

Active Chiropractic Offers Chronic Pain Management in Raleigh, NC

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Active Chiropractic addresses chronic pain through a multidisciplinary approach that combines chiropractic adjustments with supportive therapies to target underlying causes rather than symptoms alone. The practice evaluates lifestyle factors, physical health, and emotional well-being to create individualized plans for patients experiencing persistent discomfort that affects daily activities and mobility. This method aligns with the clinic's emphasis on natural, non-invasive interventions for long-term spinal health and overall function.

Chronic pain ranges from mild, occasional discomfort to severe conditions that limit mobility and quality of life. It may arise from mechanical issues, inflammation, or nerve-related problems. Common causes include muscle strain from overuse, sudden movements, or improper lifting; herniated discs that press on nerves; sciatica involving radiating leg pain; postural issues from prolonged sitting or poor ergonomics; and degenerative changes affecting spinal structures. These factors contribute to ongoing pain in the back, neck, and other areas.

Symptoms of chronic pain vary by cause but often include localized sharp or dull pain, radiating discomfort into the limbs, stiffness that restricts movement, headaches, tingling or numbness, and muscle weakness. Such manifestations can interfere with work, exercise, and routine tasks, prompting individuals to seek comprehensive management strategies.

Active Chiropractic delivers chronic pain management in Raleigh by focusing on root-cause resolution. Chiropractic adjustments form the foundation of care, utilizing diversified, drop table, flexion-distraction, and instrument-assisted techniques to realign the spine, relieve nerve pressure, reduce inflammation, and restore proper function. These evidence-based spinal manipulations support natural healing processes and help prevent future pain episodes.

Softwave therapy complements adjustments by using acoustic waves to stimulate cellular repair, decrease inflammation, and accelerate tissue healing, particularly beneficial for persistent lower back and joint conditions. Massage therapy, provided by licensed therapists, employs Swedish, deep tissue, trigger point, lymphatic, craniosacral, and Reiki methods to alleviate muscle tension, improve circulation, and promote relaxation. Dry needling targets specific muscle points to release tension and restore physical balance. Postural training educates patients on maintaining healthy alignment during daily activities such as sitting, standing, lifting, and walking to reduce strain over time.

Dr. Molly Hall, chiropractor + owner of Active Chiropractic, described the integrated treatment process. "Our approach combines chiropractic adjustments with soft tissue therapies and rehabilitative strategies to address joint, nerve, muscle, and ligament health," said Dr. Hall. "This supports patients in regaining mobility and managing chronic pain through personalized care plans."

Dr. Matthew Murphy, chiropractor at Active Chiropractic, noted the value of corrective elements. "Evaluating structural imbalances and incorporating myofascial release, Graston Technique, and targeted exercises helps provide both pain relief and long-term stability for patients dealing with chronic conditions," said Dr. Murphy.

The practice's team enhances chronic pain management capabilities. Dr. Ahni Ruzsa, a chiropractor with training in Dynamic Neuromuscular Stabilization, FAKTR, Dry Needling, and McKenzie methods, brings expertise in movement-based rehabilitation. Her background as a former collegiate track athlete informs care for athletes, families, and individuals across life stages, including women's health considerations. Gigi Dube-Clark, neuropathy director and registered nurse, applies multidisciplinary protocols for related nerve conditions. Holistic health coach Lindsay Gilbert oversees red light therapy to support inflammation management.

Massage therapists contribute specialized skills. Lindsay Dusseau integrates craniosacral therapy and Reiki with nearly 17 years of experience. Allie Farmer focuses on chronic pain and athletic recovery with two

decades in practice. Susan Rotman specializes in pregnancy and postpartum support. Joshua Larimar and Lydia Smith incorporate myofascial release, Graston Technique, and reflexology for comprehensive bodywork.

Additional services include acupuncture for energy balance and lifestyle education on nutrition, ergonomics, and exercise to prevent recurrence. This holistic framework distinguishes evidence-based interventions like spinal manipulation from complementary modalities that provide adjunctive support for relaxation and circulation.

Active Chiropractic originated under Dr. Molly Hall's leadership following her 2005 cum laude graduation from Logan College of Chiropractic. Her internship at the Musculoskeletal Pain in Pregnancy Clinic at Barnes-Jewish Hospital and certifications in Active Release Technique and Neurokinetic Therapy established the foundation for treating chronic soft tissue injuries, headaches, sciatica, and joint dysfunctions. The practice has grown into a multidisciplinary center in North Hills, Raleigh, serving the community with coordinated care.

The team's collaborative model operates on principles of compassion, integrity, patient education, and integration of therapies. Administrative support from practice manager Emma Bowman and assistant Rosanna King ensures efficient operations. This structure allows Active Chiropractic to provide sustained support for individuals managing chronic pain while empowering them with knowledge for proactive health maintenance.

By addressing mechanical, inflammatory, and postural contributors through customized plans, the practice contributes to improved function and quality of life for Raleigh residents experiencing persistent pain. The emphasis remains on non-invasive methods that align with the body's natural healing abilities.
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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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