

# CASE STUDY FORM

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

Leona presented to our West Bend Chiropractic office after a fall Christmas Eve off of a card table chair while she was reaching for something from the cupboard. These injuries significantly slowed her down quite a bit, especially walking. She was experiencing a lot of pain the past few weeks prior to care, almost performing no activities. She wasn't sleeping well, wasn't walking much and was not golfing.

### **Previous Medical Treatments:**

Prior to coming into our office, Leona was taking ibuprofen for pain and arthritis. She also had visited another chiropractor, however was not getting the relief that she wanted.

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

Leona 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. 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, Leona has been able to do a lot more walking. She notes that all of her activities of daily living are almost back to normal.

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

Leona had read a little about NUCCA and decided that she wanted to give it a try. She shares that NUCCA is a lot more involved than her previous chiropractic experiences .

