

NUCCA for Pain Relief

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Questions?



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The Broken Record in the Brain

Breaking the Cycle of Chronic Pain



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Pain



Trauma



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Pain



Trauma

Physical

Chemical

Psychological



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Brain



Nerves



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3 Keys to Healing:

1. Stay positive, understand your pain, imagine no pain
2. Eat well, reduce biochemical inflammation
3. Move well, proper spinal biomechanics



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Association Between Chiropractic Use and Opioid Receipt Among Patients with Spinal Pain: A Systematic Review and Meta-analysis

Kelsey L Corcoran, DC , Lori A Bastian, MD, Craig G Gunderson, MD, Catherine Steffens, Alexandria Brackett, MA, MLIS, Anthony J Lisi, DC

Pain Medicine, pnz219, <https://doi.org/10.1093/pm/pnz219>

Published: 27 September 2019


American Academy of Pain Medicine

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64% lower odds of receiving Opioid Rx with Chiropractic care



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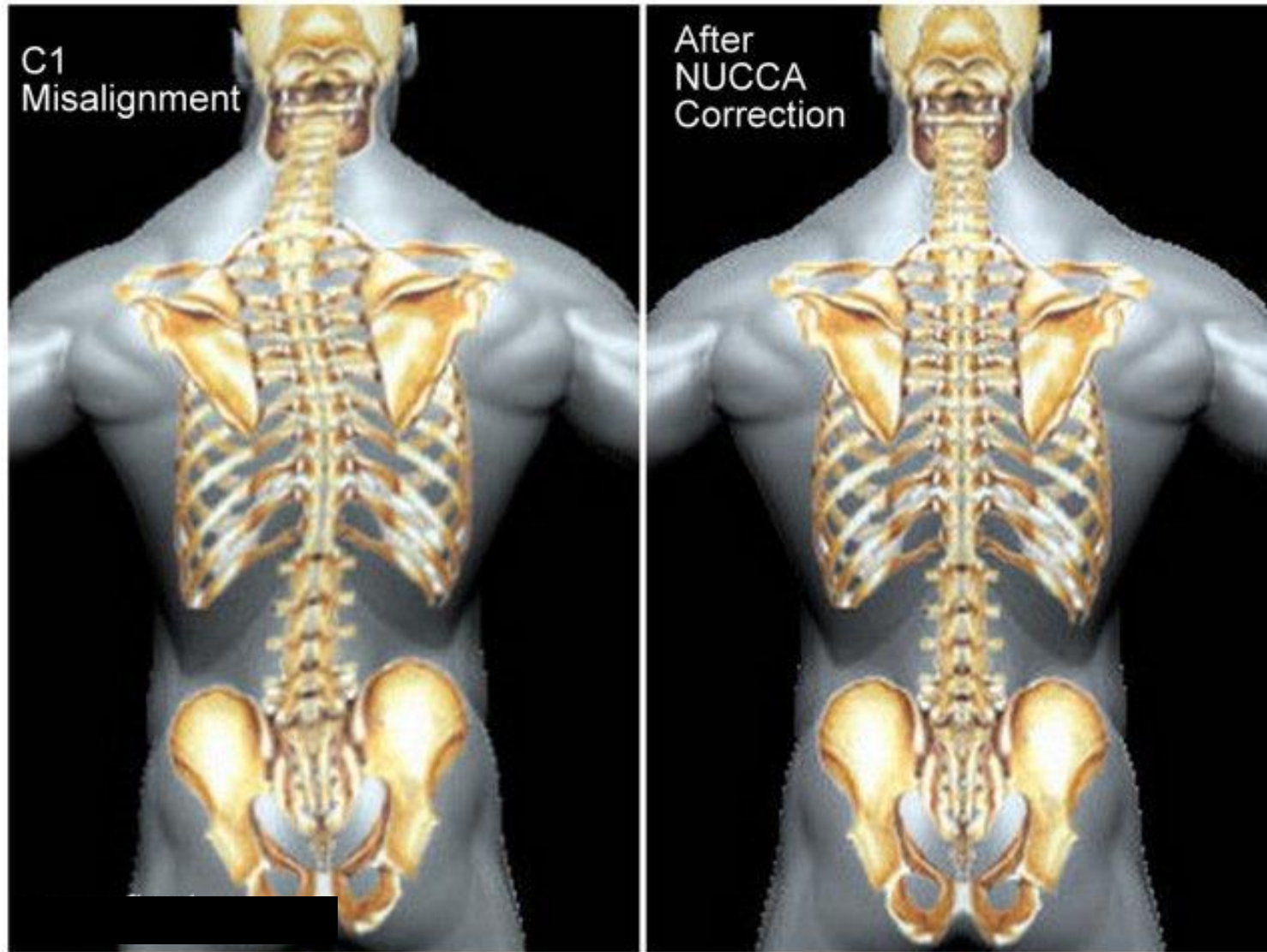
What is NUCCA?



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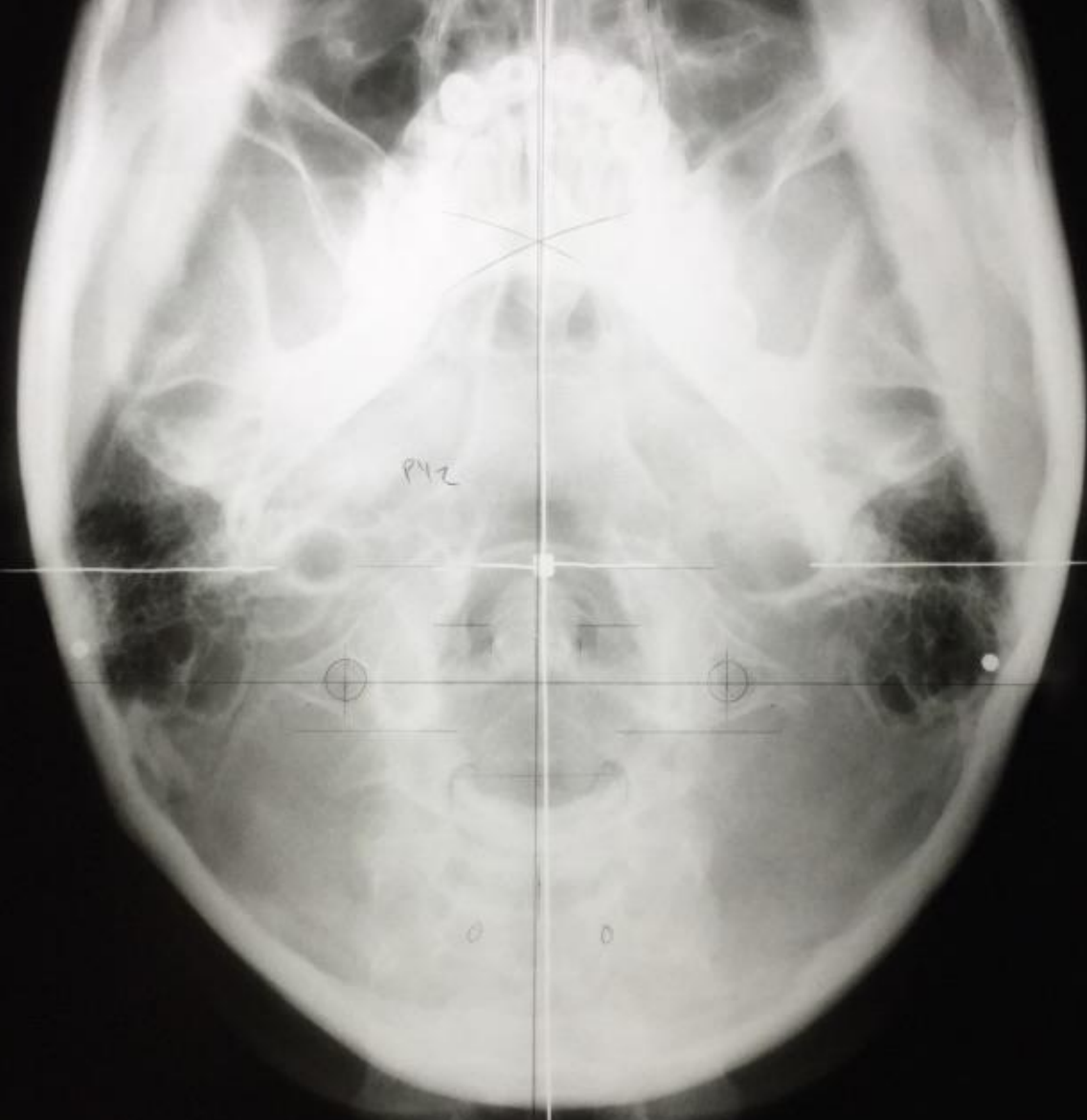
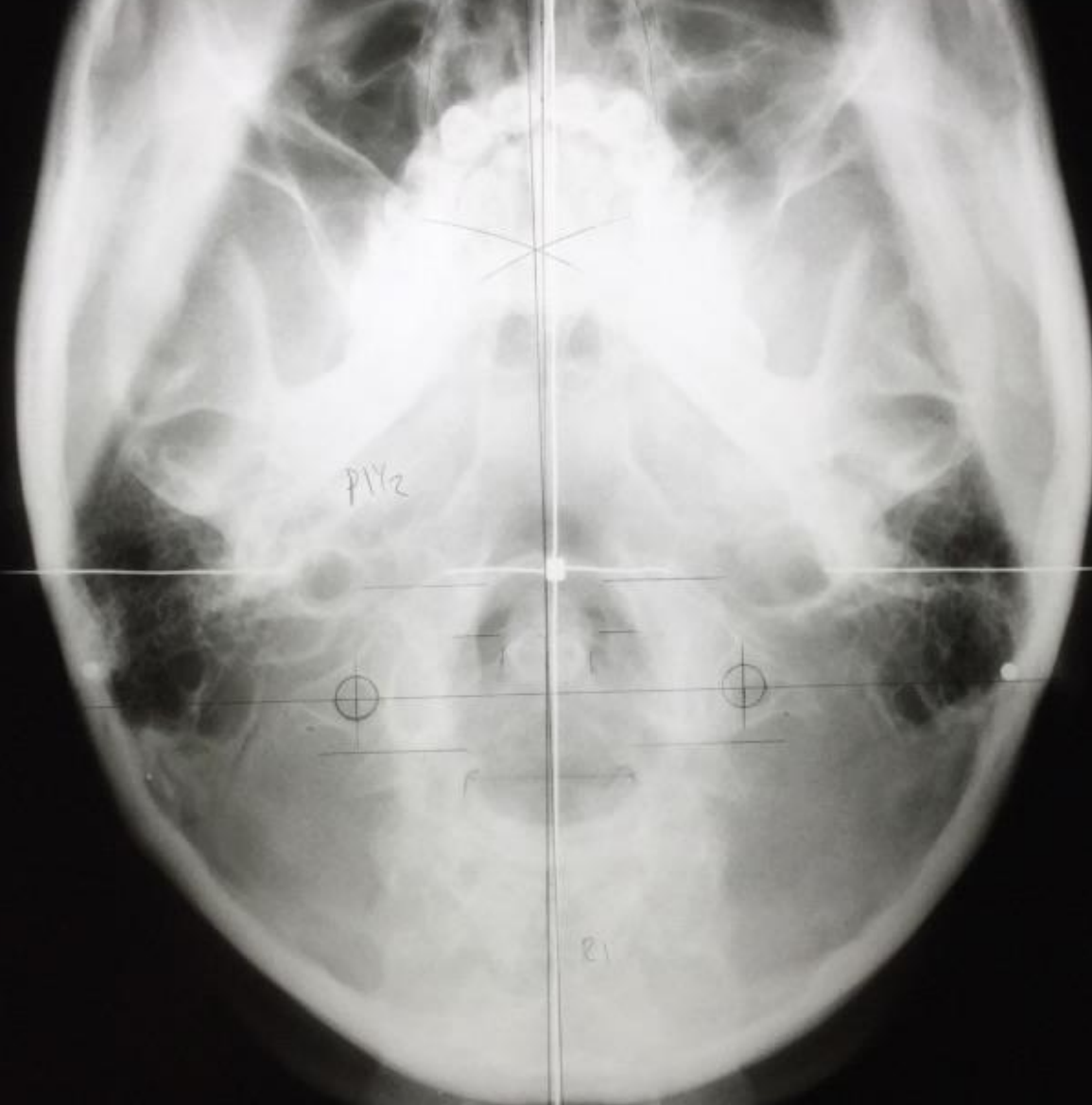
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A+L 3/4 (L 1/4) P 1/2
OD L 1/2
BC L 1/2
SP R 1/2

C/A 2 1/2
HT - 3/4 (0)
PL 2 1/2
Ay + 1 1/4

+ 1 1/4 (+2)

AR + 1 1/2

+ 2 3/4 (+5 1/2)

H 3 1/2 P 1 1/2

IC Cont. - 1/4 AS 1/8

+ 1/2 1/6

3 1/2 C

4 1/2

(6 1/2)

6 1/4

A+L 1/4 (R 1) P 1/2
OD L 1/4
BC L 1/4
SP L 1/4

C/A + 1/2
HT 0
PL + 1/2
Ay + 1/2

+ 1 1/2

AR + 1/4

+ 1 3/4

+ 1 1/2 1/6

1 1/2 P

3 1/2 C

(4 1/2)

2 1/2

(1 1/2)

**2 Types
Of Care:**

An iceberg floating in water. The tip of the iceberg is above the water line and is labeled 'Pathogenic'. The much larger part of the iceberg is submerged below the water line and is labeled 'Salutogenic'. The water is represented by a blue gradient.

Pathogenic

Salutogenic



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**2 Types
Of Care:**

An iceberg floating in water. The top part of the iceberg is above the water line, and the bottom part is submerged. The word 'Treatment' is written on the visible part, and 'Restoration' is written on the submerged part.

Treatment

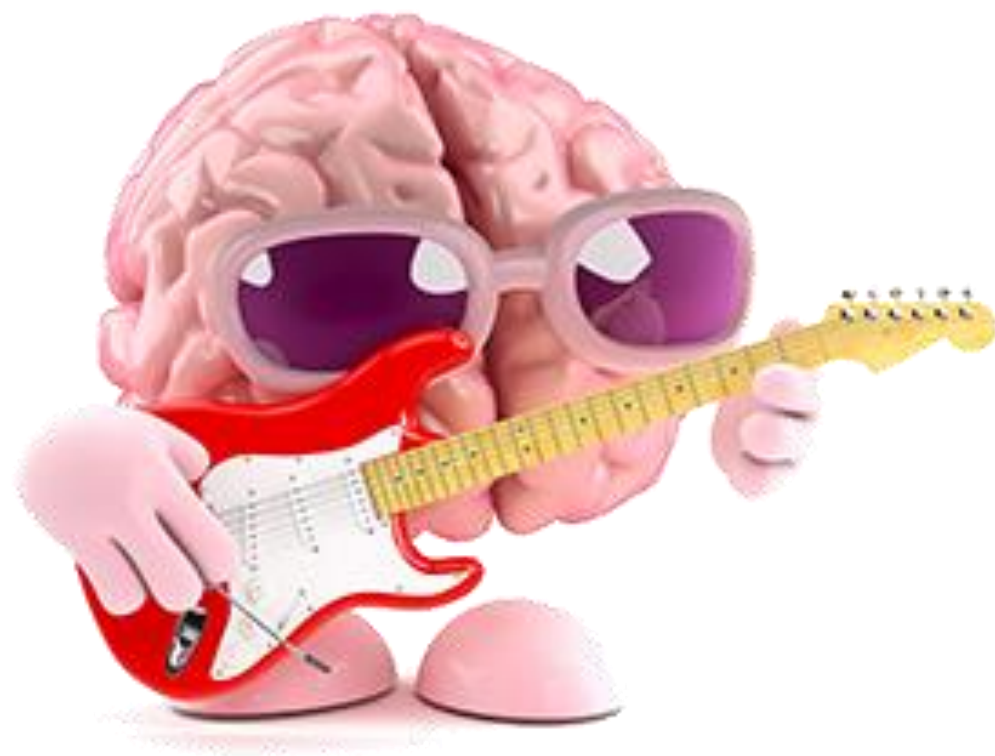
Restoration



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