

CASE STUDY FORM

Symptoms & Quality of Life Before Alignment Correction:

Joel presented to our office with complaints of lower back pain and sciatic. Prior to coming into our office, Joel had missed several days of work due to his pain. He wasn't able to sit, sleep, move, etc. The only slight relief Joel had was to walk. He was pacing the floor for many hours on end, and only sleeping for 15-20 minutes at a time, totaling 2-3 hours a night.

Previous Medical Treatments:

Prior to coming into our West Bend Chiropractic office, Joel had tried steroids, muscle relaxers, pain relievers, ice, heat, and a previous chiropractor in hopes of relieving his pain.

Symptoms and Quality of Life After Alignment Correction:

After the alignment correction, Joel noticed almost instant relief and long term has shown much more positive and sustainable results compared with that of his previous chiropractic experience. He also notes that his sleep has greatly improved. He can sit, stand, and lay as normal now after only a few weeks of the Gardner Schofield Corrective Process at our West Bend Chiropractic Office. Joel is able to return to daily walking/exercise. He also notices that his golf swing feels more fluid and natural, the best it has felt in 10-15 years!

Recommendation and Technique Used:

Joel was recommended a 90 day care plan. Within that first 90 days, his treatment plan consisted of frequent weekly visits that checked his atlas alignment and when needed, he was adjusted with NUCCA technique. He also had an alignment correction done in the beginning of his care plan. This visit consisted of a series of adjusting, x-ray, and resting to correct his atlas misalignment. Along with NUCCA, other techniques used were COX decompression, DNFT, and Thompson.

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

Joel was skeptical that it could not improve his quality of life as advertised, but for the most part all of what they had said would improve in our West Bend Chiropractic Office, did improve! He has recommended NUCCA to several friends, family, and golfing buddies to the team at Gardner Schofield Chiropractic.



Pre-Adjustment X-rays Show:

Atlas laterality on the right **3.26** degrees with associated head tilt to the right at **1.35** degrees. His lower neck was shifted to the left at **4.37** degrees. Left shoulder higher than the right.



After Alignment Correction:

Atlas laterality went from **3.26** on the right to **1.23** degrees. Head tilt decreased from **1.35** degrees to **0.14** degrees. His lower neck shifted from a **4.37** to the left to **1.38** degrees to the left. Head is much more balanced over his neck. Shoulders have also leveled out.