

# Laying the Smack Down on Pain

## *How Chiropractic Helped a Professional Wrestler Feel 'Normal' Again*

By The Carolina Kid, former UCW National Heavyweight Champion

Every morning it was the same routine — try and see how long it would take me to get out of bed and make the 12-foot walk to the shower. Some days those 12 feet felt like 12 miles, because my body was just aching, battered, and bruised. My joints were stiff, I couldn't turn my head much at all, and bending my back was simply out of the question. The abuse I had taken in the wrestling ring was wearing me down, and getting up seemed harder than getting tossed around the ring every weekend.



"The Carolina Kid"  
Former UCW National  
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I loved performing for the fans, and everywhere I wrestled — North Carolina, South Carolina, Delaware, Virginia, and Maryland — going out in front of the crowd and putting on the best show possible always gave me a great feeling. But soon the aches and pains of falling on the mat 30 to 40 times a night started to overshadow my joy of entertaining the wrestling fans. It was just too painful to keep going the way I was.

Then I met Dr. Tracy of Active Health Chiropractic. I had never been to a chiropractor before, and I was almost afraid of what she would tell me after all the abuse I had put myself through. But I had finally decided that I was through dealing with the pain on a daily basis, and I sought Dr. Tracy's help to make me feel normal (or at least pain-free) again.

It was the best move I had ever made. Dr. Tracy took the time to explain to me — in plain English — what was happening inside my body. After a thorough spinal examination, she gave me my first adjustment and I could instantly tell a difference. My stiff neck seemed more flexible again, my sore back felt relief, and my knees stopped aching. I felt like a new man! And after a regular treatment plan receiving three adjustments a week for several weeks, I could actually get out of bed in the morning with no problems. I was amazed! I hadn't felt this good in years, and it was all possible thanks to Dr. Tracy's adjustments.

Dr. Tracy also took the time to educate me on how to keep myself from hurting on a regular basis. She showed me stretching routines to help reduce the strain on my joints. She also kept in touch with me regularly to see if I was having any further problems. She really cares about her patients, and it shows.

Today I'm retired from the ring (and happy not to get beaten up on a weekly basis), and I still continue to visit Dr. Tracy every few weeks to receive an adjustment and continue on the road to wellness. Many former wrestlers I know have daily aches and pains for years after they leave the ring, but I don't have those worries — thanks to Dr. Tracy and Active Health Chiropractic.

Everybody has a different reaction to chiropractic care, and this is just my story. But if you've ever dealt with pain on a daily basis — whether from your job, working out, playing sports, etc. — I would recommend giving chiropractic a chance. After the relief I felt (and continue to feel), there isn't anyone I wouldn't recommend Dr. Tracy to. She helped me, and she can probably help you, too.



**Active Health Chiropractic**  
**Dr. Tracy M. Ball, Chiropractor**

3525 Ellicott Mills Drive, Suite F, Ellicott City, MD 21043  
(410) 480-1852 / (410) 480-1856 FAX / [ActiveHealthChiropractic@comcast.net](mailto:ActiveHealthChiropractic@comcast.net)