

## CASE STUDY FORM

### **Symptoms & Quality of Life Before Alignment Correction:**

Arlene presented to our office feeling light-headed. She was also experiencing pain all over her body, especially in her back, legs, and knees. On a scale of 1-10 (0=no pain at all, 10=most severe pain imaginable), Arlene shared her pain was at a 10 most of the time. Her pain slowed down all of her activities and drastically affected her sleep and walking.

### **Previous Medical Treatments:**

Prior to visiting our office, Arlene was taking pain pills daily for the past 2 years. She also had gone to other chiropractors in the past, however was unable to get any relief.

### **Recommendation and Technique Used:**

Arlene was recommended a 90 day care plan. Within that first 90 days, her treatment plan consisted of frequent weekly visits that checked her atlas alignment and adjusting with NUCCA technique. She also had an alignment correction done. This visit consisted of a series of adjusting, x-ray, and resting to correct her atlas alignment. Along with NUCCA, other techniques used were COX decompression, DNFT, and Thompson.

### **Symptoms and Quality of Life After Alignment Correction:**

After the alignment correction, Arlene noticed that her symptoms have improved 90%. She is also free of pain pills. She experienced only very little pain after her alignment correction and utilizing the NUCCA technique.

### **What Did You Think About NUCCA? Any Skepticism or Concerns?:**

Arlene had discussed NUCCA with a family member who also had great results with NUCCA chiropractic care. She shares that NUCCA and Dr. FJ have corrected the problems she had with upper cervical chiropractic care. She also notes that the staff is very helpful and friendly.

