

CASE STUDY FORM

Symptoms & Quality of Life Before Alignment Correction:

Matt presented to our office for back complaints, specifically in the low back. Matt loves to golf, but his pain was preventing him from bending over to even t-up his golf ball.

Previous Medical Treatments:

Prior to coming into our office, Matt had tried traditional chiropractic in the past. Those adjustments did give him some relief, however, nothing that was lasting like he had hoped. He also tried stretching, but those didn't seem to give him much relief either.

Symptoms and Quality of Life After Alignment Correction:

After the alignment correction, Matt started noticing gradual improvements after getting adjusted utilizing NUCCA. After about 2-4 months, Matt forgot he even had any back issues to begin with, as his pain was absent, and he was able to get back to golfing.

Recommendation and Technique Used:

Matt 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?:

Matt was skeptical of NUCCA at first. Most of this skepticism came from how different NUCCA is from traditional chiropractic care. He noted that there was always improvement from the beginning, but it was gradual. Matt noted that you have to stick with the commitment and follow through the plan, and you will get results.

For More Information About Matt's Experience and Alignment Correction, Click [HERE](#).



Pre-Adjustment X-rays Show:

Atlas laterality on the left of 2.75 degrees with associated head tilt to the right at 1.52 degrees. His lower neck was shifted to the left at 6.08 degrees. Left shoulder higher than the right.



After Alignment Correction:

Atlas laterality went from 2.75 on the left to 1.9 degrees. His lower neck shifted from a 6.08 to the left to 1.98 degrees to the left. Head is much more balanced over his neck. Shoulders have also leveled out.