



Acru Health: Precision Chiropractic in San Diego Highlights Root Cause Approach in Chiropractic Care

April 15, 2026

SAN DIEGO, CA - April 15, 2026 - PRESSADVANTAGE -

Acru Health: Precision Chiropractic, a San Diego chiropractor practice, continues to deliver specialized chiropractic services to residents throughout the region with an emphasis on addressing underlying causes of discomfort rather than symptoms alone. The practice, voted Best Chiropractor in San Diego by San Diego Magazine in 2023, maintains a focus on precision chiropractic methods to support patient health across multiple care categories.

The team at Acru Health: Precision Chiropractic integrates the Torque Release Technique into its services. This method involves gentle, precise adjustments delivered through a specialized instrument called the Integrator. The technique applies low-force, high-speed impulses at specific points along the spine. Doctors at the practice hold advanced proficiency certification in the Torque Release Technique.

Dr. Rafael Ramon, chiropractor at Acru Health: Precision Chiropractic, stated, "I was tired of working in the hospital system and seeing a reactive approach to health. I was convinced that there was a better way to

promote, grow, and accrue health in the human body. What I learned would forever change my health and the health of those who I love."

The practice structures its offerings around four primary areas of care. Corrective Care centers on identifying the root source of health challenges and implementing targeted corrections. Wellness Care supports patients in maintaining activity and resilience amid everyday demands. Pregnancy Care assists individuals during pregnancy by focusing on comfort and preparation for delivery. Pediatric Care works with children to promote healthy development or manage ongoing concerns.

The San Diego chiropractor team combines these approaches with comprehensive examinations and, when indicated, diagnostic imaging to create individualized plans for each patient. This process begins with a thorough assessment that informs the sequence and nature of adjustments, ensuring alignment with specific patient needs.

Dr. Chris Norton, chiropractor at Acru Health: Precision Chiropractic, brings a personal connection to the field as a second-generation chiropractor. He was adjusted from birth and has lived the principles the practice upholds. Norton carries his dedication to chiropractic care forward in daily practice.

The doctors and staff at Acru Health: Precision Chiropractic collectively bring more than 20,000 hours of education and clinical experience to their work. This foundation supports consistent application of current techniques and ongoing professional development in chiropractic science. The practice operates from locations in Bankers Hill and La Mesa, serving neighborhoods that include Hillcrest, Mission Hills, Mission Valley, Middletown, Downtown San Diego, Little Italy, North Park, and Point Loma.

Spinal alignment receives particular attention because the spine houses the central nervous system. The San Diego chiropractor team notes that misalignments, known as subluxations, can affect nerve signaling. Precision corrections aim to address these areas as part of care plans. Patients typically undergo a series of visits that allow for progressive adjustments and monitoring of progress through follow-up evaluations.

Acru Health: Precision Chiropractic fosters an environment that encourages active patient participation. Education on lifestyle factors accompanies care plans, reinforcing long-term strategies for health maintenance. The approach extends to families, with services designed to accommodate different life stages from infancy through adulthood. This family-centered model reflects the practice's view that health choices benefit entire households.

The philosophy at Acru Health: Precision Chiropractic centers on proactive health management. Rather than waiting for issues to arise, the team promotes consistent spinal care as a component of overall wellness routines. This perspective stems directly from the experiences of the founding doctors, who observed

limitations in conventional reactive systems and sought alternatives rooted in natural healing processes. The 2023 recognition as voted Best Chiropractor in San Diego by San Diego Magazine underscores community appreciation for this consistent approach.

Community response to the practice has included this notable recognition through local awards. The designation as voted Best Chiropractor in San Diego by San Diego Magazine in 2023 reflects input from area residents who have experienced the care model firsthand. Such feedback contributes to the practice's ongoing refinement of services while maintaining core principles of precision and personalization.

As chiropractic care gains broader acceptance within integrative health discussions, Acru Health: Precision Chiropractic positions itself as a resource for those exploring non-invasive options. The San Diego chiropractor practice remains dedicated to methods that prioritize patient comfort and structural considerations. Regular team training ensures familiarity with developments in spinal health and nervous system support.

Patients at the practice often seek care for concerns related to posture or mobility. The structured intake process and use of advanced instrumentation allow the team to map specific needs and track responses over time. This methodical documentation forms the basis for adjustments that evolve with each individual's progress.

Acru Health: Precision Chiropractic maintains its commitment to natural, patient-specific interventions. The integration of technique, analysis, and supportive guidance distinguishes the delivery of care. Through continued application of these standards, the practice contributes to the local landscape of health services in San Diego. The San Diego chiropractor team remains focused on delivering care that aligns with the 2023 voted recognition for excellence in the field.

The practice's dedication to the Torque Release Technique and individualized plans continues to shape its daily operations. With board certification by the California Board of Chiropractic Examiners for its doctors, Acru Health: Precision Chiropractic upholds professional standards while serving the diverse needs of the San Diego community. This combination of advanced certification, extensive clinical hours, and community-validated service forms the basis for its ongoing role in regional chiropractic care.

The doctors at Acru Health: Precision Chiropractic each maintain advanced proficiency in the Torque Release Technique and participate in ongoing education to stay current with developments in the field. The collective experience of the team exceeds 20,000 hours, supporting a consistent level of care delivery across patient demographics. Locations in central San Diego areas provide accessibility for residents from

surrounding neighborhoods.

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Acru Health: Precision Chiropractic

Our team of experienced chiropractors are Board Certified by The California Board of Chiropractic Examiners. Both Dr. Rafael and Dr. Chris are Advanced Proficiency Certified in Torque Release Technique.

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