03*

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No

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SUCCESS STORY

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

When I came in I didn't know what was wrong. Dr. Barbour order therapy. My ribs & neck feel were a problem.

Now ribs are 90% improved. Headach is still there, however looking forward to headach away also. I'm going

James C. Houz

Signature and Date 4/15/04

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 started here at the center in 2003. When I got here I had surgery on both shoulders. I worked through the pain with the doctor & therapists. The doctors discovered I had thoracic outlet syndrome. I had my first visit removed in 2006. With the care of everyone here I wouldn't be where I am today. I had a group clinic 2 weeks ago & something awesome happened. I can breath better and the pain has left my chest. It's been a miracle here. Thanks to everyone here @ the center & everyone that's had a injury should be able to feel the results I have 😊  
 Everyone here, I would like to say

Thank you  
 & God Bless you all 😊

Signature Jewell Prater Date 3-28-07

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No



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**SUCCESS STORY**

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

My symptoms of bilateral thoracic outlet syndrome have dramatically decreased since I have been in therapy for this condition at Rehabilitation Specialists of Monroe. I am very optimistic that I will be able to avoid surgery for the removal of my left cervical rib. I am in much less pain than I was one month ago. I am so grateful to Dr. Barbour and all of the wonderful therapists at Rehab Specialists, who are helping me thru all of these pain filled, arduous times and who have showed me such kindness and caring attitudes. I will never forget their willingness to listen to gripes and their great capacity for empathy.  
Thank you!



---

Signature and Date *Jereca Thompson* 3/8/04

May we reproduce and display your experience?  Yes  No

May we use your name with it?  Yes  No