

## **CASE STUDY FORM**

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

Lisa presented to our West Bend Chiropractic Office with neck pain, sciatica, and chronic low back and hip pain that have been presents for the past 7 years. She noticed the pain affected many areas of her life negatively, especially while sleeping. Lisa would constantly toss and turn and night and could never get comfortable. She noted that some days it hurt just to walk. She loves yoga, and couldn't even perform even some of the basic poses. Riding in the car for any length of time was also very uncomfortable.

### **Previous Medical Treatments:**

About 7 years ago, Lisa went to an orthopedic doctor for her complaints. Her plan of treatment suggested was to go on anti-inflammatory drugs long-term, however Lisa did not want to go that route. She then was referred to a physical therapist that did some stretching that helped with some muscle tension, however didn't really help with the pain. After a few years, she decided to try chiropractic and finally got some relief. However, that relief was temporary. It would keep her symptoms at bay, but then it would come back. Lisa didn't love getting her neck cracked, even though she trusted her doctor.

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

After the alignment correction, Lisa noticed that her symptoms were 100% improved and she feels 100% better than she has in years. There was a short period of time where there was discomfort, however that went away. She wakes up some mornings and realizes she slept entirely through the night. She can walk well, ride in her car comfortably, and can perform all the yoga poses that she wants to. Lisa also noted that her digestive system had become incredibly regular, which had not been the case her entire adult life. She also felt more energetic throughout the day, and was able to stay more focused at work.

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

At our West Bend Chiropractic Office, Lisa 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 when needed, she was adjusted with the NUCCA technique. She also had an alignment correction done in the beginning of her care plan. This visit consisted of a series of adjusting, x-ray, and resting to correct her atlas misalignment. Along with NUCCA, other techniques used were COX decompression, DNFT, and Thompson.

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

Lisa was familiar with traditional chiropractic, however was very pleased to find out that NUCCA did not have the twisting and cracking like her previous experience. Lisa wanted to share that from the moment that she entered our West Bend Chiropractic Office, it was evident how much the doctors and the staff truly care about their patients and she always felt so much more relaxed leaving than when she came in.

