

Case Study: Neck Pain

Mark's Story

I'm a big fan of chiropractic and massage therapy care. Thrive Health Systems is a big reason for that opinion.

Before starting consistent adjustments and massages my back looked and felt 20 years older than my actual age. After any strenuous work or exercise I would be in pain.

Now, my back is 20 years younger than my age. There is nothing that I cannot do. I do not have any concern about pain or injury. Also, my general health is great and immune system is strong. I attribute these improvements to healthy eating, exercise, stretching, Chiropractic care, and massage therapy.

Want Proof? See Backside For Full Diagnostics.

Complaints

- Neck Pain
- Back Pain
- Low Energy

Solution

- Chiropractic Care
- Massage Therapy
- Functional Movement
- Functional Medicine

Results

- No Back Pain
- Can Move Freely
- Able To Enjoy Retirement

Doctor's Story

Mark had previously been to other Chiropractors and still had foot pain, stiffness in his neck and lower back pain. He had 131.2% loss of the shape of his neck and had gout on his lab work. He also had degeneration in both his neck and low back, setting him up for premature aging.

He had just retired from the military and wanted to make the most out of retirement. We combined exercises, massage, dietary recommendations and Chiropractic adjustments and have continued to see improvement in his x-rays. His arthritis and degeneration are improved between the two x-rays and he attributes that to feeling younger. His follow up film has a 606% improvement in his spinal curve. He continues to work on his spine for more improvement, but is happy to have no limitations and no pain.

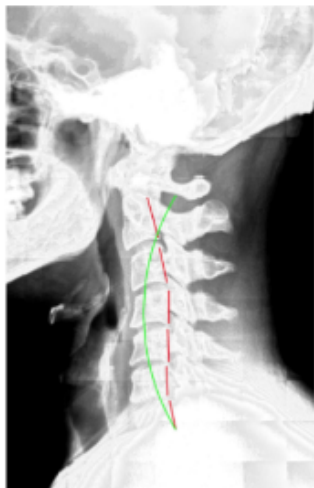


Every Patient Is Different. This Is Not A Guarantee Of Results. You may get better or worse results depending on a variety of variables.

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Diagnostics: Before And After Treatment

1: Side View of Your Neck on 3/20/2013



Back

2: Side View of Your Neck on 2/8/2019



Front

Back

Cervical Curve
Improved 606%

Improved Forward
Head Posture

Pain Gone!

Key Points

- Back Pain Can Be Life-Shattering, And Ruin Dreams. Many People Work Hard For Retirement, Only To Find Health Problems Hampering Their Retirement Years.
- A Comprehensive Approach That Included Functional Movement Training, Chiropractic Adjustments, And Massage Worked. Enjoy Your Retirement Mark!