

CASE STUDY FORM

Symptoms & Quality of Life Before Alignment Correction:

Karen presented to the office with 2 bulging discs, shoulder pain, headaches, neck pain, and not being able to sleep through the night. Karen's quality of life was greatly affected due to her complaints. She noted problems sitting. She was unable to get out of a chair. She noted problems sleeping through the night because her shoulder would wake her up. Her headaches also prevented her from driving long distances.

Previous Medical Treatments:

Prior to visiting our office, Karen had epidurals which was only a temporary solution. She was taking Meloxicam for back pain and was seeing an Osteopath, which also only provided temporary relief.

Recommendation and Technique Used:

Karen was recommended a 90 day care plan in our West Bend Chiropractic Office. 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 at the beginning of her care plan. This visit consisted of a series of adjusting, x-ray, and resting to correct her atlas alignment. Supportive techniques used were Thompson, DNFT, and COX.

Symptoms and Quality of Life After Alignment Correction:

After the alignment correction, Karen noted that she was able to get out of a car with ease. Her headaches have gone away. She notes that her shoulder is feeling better and she is seeing lasting improvements in her back pain as well.

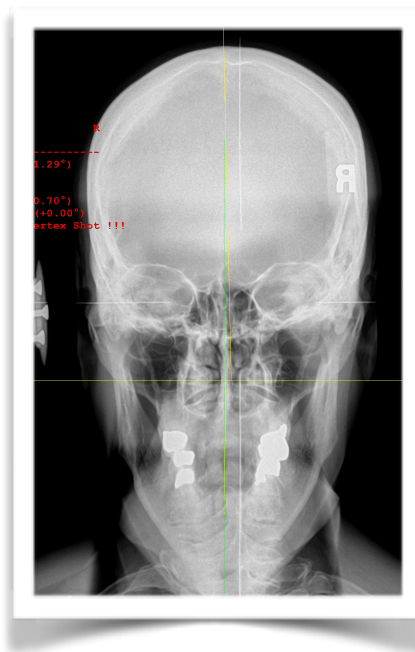
What Did You Think About NUCCA?

Karen was worried about having adjustments without any results, however, she is very impressed with NUCCA and her results!



PRE X-RAYS SHOW:

Atlas laterality **0.89** degrees to the left with associated head tilt **3.57** degrees to the left.
Lower neck shifting to the left **2.87** degrees.
Left shoulder high.



POST X-RAYS SHOW:

Atlas laterality went from **0.89** degrees to the left to **1.29** degrees, Her head tilt went from **3.57** degrees to the left to **1.29** degrees.
Lower neck shifting to the left **2.87** degrees to **0.7** degrees.
Shoulders leveled.