



Clear Chiropractic in Chattanooga, TN Highlights Founder's Expertise in Natural Healing Approaches

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Clear Chiropractic draws attention to the professional background of its founder, Dr. Weston Clary, who holds advanced proficiency in torque release technique as part of chiropractic care. This method involves precise spinal adjustments aimed at addressing neurological function. Dr. Clary's path from medical sciences to chiropractic reflects a focus on the body's natural processes.

Dr. Clary, originally from Verdigris, Oklahoma, developed an interest in health sciences after observing family members with chronic conditions managed through medications. He pursued a Bachelor's Degree in medical molecular biology and obtained an emergency medical technician license during his undergraduate studies. He also taught CPR courses and held leadership roles in the American Medical Student Association, gaining insights into anatomy, neurology, and physiology.

Initially planning a career in medicine, Dr. Clary redirected his studies toward chiropractic upon considering the body's capacity for self-regulation. He attended Sherman College of Chiropractic in Spartanburg, South

Carolina, where he completed his training and earned advanced certification in torque release technique. This certification places him among approximately a dozen practitioners in Tennessee with such proficiency. The technique employs an instrument known as the Integrator to apply targeted corrections to the spine, intended to support communication within the nervous system.

Following graduation, Dr. Clary worked in a large chiropractic practice in Charlotte, North Carolina, for three and a half years, applying torque release technique across various cases. In November 2020, he opened Clear Chiropractic in Chattanooga, Tennessee, to offer this approach to the local area. The practice centers on spinal adjustments and patient education to aid in health maintenance.

Research on torque release technique includes a systematic review of eight clinical trials published in the Journal of the Canadian Chiropractic Association in 2012, which noted benefits for patients with spinal pain and trigger points, comparable to other manual therapies. However, the review highlighted limitations such as small sample sizes and brief follow-up periods. A randomized clinical trial from the Holder Research Institute, detailed in various chiropractic publications, examined torque release technique in a residential treatment setting and reported higher retention rates among participants receiving adjustments compared to control groups.

Additional studies, including a case report in the Asia-Pacific Chiropractic Journal in 2019, documented improvements in anxiety symptoms and physical function in a patient under torque release technique care. Research published in Molecular Psychiatry explored subluxation-based adjustments, including torque release technique, and associated them with enhancements in well-being measures. These findings suggest potential roles for the technique in supporting neurological function, though individual results may vary and further research is needed to confirm efficacy.

Broader investigations into spinal adjustments indicate effects on neurological processes. A 2022 study in Frontiers in Neurology found that chiropractic adjustments increased corticomotor excitability in chronic stroke patients, potentially aiding muscle control. Neuroimaging research, such as that reviewed in PMC articles from 2024, has shown alterations in brain activity following spinal manipulation, including impacts on pain processing, mood, and sleep. A 2019 review in Chiropractic & Manual Therapies analyzed brain function changes post-adjustment but noted inconsistencies across studies. Clinical practice guidelines, including those from the Mayo Clinic, recognize spinal manipulation for managing certain types of back pain, with some evidence for neck pain and headaches.

At Clear Chiropractic, team members contribute to the practice's operations. Kathryn, from Atlanta, Georgia, graduated from Lee University with a degree in psychology and minors in music and deaf studies. She has received chiropractic care throughout her life and joined the practice as a chiropractic assistant in October 2022. Her role involves patient education on chiropractic principles, informed by attendance at conferences

and collaboration with Dr. Clary.

Cassandra, who moved from Washington State to Tennessee in 2022, serves as a team member since October 2023. As a single mother, she connected with the practice through community ties and supports daily functions while learning about chiropractic methods.

"The torque release technique focuses on specific spinal corrections to support nervous system function, based on chiropractic principles," said Dr. Weston Clary, founder and chiropractor at Clear Chiropractic. "Studies indicate potential benefits in areas like pain management, though outcomes differ among individuals."

"Patient education plays a key role in understanding how adjustments may contribute to health maintenance," added Kathryn, chiropractic assistant at Clear Chiropractic.

Clear Chiropractic provides adjustments using torque release technique for various age groups, including prenatal and pediatric care. The practice's approach draws from Dr. Clary's educational foundation and professional experience, incorporating evidence from chiropractic research. As interest in non-pharmacological options continues, such methods offer avenues for exploration in health care.

Studies on spinal adjustments suggest influences on neuroplasticity, as noted in research from 2024, potentially aiding brain reorganization. A 2019 Springer article reviewed effects on brain function, concluding that while changes occur, consistency varies. These insights inform the application of techniques like torque release at practices such as Clear Chiropractic.

The practice, established in 2020, operates with a team dedicated to chiropractic care in Chattanooga, Dr. Clary's background in molecular biology and emergency services complements his chiropractic expertise, providing a multifaceted perspective on health.

Clear Chiropractic functions as a chiropractic office specializing in torque release technique. Founded by Dr. Weston Clary, the practice addresses spinal health through adjustments and education, aligning with research on neurological impacts. The team supports patients in pursuing natural health strategies, recognizing that results can vary.

Clear Chiropractic presents the professional background of founder Dr. Weston Clary, highlighting his proficiency in torque release technique. The practice incorporates research findings on spinal adjustments' potential neurological effects. Team members assist in delivering care, with studies noted for context on

technique efficacy.

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For more information about Clear Chiropractic, contact the company here: Clear Chiropractic Dr. Weston Clary (423) 708-5244 info@goclearchiropractic.com 2020 Gunbarrel Rd. Suite 160 Chatanooga, TN 37421

Clear Chiropractic

At Clear Chiropractic, we look to get to the root cause of people's health concern by focusing on how the body functions as a whole.

Website: <https://goclearchiropractic.com/>

Email: info@goclearchiropractic.com

Phone: (423) 708-5244

