

My name is Matt Shesman and I am a math teacher and the head football coach at North East High School. In July of 2013, I went from a healthy and active person to one basically incapacitated by lower back pain that went down into my left leg. Some heavy yard work and general aging (I am 55 years old) resulted in a constant aching in my lower back. I could not get any relief from medication, and I was in pain whether I was sitting, standing, or lying down. I was also crooked; by that I mean that I couldn't straighten up. In addition, I seemed to have very little strength or stamina when it came to standing or walking. In fact, over the summer, I had to coach my football team from a lawn chair, which I might add was not convenient or efficient.

My symptoms caused me to get an MRI which revealed the following about my condition:

#1 - I was arthritic in my lower back.

#2 - I had degenerative disc disease in the 4th lumbar.

#3 - I had nerve ending damage in my lower back.

#4 - I had a herniated disc (left side).

So, when faced with the prospect of having to endure debilitating back pain that would adversely affect my professional and personal life, I asked my wife to give the folks at Hertel & Brown Physical Therapy in Harborcreek a call. Prior to that call, it had been recommended to me by other professionals that I schedule an appointment with a surgeon. To be perfectly honest, I did not want to have surgery - I was looking for a more conservative approach to my back pain. Anyway, let me tell you that the phone call to Hertel and Brown proved to be one of the best health decisions I've ever made. Matthew Bauer, DPT, and the rest of the staff and technicians at the Harborcreek office of Hertel & Brown were awesome. They were friendly, courteous, patient, professional, knowledgeable, reliable, and effective. In particular, Dr. Bauer was great in terms of diagnosing the problem and how to treat it. The therapy he had me do together with stretches and exercises basically healed me in a little over a month. I went from a crooked, always-in-pain, middle-aged man to one who felt like he was 20-25 years younger. I am so impressed with Matt Bauer's work as a doctor of physical therapy; in fact, I felt as though he was competing against my symptoms. I had total faith in his competence, his work ethic, and his absolute belief that physical therapy could rid me of my agony. 12 to 14 sessions with Dr Bauer and I was no longer coaching in a lawn chair nor was I in any pain! The effects of PT at Hertel & Brown have proven to be enduring as well - I made it through the entire football season and the first 12 weeks of school without any of my symptoms returning!

So, it is without any reservation or hesitation that I highly recommend Matthew Bauer, DPT, and the entire team at Hertel & Brown Physical Therapy! It is true when they say that they're "Treating Every BODY Like Family."

Sincerely, Matt Shesman (North East, PA - 12/02/13)