

April 7, 2008

Last year, I was training to run my first full marathon – the Denver Marathon on October 14, 2007. I had been training hard since May, but a couple of weeks before the race I suffered knee and back injuries playing soccer that put everything in jeopardy. For 10 days, I kept hoping the pain would work itself out, but it did not (particularly the lower back pain). On Wednesday – four days before the marathon – I could hardly walk down stairs, much less contemplate running 26.2 miles. I knew I needed some help, and quickly. I had never tried acupuncture therapy before, but my wife convinced me to give it a shot, since she credits our first child to acupuncture performed in conjunction with fertility treatments.

Through a mutual friend, I found Deb Ruka. She was able to fit me in the following afternoon. After a single 45-minute session of acupuncture and e-stim on my lower back, I had immediate relief of between 50% and 70% of my lower back pain. By the following day, I experienced relief of between 70% and 80% of my pain, and by Sunday (race day), I felt between 80% and 90% better.

I finished the marathon in 3 hours and 36 minutes, which was within my goal range – thanks to Deb’s help. The back pain never came back (even after running a marathon). In the future, I won’t hesitate to look Deb up if I have muscle or joint pain, or any other condition that could benefit from acupuncture.



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