



## **High Point Chiropractic Provides Sciatica Pain Relief in Middlesex County, MA**

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High Point Chiropractic has shared more about how its chiropractors approach sciatica pain relief and spinal care for patients in Burlington and surrounding areas of Middlesex County. The practice, led by Dr. Andy Mutter and Dr. Kandyce Mutter, focuses on identifying the underlying causes of sciatic nerve irritation through chiropractic evaluation, spinal adjustments, and rehabilitative care.

Sciatica is a condition that causes pain to travel from the lower back into the hips, buttocks, and legs. Many patients also experience tingling, numbness, weakness, or discomfort while sitting or standing for long periods. Common causes include disc injuries, spinal misalignment, poor posture, pregnancy-related pelvic changes, and physical trauma. In some cases, symptoms build gradually over time before becoming more severe after a specific movement or injury.

Dr. Andy Mutter said his interest in chiropractic care began at age 12 after receiving adjustments that helped relieve severe allergies. He later attended Logan College of Chiropractic, where he earned degrees in Human

Biology and Chiropractic. He has completed additional training in Chiropractic BioPhysics, a technique focused on improving spinal alignment and posture. Dr. Mutter is also certified in the Webster Technique, which is commonly used to support pelvic balance during pregnancy. His experience includes caring for athletes, children, and adults with spinal conditions such as sciatica.

Dr. Kandyce Mutter earned a degree in Kinesiology from University of New Brunswick before continuing postgraduate studies at Dalhousie University and later completing chiropractic training at Palmer College of Chiropractic. Her clinical focus includes spinal rehabilitation, pediatric care, and pregnancy-related chiropractic support. She uses several adjusting techniques, including gentle instrument-assisted methods when appropriate for patient comfort and condition severity.

According to the practice, sciatica evaluations begin with a detailed review of the patient's health history, posture, spinal movement, and joint function. X-rays or additional diagnostics may also be recommended when needed. Chiropractors then identify areas of restricted movement or spinal imbalance that may be contributing to nerve compression.

Treatment plans are customized for each patient and may include spinal adjustments, corrective exercises, traction therapy, and posture-focused rehabilitation. The goal is to improve spinal function and reduce pressure on the sciatic nerve. Recovery timelines vary depending on how long symptoms have been present and whether disc involvement or long-term spinal changes are contributing factors.

"Spinal alignment plays an important role in reducing stress on the nervous system," said Dr. Andy Mutter. "With conditions like sciatica, we focus on improving structural function so the body can move and heal more comfortably."

Dr. Kandyce Mutter added, "Every patient presents differently. Our goal is to evaluate the root cause of the issue and apply the most appropriate techniques for that individual."

The practice also emphasizes broader lifestyle factors that may affect spinal health, including exercise habits, workplace posture, and daily movement patterns. Patients seen at the office include adults with desk-related strain, active individuals dealing with mobility issues, and families seeking ongoing chiropractic care.

High Point Chiropractic states that addressing the source of sciatic nerve irritation is an important part of long-term management. Rather than focusing only on temporary symptom relief, treatment plans are designed to improve spinal stability, joint mobility, and overall alignment over time.

Drs. Andy and Kandyce Mutter continue to provide chiropractic care in Burlington with an emphasis on non-invasive support for spinal conditions, including sciatica, posture-related pain, and mobility concerns.

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For more information about High Point Chiropractic, contact the company here: High Point Chiropractic Andy Mutter D.C. (781) 365-0400 info@hpchiropractic.com 83 Cambridge Street #1b Burlington, MA 01803

## High Point Chiropractic

*Doctors Andy and Kandyce Mutter believe in assessing your health and quality of life from many angles, utilizing trusted chiropractic adjustments and spinal rehabilitative techniques.*

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