

# CASE STUDY FORM

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

Kristy presented to our office with associated back pain after being diagnosed with Scheuermann's. She was constantly experiencing difficulty walking, standing, lifting any amount of weight with her back giving out on her. She also was experiencing severe muscle spasms. She noted that she had a difficult time even sleeping or sitting for any extended period of time.

## **Previous Medical Treatments:**

Prior to visiting our office, Kristy was seen by a neurosurgeon who did not want to undergo the surgical route, but referred her to a physical therapist to strengthen her spine and improve her posture. Unfortunately, Kristy was unable to get a lot of improvements with physical therapy alone, however, they did dry needling that was able to give her temporary relief, especially with her muscular pain.

## **Recommendation and Technique Used:**

Kristy 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, Kristy has noted significant improvements within only the first month of care. Her sleep has drastically improved, she is sleeping through the night. Kristy can also sit for longer periods of time and has been able to start lifting weights and strengthening her core. She has noted that her shoulder pain has decreased. Kristy has not had to use a TENS unit, has not needed physical therapy, and has not had to use her foam roller for her muscular pain.

## **What Did You Think About NUCCA?**

Kristy had never heard of NUCCA prior to our coming into our West Bend Chiropractic office. She wasn't quite sure about the process, however, during her adjustment she could feel shifting and changes going on throughout her spine. Days after, she was able to notice those subtle changes day by day.

