

Hello Dr. Boyd,

My name is Jessica Leonard and I was a patient of yours, off and on from 2014-2015. You helped care for my back and, when the time came, got me in very quickly to see the surgeon. The last time I saw you was in January 2015, I was 24 years old, hunched over at about a 45 degree angle, and had no reflexes in my left leg. I was sent to Dr. Song who performed surgery days later for spinal stenosis and herniated discs. I was told the probability of running, jumping on trampolines and other physically intrusive activities was very unlikely for the remainder of my life. Being 24 and active, that was hard to digest at the time, and seeing the looks on my parent's faces, I could tell they were upset too. I told them right then that I would set a goal for myself: I would have the surgery, get better and run a half marathon! I have been working very hard the last 2 years to build up strength in my back and the supporting muscles where it had been lost. Between physical therapy, athletic training and gym training, I have had a lot of people who helped me on the way.

I am excited to say on January 15th, 2017 I ran my first half marathon in 2 hours and 57 minutes! It was hard, exciting, frustrating, all-around emotional, but I came in beating my goal by 3 minutes. And the look on my parent's faces when I finished is something I will never forget! I know you have seen a lot worse in patients, and people lose a lot more than what I could have, but I am very grateful for your help and care! So thank you for being a part in "fixing" me, and thank you for the difference you make in many other people's lives!

What you do matters, and I don't ever take a day of standing up straight with no pain for granted! ☺

Thank you!

Jessica Leonard