

CASE STUDY FORM

Symptoms & Quality of Life Before Alignment Correction:

Monica presented to our West Bend Chiropractic Office with severe neck pain. She was unable to rotate her head without pain. Monica was limited in almost every range of motion. Any and every movement was painful for her. Driving was difficult, sleeping was constantly interrupted every time she would turn or try to reposition.

Previous Medical Treatments:

Prior to visiting our office, Monica had been seeing another chiropractor 2x/week for 4 weeks with her same neck complaints. Unfortunately, she was getting no relief. The adjustments were so painful to the point that she actually dreaded going to her appointments.

Recommendation and Technique Used:

Monica 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, Monica noticed that she was sleeping better, sometimes even through the whole night without interruption. Her energy level is improved. Monica also notes that her pain is almost gone, she only notices a tightness in her neck when turning her head on occasion, but it is no where near the pain she had prior to getting NUCCA adjustments.

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

Monica's experience at our West Bend Chiropractic Office was as follows: "I recommend it to everyone". Her experience here consisted of pain free adjustment. She states she will continue treatments because it truly has made a difference.



PRE X-RAYS SHOW:

Atlas laterality **5.24** degrees to the left with associated head tilt **0.23** degrees to the right.
Lower neck shifting to the right **3.59** degrees.
Right shoulder high.



POST X-RAYS SHOW:

Atlas laterality went from **5.24** degrees to the left to **2.36** degrees.
Lower neck shifting went from **3.59** degrees to the right to **3.2** degrees..