



Forza Chiropractic Highlights Advanced F1 Technique for Structural Chiropractic Care

June 09, 2026

ARLINGTON HEIGHTS, IL - June 09, 2026 - PRESSADVANTAGE -

Forza Chiropractic has utilized the Advanced F1 Technique as a core component of its structural and foundational chiropractic care since establishing the practice in 2009. Led by founder Dr. Drew Voelsch, the clinic applies this focused approach to help patients address sources of pain, tension, and movement restrictions through precise evaluation and targeted interventions.

Dr. Drew Voelsch, founder and clinic director, graduated from Palmer College of Chiropractic in Davenport, Iowa, recognized as a leading institution in chiropractic education. After graduation, he developed a luxury wellness clinic in Chicago's south loop, specializing in structural and foundational dysfunction and its effects on daily function and performance. His commitment to clinical excellence and community service led him to found Forza Chiropractic in Arlington Heights. As a leader in the profession, Dr. Voelsch has received multiple awards and honors from the AMA and NIH for his clinic work and results-based techniques.

The Advanced F1 Technique at Forza Chiropractic offers a structured method for evaluating problem areas with precision and delivering care tailored to individual needs. This process combines detailed assessment of movement, posture, and symptom patterns with targeted chiropractic applications. Patients experiencing

recurring tension, reduced flexibility, or irritation from daily activities such as commuting, office work, or family responsibilities benefit from the technique's emphasis on consistency and observable responses over time.

Forza Chiropractic applies the F1 Technique to support better daily movement and function. The approach considers how environmental factors, including seasonal changes and repetitive strain, contribute to stiffness and reduced activity levels. In the Arlington Heights community, where residents balance work, exercise, errands, and family obligations, the technique helps organize care into clear, process-driven steps that facilitate follow-through and progress monitoring.

Dr. Drew Voelsch commented on the technique's role, "Forza Chiropractic was founded to help heal patients by focusing on the source of pain rather than simply reducing symptoms. This allows the body to heal itself using its own natural abilities."

The F1 Technique supports management of various conditions, including back pain, neck pain, sciatica, headaches and migraines, shoulder and hip pain, sports injuries, and posture issues. It also extends to pregnancy-related care and pediatric chiropractic, addressing unique physical demands across life stages. Structural chiropractic care through this method examines spinal and musculoskeletal alignment and its influence on nerve function, mobility, and overall performance. Objective scans and measurements provide baseline data and track changes, enabling personalized care plans with verifiable indicators of progress.

Over 16 years of operation since its founding in 2009, Forza Chiropractic has assisted families, athletes, and adults in the region. The integration of the Advanced F1 Technique into routine practice reflects Dr. Voelsch's background in both urban and suburban clinical settings. This experience informs protocols that balance technical precision with patient-centered delivery, helping individuals maintain comfort and productivity amid local routines.

Patients at the clinic typically begin with comprehensive evaluations that review health history, perform physical examinations, and incorporate scanning technology as appropriate. Findings from these assessments guide the application of the F1 Technique, outlining adjustment schedules, supportive recommendations, and milestones for monitoring structural and functional developments. This methodical process contributes to clarity in treatment pathways and supports long-term health solutions.

The Advanced F1 Technique emphasizes reliability in visits, with careful observation of how the body responds week to week. For commuters dealing with low back tightness from extended sitting or office workers managing persistent stiffness, the approach adapts to activity patterns and symptom severity. Following weekend sports strains or gradual buildup of tension, initial appointments involve discussion of circumstances, symptom review, and movement checks before applying the technique.

Forza Chiropractic operates from its location in Arlington Heights, serving surrounding communities. The practice maintains operations grounded in education, clinical experience, and a commitment to measurable results. Dr. Voelsch's leadership ensures the F1 Technique aligns with core principles of respect, integrity, and clinical standards while supporting everyday heroes such as parents, professionals, first responders, and community members.

Structural issues addressed through the F1 Technique can impact work performance, home responsibilities, and recreational activities. Posture concerns, for example, receive attention for their potential influence on daily comfort. Sports injuries benefit from attention to recovery and functional restoration. Pregnancy and pediatric applications account for changing body mechanics and developmental considerations. The technique's targeted nature helps patients pursue improved range of motion, strength symmetry, and sustained mobility.

Throughout its history, Forza Chiropractic has contributed to the local healthcare landscape by offering chiropractic services rooted in structural principles. Dr. Voelsch's educational foundation at Palmer College, combined with professional experience, supports the ongoing refinement of care protocols. The Advanced F1 Technique serves as a key tool in this framework, enabling precise corrections that prioritize foundational health.

As the practice continues into its second decade, the focus remains on delivering professional chiropractic support through established methods like the F1 Technique. Objective evaluation processes and individualized planning help patients observe documented changes in alignment and function. This dedication has helped position Forza Chiropractic as a resource for residents seeking source-oriented, results-driven care in Arlington Heights.

Forza Chiropractic remains committed to the community through consistent application of the Advanced F1 Technique and related structural chiropractic services. Dr. Voelsch's expertise and the practice's patient-centered approach support residents in achieving enhanced physical function and sustained well-being.

###

For more information about Forza Chiropractic, contact the company here: Forza Chiropractic Dr. Drew Voelsch (847) 472-1224 info@forzachiro.com 1401 S Arlington Heights Rd Suite 2 Arlington Heights, IL 60005

Forza Chiropractic

At Forza Chiropractic, your trusted Chiropractor Arlington Heights, we help families, athletes, and everyday adults move better, feel better, and function at their highest level.

Website: <https://forzachiropractic.com>

Email: info@forzachiro.com

Phone: (847) 472-1224

