

NOTHING BY HALVES

the story of Jamie Zumbro



“Dr. Val is not the kind of chiropractor who cracks and sets you on your way.

She really tackles your issues, including a lot of muscle work.”

– Jamie Zumbro

Horses are Jamie Zumbro’s life. At three years old she rode with her mother around their Mammoth Mountain ranch.

That day marked the beginning of a lifelong passion that developed into a career as a professional horse trainer. Jamie’s specialty is working with eight-month-old foals. The job is strenuous, difficult, and often painful. Injuries are common. She has learned that spending your entire life around horses comes at a cost.

Not many people do what Jamie does; breaking in foals with her feet on the ground, riding them as soon as she figures they’re ready. Guiding young horses through the entire breaking-in process is not for the faint of heart — or anyone afraid of getting hurt.

In addition, Jamie’s idea of a fun weekend is picking off a section of the Pacific Coast Trail. Staying fit and healthy is critical.

Cumulative damage

Serious injuries started to accrue after Jamie fell four times in a month while training just-weaned horses, resulting in a severely damaged right shoulder. She chose to tough it out, ignoring the discomfort for several years.

“I have a pretty high pain threshold,” Jamie admits, “But on the hiking trail, I’d have a hard time swinging the pack on and off my back. That movement killed me.”

Worse, her relationships suffered. Jamie was increasingly short-tempered with her family as the pain became a constant. The turning point came when she couldn’t perform her job.

“I’d break in horses with my right thumb hitched in my belt loop to keep the aching at bay,” she explains. She noticed the foals weren’t riding straight and had trouble learning to turn right, responding to the imbalance they sensed through the reins.

“That’s when I knew I had to do something about my shoulder,” she says.

“Not your typical chiropractor”

When Jamie contacted Dr. Val she was in moderate to severe pain 100% of the time.

The doctor diagnosed a rotator cuff impingement, to the point where Jamie’s shoulder was completely immobilized. The right shoulder, arm, and pectoral area had bicipital tendinitis and the joint was unstable. Her entire shoulder joint was stuck—or in chiropractic speak—somatic subluxations existed throughout the right shoulder area.

She was unable to chop vegetables, dress, or ride using her right arm. Jamie was still unable to work and barely functioning.

Jamie’s massage therapist refused to work on her because the damage to her body was so extensive. And the cost of doctors, surgery, and ongoing medical bills were prohibitive,

“I didn’t want to go to the E.R. I felt stuck. Had no idea what to do. Then I heard about Dr. Val and her special approach to chiropractic work.”

“Dr. Val is the only chiropractor who x-rayed first, then took a follow-up x-ray at the end of treatment to ensure she fixed the problem.”

A disciplined, comprehensive approach to healing

Dr. Val worked on Jamie’s shoulder for 12 weeks, even meeting for sunrise workouts at the gym to ensure she did the exercises correctly. The result? No surgery. No extra medical expenses. Now Jamie sees Dr. Val once a month.

“She amazing,” says Jamie, “I refer everyone I meet who I think she could help. I don’t refer people to someone who isn’t good.”

In four weeks, Dr. Val registered an 80% improvement in Jamie's shoulder movement. Pain was significantly reduced. In five months, Jamie no longer experienced discomfort and the joint was close to full function.

Not stopping now

Today Jamie’s shoulder is strong and the goal is maintenance, “My aim is to keep my body in its current state now Dr. Val’s done all this work for me. I don’t want to get hurt again!” she says, “And if I stay this strong, I’ll never have to do shoulder surgery. Knock on wood but I feel pretty good right now.”

As for hiking the rest of the Pacific Coast Trail, Jamie says, “I’m 776 miles in; not stopping now.” And she laughs.

