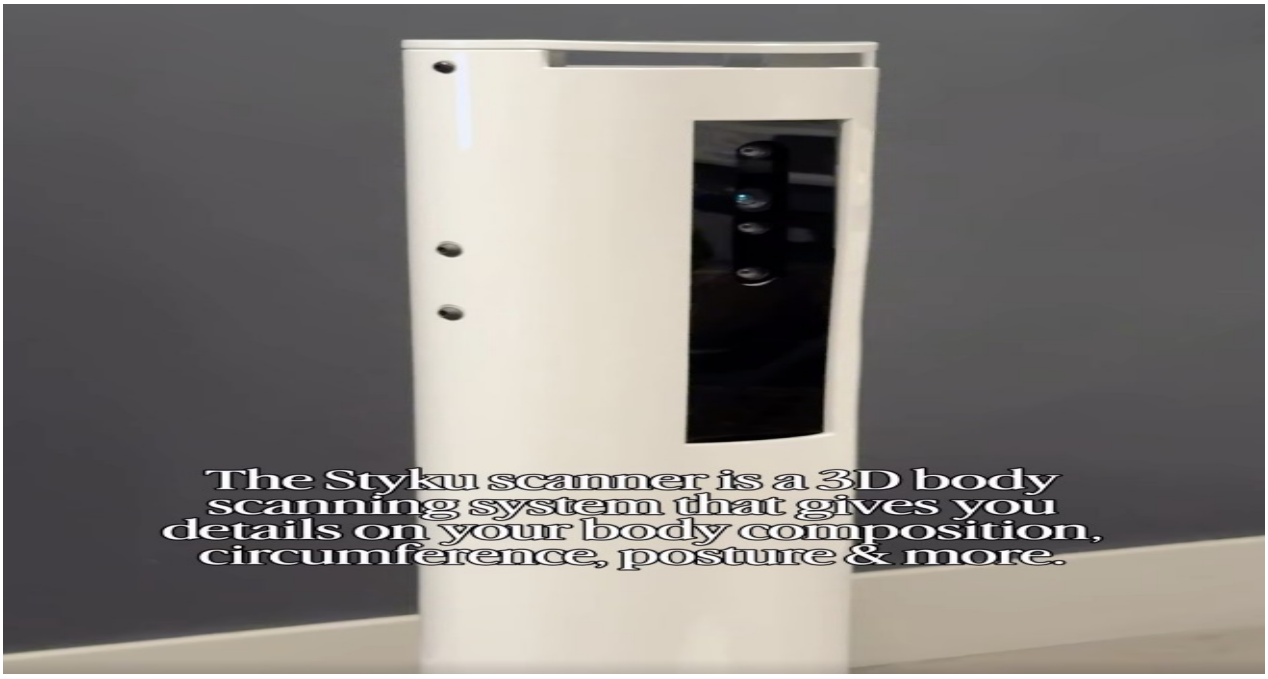


Active Chiropractic Announces Introduction of Styku 3D Body Scanner for Enhanced Wellness Assessments in Raleigh

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RALEIGH, NC - January 06, 2026 -
Active Chiropractic has added a Styku scanner to its range of diagnostic tools, enabling patients to receive detailed 3D body scans as part of select wellness services. This development allows the practice to incorporate advanced imaging technology that uses harmless infrared light to generate precise body measurements and composition analyses. The scanner supports tracking of physical changes over time, aligning with the practice's commitment to holistic health monitoring.

The Styku scanner operates through a non-invasive process that captures a full-body digital avatar in approximately 35 seconds. It employs infrared sensors to map body contours, providing data on metrics such as body fat percentage, muscle mass distribution, waist and hip circumferences, posture alignment, and estimates of bone density. This information offers an objective baseline for patients pursuing fitness or therapeutic goals, facilitating comparisons between initial and follow-up scans to quantify improvements in body composition or structural balance.

Patients can access the Styku scan as an included component in body contouring consultations and red light

therapy packages at Active Chiropractic. The integration of this technology complements existing treatments by supplying visual and numerical feedback that informs personalized care plans. For instance, individuals undergoing red light therapy, which utilizes specific wavelengths to address inflammation and support tissue recovery, benefit from scan data that highlights areas of progress or needed adjustment. Active Chiropractic provides infrared therapy in Raleigh, NC, through modalities like red light sessions and now enhanced by the infrared-based scanning system, ensuring comprehensive evaluations for those seeking natural health solutions.

The addition of the Styku scanner reflects ongoing efforts at Active Chiropractic to incorporate evidence-based tools into patient care. Traditional chiropractic adjustments, which focus on spinal alignment to optimize nervous system function, pair with the scanner's insights to address musculoskeletal issues more effectively. Conditions such as chronic back pain, sciatica, or joint dysfunctions often involve soft tissue components that the scan can help identify through posture and composition analysis. Similarly, the practice's neuropathy treatments, which combine multi-disciplinary approaches to restore sensation in affected limbs, may use scan data to monitor related postural or muscular changes.

Dr. Molly Hall, chiropractor and owner of Active Chiropractic, noted the scanner's role in patient education. "The Styku system delivers precise, visual representations of body metrics that empower individuals to understand their physical state beyond subjective feelings," said Dr. Hall. "This technology supports our holistic methodology by offering data-driven insights that guide adjustments and therapies toward measurable outcomes."

Lindsay Gilbert, holistic health coach and certified personal trainer at Active Chiropractic, who leads the red light therapy program, highlighted its synergy with the new scanner. "Combining 3D scanning with red light therapy allows for tailored strategies that target inflammation reduction and energy enhancement based on individual body profiles," said Gilbert. "Patients receive a clearer picture of how treatments influence their composition, fostering informed participation in their wellness journeys."

Beyond the scanner, Active Chiropractic offers a suite of services designed to promote natural healing and preventive care. Chiropractic adjustments employ techniques like diversified, drop table, and flexion-distraction to correct spinal misalignments and alleviate pain from sources including disc issues, headaches, or sports injuries. Dry needling targets muscle trigger points to relieve tension and improve mobility, often used for chronic pain or athletic recovery. Softwave therapy applies shockwave technology to stimulate cellular repair, enhancing blood flow and tissue regeneration without invasive procedures.

Massage therapy at the practice includes specialized modalities such as craniosacral therapy, deep tissue work, and lymphatic drainage, provided by licensed therapists with extensive experience in addressing emotional and physical stressors. Acupuncture complements these offerings by focusing on energy balance

to support overall health. Lifestyle education covers nutrition, exercise, and ergonomics, equipping patients with knowledge to maintain long-term well-being.

The team's expertise underpins these services. Dr. Matthew Murphy, chiropractor, brings experience in treating extremities and structural imbalances using instrument-assisted methods and physiotherapy. Gigi Dube-Clark, neuropathy director and registered nurse, applies her background in emergency care to customize neuropathy protocols. Massage therapists like Lindsay Dusseau, Allie Farmer, Joshua Larimar, Susan Rotman, and Lydia Smith integrate techniques ranging from Reiki and cupping to Graston for holistic relief.

Administrative support from Emma Bowman and Rosanna King ensures smooth operations, while the collective focus remains on patient-centered care. This approach stems from recognizing that health encompasses more than symptom management, extending to preventive strategies and empowerment through education.

Active Chiropractic traces its roots to Dr. Molly Hall's vision established after her graduation from Logan College of Chiropractic in 2005. With certifications in Active Release Technique and Neurokinetic Therapy, Dr. Hall has built a practice that specializes in chronic soft tissue injuries and prenatal care. Over nearly two decades, the practice has expanded to include a diverse team dedicated to integrating chiropractic principles with complementary therapies. Located in Raleigh, NC, Active Chiropractic serves the community by emphasizing natural, non-invasive methods to restore balance and enhance quality of life. The introduction of the Styku scanner marks a continuation of this evolution, providing tools that align with the practice's foundational goals of precision and personalization in healthcare.

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Active Chiropractic

Founded in 2005 by Dr. Molly Hall, a passionate chiropractor and health advocate, we are proud to be a holistic healthcare provider located in the heart of Raleigh, North Carolina.

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