

Testimonial from Todd Gunter, Charleston, WV

Hugh Murray saved my life!

I was just going to give this place a simple review, but they deserve so much more. Allow me to overshare...

I started having intense unexplained back and side pain in January 2016.

In the year and a half since, I have been to the emergency room, seen traditional physical therapists, chiropractors, gastroenterologist, neurologists, surgeons, and pain specialists. I've had x-rays, a ct scan, colonoscopy, ultrasound, and finally an MRI. Various medical professionals have told me my pain was caused by me being over weight, depression from my father's death, digestive issues, muscle issues, bulging and herniated discs, arthritis, and stenosis. I've been prescribed lortabs and other pain meds (which I never took), arthritis pills, antidepressants, and received two rounds of epidural and bilateral back injections at the cost of \$2,000 per procedure. Nothing worked!

The last doctor I saw suggested a discectomy. This procedure is exactly what it sounds like, removing my disc, and because my pain was thoracic, the doctors would have to go in through my chest and collapse my lung!

My mom's pastor eventually told me about a therapist practicing the "McKenzie Method" here in Charleston. I didn't want to believe more therapy was the answer, but I gave it a try.

I'm being 100% serious when I say Hugh Murray saved my life. At the height of my pain, I was almost a shut-in, wouldn't leave my apartment because the pain caused from sitting or standing was unbearable. I became very depressed and eventually even suicidal.

It wasn't overnight, but after months of exercises and visits to [Charleston Physical Therapy Specialists](#), I am almost totally pain free and have regained my quality of life! It is a miracle!

Hugh and his staff are so friendly and flexible, and he is very knowledgeable and happy to explain everything. If you are having pain of any type, but especially back pain, go see Hugh! Tell him Todd sent you!