

Active Chiropractic Provides Neck and Back Pain Treatment in Raleigh, NC

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Active Chiropractic addresses neck and back pain through a combination of chiropractic techniques and supportive therapies tailored to individual patient needs. The practice focuses on identifying underlying causes such as poor posture, muscle strain, herniated discs, whiplash, and degenerative conditions to develop targeted care plans. This approach supports restoration of mobility, reduction of inflammation, and improvement in overall function for patients experiencing these common issues.

Neck pain often stems from the cervical spine's flexibility and daily stresses. Common contributors include whiplash from sudden movements, prolonged poor posture during desk work or device use, herniated discs that compress nerves, muscle strains from overuse or awkward positions, and degenerative conditions like osteoarthritis. Symptoms may involve aching or stiffness that worsens with prolonged positions, sharp pain radiating to shoulders or arms, reduced range of motion, headaches originating at the skull base, and tingling or numbness in the arms and hands.

Back pain arises from the spine's central role in movement and support. Frequent causes encompass muscle or ligament strains from lifting or sudden actions, poor posture leading to imbalances, herniated discs pressing on nerves, sciatica involving radiating leg pain, and degenerative changes affecting cartilage between vertebrae. Associated symptoms include constant throbbing discomfort, sudden intense pain, stiffness limiting bending or twisting, radiating pain into the buttocks or legs, and muscle cramping.

Active Chiropractic delivers neck and back pain treatment in Raleigh through evidence-informed methods that target root causes. Chiropractic adjustments employ diversified, drop table, and flexion-distraction techniques to realign the spine, reduce nerve pressure, alleviate stiffness, and enhance mobility. These interventions pair with massage therapy to ease muscle tension and improve circulation. Softwave therapy utilizes acoustic waves to promote tissue repair and decrease inflammation. Dry needling addresses trigger points for tension relief, while postural training strengthens supporting muscles and corrects alignment. Acupuncture and nutritional guidance further support recovery by aiding circulation, balance, and inflammation management.

Dr. Molly Hall, chiropractor and owner of Active Chiropractic, outlined the practice's methodology. "Our synergistic approach combines adjustments with soft tissue therapies and rehabilitative exercises to help patients regain mobility and reduce pain from neck and back conditions," said Dr. Hall. "This integration addresses joint, nerve, muscle, and ligament health for more complete outcomes."

Dr. Matthew Murphy, chiropractor at Active Chiropractic, added details on treatment application. "Techniques including myofascial release, instrument-assisted methods, and corrective exercises target structural imbalances that contribute to neck and back pain, supporting both short-term relief and longer-term stability," said Dr. Murphy.

The practice incorporates additional services to complement neck and back pain treatment. Massage therapy features Swedish, deep tissue, trigger point, lymphatic, craniosacral, and Reiki modalities delivered by licensed therapists including Lindsay Dusseau, Allie Farmer, Susan Rotman, Joshua Larimar, and Lydia Smith. These sessions enhance relaxation and address physical and emotional components of discomfort. Dry needling improves mobility by releasing muscle knots. Neuropathy protocols, led by Gigi Dube-Clark, registered nurse with extensive emergency care experience, apply multi-disciplinary strategies where relevant. Red light therapy, under holistic health coach Lindsay Gilbert, supports inflammation reduction. Lifestyle education covers ergonomics, exercise, and nutrition to prevent recurrence.

Dr. Ahni Ruzsa, chiropractor at Active Chiropractic, contributes expertise in rehabilitation and movement-based care. Her training in Dynamic Neuromuscular Stabilization, FAKTR, Dry Needling, and McKenzie methods benefits patients with neck and back concerns, particularly athletes, families, and those navigating women's health changes.

Active Chiropractic maintains a multidisciplinary team dedicated to holistic care. Dr. Molly Hall, who graduated cum laude from Logan College of Chiropractic in 2005 and completed an internship in pregnancy-related musculoskeletal pain, specializes in chronic soft tissue injuries and prenatal care through Active Release Technique and Neurokinetic Therapy. The team's collaborative model emphasizes compassion, integrity, patient education, and integration of therapies to empower individuals in managing health proactively.

The practice, established by Dr. Hall after her chiropractic training, has evolved into a center serving the Raleigh community with natural, non-invasive options. It addresses a range of neuromusculoskeletal issues while prioritizing prevention and root-cause resolution. Patients receive coordinated plans that combine spinal care with complementary modalities to support sustained wellness and quality of life.

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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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