

Patient Story – Neck & Back Pain Relief with Chiropractic & Shockwave Therapy

A middle-aged male patient presented to our office with recurring neck and low back pain that was interfering with his daily life, work duties, exercise, and time spent on the computer. He described ongoing aching pain, stiffness, and restricted movement in both the cervical and lumbar spine regions. His symptoms had gradually begun affecting his comfort during normal daily activities and physical activity.

During his examination, we performed a detailed orthopedic, neurological, postural, and motion-based assessment along with spinal palpation and segmental mobility testing. We identified multiple areas of spinal fixation and biomechanical dysfunction throughout the cervical, thoracic, lumbar, and sacral regions. Examination also revealed muscle hypertonicity, tenderness, and trigger point activity involving the cervical spine, thoracic spine, shoulders, and lower back.

Based on his findings, we developed a treatment plan focused on improving spinal mobility, decreasing muscular tension, reducing pain, and improving overall function. His care consisted primarily of:

- Chiropractic Manipulative Therapy (CMT)
- Shockwave Therapy
- Flexion-distraction/decompression techniques
- Targeted soft tissue treatment approaches

Treatments were performed consistently over the course of care, with the goal of restoring normal movement patterns and reducing stress on irritated spinal and muscular structures.

One unique aspect of how we approached this patient's condition was combining traditional chiropractic care with advanced Shockwave Therapy. While chiropractic adjustments helped restore spinal motion and improve biomechanics, Shockwave Therapy was utilized to target chronic muscular tension and soft tissue irritation contributing to his recurring pain pattern. This integrated approach often allows patients to experience faster pain reduction, improved mobility, and longer-lasting results compared to isolated treatment methods alone.

The patient responded extremely well to care. By the end of treatment, he reported significant improvement in both pain and cervical range of motion. His neck and low back symptoms had reduced to only mild, infrequent discomfort with minimal interference in daily activities. Several long-term treatment goals, including restoration of cervical range of motion and reduction of lumbar pain, were successfully achieved.

Today, he is doing very well overall and has returned to normal activities with greatly improved comfort, mobility, and function. He now only requires occasional supportive care on an as-needed basis.