

Florence Chiropractor Has Patients

By Howard McEwen
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Douglas Graham Sees 20 to 25 Per Day

FLORENCE - Lying on a high school football field unable to raise his arms or turn his neck, a young Douglas Graham became interested in chiropractic work.

"I had a helmet-to-helmet collision that jammed the lower part of my neck," he said. "My parents took me to a local chiropractor and I was amazed at the result I got in a short amount of time. He educated me about health, the process of treatment, how long it would take, how much it would cost, if would it hurt, and if it was safe."

Hearts and Bones

Now, as owner and practitioner of Mall Road Chiropractic in Florence, Dr. Douglas Graham takes those first lessons to heart.

"I go out of my way to explain those same things and make my patients feel comfortable," he said.

Graham addresses a broad range of problems. There are chronic problems that have occurred over a long period of time such as heavy physical labor, repetitive motion or simple lack of maintenance to more acute injuries such as car accidents, too much snow shoveling or sports injuries.

One patient in the first group is Virginia Embrey of Florence. At 73, this grandmother is finally living life without the constant threat of crippling migraines. The attacks started in her late teens.

"Every week or so for the last 50 years I would be in bed with severe pain and nausea," Embrey said.

On the recommendation of her son - a former patient of Graham's - she went to Mall Road Chiropractic in March of 2001.

"My neck was so stiff I couldn't back my car up, but by early fall of 2001 I had only two headaches. Now I only have the occasional mild one. I think that's normal," she laughed.

Tracking Down Pain

"I've had good success with migraine sufferers," Graham stated, but warns, "Not every headache is appropriate for treatment by a chiropractor."

There's some detective work involved in knowing the difference, he said.

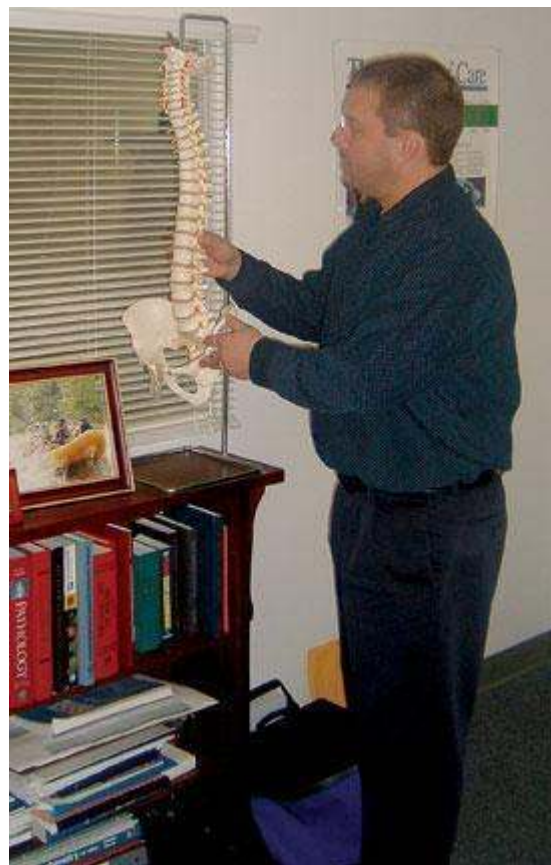
"The type of headache that gets the best response from treatment by a chiropractor is anything that is caused by a neck problem where the nerves are being irritated."

Embrey followed the same path as other patients.

"He's wonderful. If he can't do anything to help, he tells you and tells you which doctor to see," she said. "I have a lot of faith in him. He really helped me."

Graham is convinced that most people can avoid seeing him.

"Most problems can be avoided by proper rest, a healthy diet, regular-to-moderate exercise and drinking plenty of water," he stated. But that's not to say that many more people shouldn't get regular chiropractic check-ups.



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BARE BONES: Dr. Douglas Graham treats problems for the spine at his Florence chiropractic practice.

"The dentists have it right," Graham said. "We all brush our teeth, most of us floss and we get regular checkups whether we have pain or not. Why is your spine any different from your teeth? I would argue that your spine is more important than your teeth. You can replace your teeth - you only get one spine."

Back to Healthfulness

Ken Kuilan, a New York native now living in Florence, agrees. A long-distance runner, he goes to Mall Road Chiropractic for what he calls a regular tune-up.

"Dr. Graham has been a savior for me a couple of times. He's always there for me, always open, and always done wonders. I was referred by my wife and I referred my daughter after her car accident."

After graduating from high school, Graham earned his bachelor's degree, and then took a two-year pre-med program at Northlake College in Irving, Texas before attending the Parker College of Chiropractic and finally settling down in Florence to open Mall Road Chiropractic where he regularly sees 20 to 25 patients a day.

While it's been a long trip for Graham with the support of his wife Jennifer and two children Christopher and Megan, he finds it was worth the journey.

"I get to walk my patients through a state of diminished health back to a state of healthfulness," he said. "I get to walk them through this process and get to see them healthier and happier. That's a really positive charge for me. It's the science, philosophy, and art behind what we do that's wonderful. To have someone carried in over their buddy's shoulders and within a few weeks time their pain and condition is resolved - it's very gratifying."

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