

• CASE STUDY •

HOW CHRIS CORRALES HELPED VICKI LOMBARDO HEAL 100% FROM A HERNIATED DISK, SPINAL SURGERY AND 20 YEARS OF CHRONIC BACK PAIN!



“Chris gave me the physical tools that are the right solution for my problems. He helped me understand how my body responds and he gave me the physical and psychological knowledge of dealing with my pain.”

VICKI LOMBARDO

THE CHALLENGE

Suffering from severe chronic back pain for 20 years and herniating her lumbar disk twice.

Vicki had been living with back pain since her early 20s when she had an injury. Growing up, she'd see her father and brother also experience frequent back pain. Vicki thought it was heredity and she just had a 'bad back'. She saw a chiropractor regularly but only found the occasional temporary relief.

Then one day while Vicki was out running, she suddenly experienced excruciating back pain. Scans revealed a severely herniated disc in her lumbar spine that was pinching her nerves. So for the next nine months, Vicki tried everything the doctors recommended to help alleviate her pain.



"I did physical therapy and saw the chiropractor. I also tried acupuncture, which sometimes seemed to help and other times actually made it worse. I even tried massage therapy but I would always have some amount of pain."

When nothing helped after nine months, Vicki had no choice but to have surgery on her spine.

"Surgery was hard. It was a long recovery, and I did not enjoy it. Initially, it seemed to work; I was doing well, and could run again.

But then the same thing happened a second time. The doctors did an MRI and saw that the same disc had herniated again!"

So, Vicki found herself back in the physical therapist's office and despite being in a lot of pain, she didn't want to go through surgery a second time.

She remembers the physical therapist telling her she might never run again.

"I'm 39 years old. I cannot accept that this is my life now. I'm too young to be crippled and not able to do everyday normal activities without being in so much pain."

As a result of her pain and inactivity, Vicki started to gain weight and was slowly spiraling towards anxiety and depression. She couldn't find the stress relief that exercise provided and the smallest twinge of pain would lead to instant anxiety which would make the pain worse. It was a vicious cycle that she was desperate to get out of.

THE CHALLENGE



She recalled how her father had just given up and surrendered to his pain. Vicki refused to accept that for herself. Her psychotherapist explained how Rolfing helped him heal from a knee injury, and recommended that Vicki try it. Rolfing is a specialized technique that uses structural integration and small movements to realign the body and muscles.



“I thought it was better than undergoing another surgery and a long recovery.

My own years of experience with doctors, physical therapists, acupuncturists, and chiropractors didn't seem to work, and I was out of options.”

That's when she took to the internet and found Chris Corrales - a structural integration practitioner who had healed from this technique himself.



THE SOLUTION

Realigning the body and providing Vicki with physical and psychological techniques to help with pain management and ease her back into running.

From the very first visit, Vicki had a feeling that Chris was the one who could help heal her pain. He differed from other physical therapists she had worked with. He was a good listener and surprised her by pinpointing the source of her pain (just from observing her sitting and talking).

He noticed that Vicki had a forward posture that made her shoulders become hunched. Chris was very patient and slowly eased Vicki into adjusting her movements and gait. He would suggest two or three small changes and once she was comfortable walking / moving that way, then he'd work on more.

“One of the first things that Chris helped me with was working on my feet and lower legs. It was challenging because my whole life, I’ve been walking around kind of crooked and misaligned. It took a lot of mental effort because breaking life habits is difficult.”



“Chris explained that the misalignment was causing her pain and muscle tension.

Through the course of treatment, they also discovered that the years of ice and immobility that physical therapists recommended were actually making her pain worse.”

Vicki was always aware of needles and how uncomfortable they made her. She recalls when many years ago she decided to be a regular blood donor and had unconsciously decided that needles didn't hurt. She didn't know what she had done until Chris tried to do the same thing in the context of her back pain.

“Chris helped me work through the mental aspect of pain, and exert power and control over my mind and by extension, my body so that I don't think it hurts anymore. He helped me apply it to other aspects of my life.”

Vicki's body responds better to heat and movement.

Vicki also realized that for her, pain and pain management was half physical and half psychological. Coming to that conclusion was a big turning point for her, and Chris coached her through it.

“I know it sounds crazy when I say it, but Chris taught me to embrace my pain and explore it. He's taught me ways to cope with it.

Instead of panicking and trying to fight it, he's taught me to acknowledge it and try little movements; to adjust my body in a way that takes it better instead of trying to push it away.”

THE SOLUTION



Vicki said when she recently got a tetanus shot, she was calm and relaxed and didn't even feel the pain.

When asked how Chris differed from other physical therapists Vicki had seen throughout the years, she said it was his patience and customized approach to finding ways of healing her body.

In Vicki's experience, everyone in the medical field had a standard protocol, handouts, and preconceived exercises she had to repeatedly do.

She learned from doctors and PTs to keep her body tight and her spine rigid to support her 'bad back.'



"Chris realized my spine needed more flexibility. It needed to be warmed up and moved, not held tight, rigid, and tense.

That was probably one of the most damaging things because what works for someone else was not working for me. It was hurting me and Chris was the only one who recognized and understood that.

His treatment was specifically customized and tailored to my body and my needs.

This was the first time anything was working with lasting results."



RESULTS

After suffering from 20 long years of chronic back pain, one spinal surgery, and herniating the same disc twice, Vicki is finally 100% pain-free!

Despite physical therapists and doctors saying that Vicki wouldn't be able to run again, she is now enjoying her runs and goes on **frequent 10 - 12 mile hikes without ANY pain!**

Just this past weekend [at the time of this interview], Vicki said that she was excited to do a DIY project. She **disassembled the shed in her yard, shoveled and raked about 100 lbs of rock and gravel, and installed a new shed on her own!**



"I didn't have any trouble with my back at all. That's a huge change from 3 years ago when I couldn't even bend over to scoop the kitty litter box."

Out of the many PTs and doctors Vicki had seen over the years, **Chris was the first and only one who encouraged her to run again.**

"The fact that he seemed confident, made me confident because everyone had been telling me for years to never run again.

Getting that confidence back was the best feeling."

Vicki recommends working with Chris before wasting time with conventional medicine and surgeries. She wants people to know that what Chris does is very simple and basic. He knows what's good for your body, what's natural, and what movements your body is inclined to make.

"Getting your body realigned the way it is meant to work is an obvious concept, but is overlooked. This is why Chris's methods work. He gives you the customized and individualized care that other professionals just don't."

Are you ready to finally break free of pain and live life on your terms?

Don't wait and book a 15 minute phone call with [Chris Corrales](#)

