


# Case Study: Pain

Krista's Story



When I first came to Thrive I had several health issues, including pain and extreme fatigue. The doctor listened to my concerns and what is important to me, and they put together a plan to help me get my life back.

I had not been able to hike in 3 years, I just didn't have the energy, and the pain was too great. This year, I was able to hike with my family in South Dakota on the Crazy Horse Volksmarch. I made it up and down with no issues! I'm so thankful for the doctors for getting me to where I needed to be and keeping me on track.

Want Proof? See Backside For Full Diagnostics.

## Complaints

- Low Energy
- Overall Pain
- Brain Fog

## Solution

- Spinal Adjustments
- Functional Movement Training
- Functional Medicine

## Results

- Energy Back!
- Pain Is Gone
- Life Restored

## Doctor's Story

Krista saw the same Chiropractor for over 3 years, and experienced the same pain after 3 years, as well as extreme fatigue. In fact, for her 20 minute drive to the clinic, she would stop on the side of the road to take a nap, in order to make it all the way here.

We tailored her treatment plan to focus on the areas that were not being addressed by her previous Chiropractor. We also ran blood work to determine her fatigue. Within 3 months of focused adjustments and 2 supplements, she had energy all day, was sleeping better at night and had no pain.

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## Diagnostics: Before And After Treatment

1: Lateral Cervical 3/13/2017



Anterior

Posterior

2: Lateral Cervical 2/8/2018



Anterior

Posterior

Forward Head  
Posture  
Improved 16.4%

Neck Curve  
Improved 28.2%

Pain Gone, Energy  
Back

### Key Points

- Not All Doctors Get The Same Results. The Key Is Knowing The Root Cause Of A Problem, And Implementing A Plan To Address It
- This Patient Had Multiple Problems, And Needed A Comprehensive Approach To Get Healthy Again
- A Functional Medicine And Structural Approach Worked For This Patient. Great Work Krista!