

Testimonial for Dr. Julie Wilke, Shorewood Family Wellness Center

I've been a patient at the Shorewood Family Wellness Center for 3 ½ years. I've used chiropractic services for 35 years with many different providers using many different styles. I consider myself somewhat of an expert on being a chiropractic patient and being able to evaluate the effectiveness of a chiropractor.

At Shorewood Family Wellness Center, both Dr. Julie Wilke and her husband, Dr. Steve Wilke use the Network Spinal Analysis (NSA) technique of chiropractic. I had never experienced this type before. I was very excited to try NSA because:

1. It was a gentle, soft touch approach. No more forcing my spine into alignment.
2. It works with the whole body.
3. It helps my body correct itself. It could eventually bring my spine back to its original good curvature and strength. After several whiplash accidents over many years, I didn't think that was possible.
4. I was aware that injured parts of the body are more susceptible to arthritis and other ailments later in life and I was hoping to avoid that.

After 3 ½ years of working with Drs. Julie and Steve Wilke, I've noticed 3 things that really stand out:

1. I don't have the aches and pains in my back and neck that used to send me to a chiropractor for several adjustments to correct.
2. My range of motion has improved immensely. I can now turn my head easily both directions so that I can see behind me (a very good thing when driving.)
3. The curvature of my spine and neck has improved. I don't feel I carry my head out in front of my body like I used to do. So it really is correcting my spinal curvature naturally.

If you are in need of chiropractic care, I strongly recommend Shorewood Family Wellness. Both Drs. Julie and Steve Wilke are wonderful chiropractors. AND NSA is gentle, subtle, and powerful! It's amazing!

Joy Cotton