



Clear Chiropractic in Chattanooga, TN Details Eight-Step Process for Chiropractic Care

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Clear Chiropractic offers chiropractic care in Chattanooga, TN, through a structured eight-step process focused on thorough evaluation, scientific assessment, and customized corrective planning tailored to individual patient needs and histories. This methodical sequence, in place since the practice opened in November 2020, fosters a collaborative partnership between provider and patient to support nervous system and structural health.

Dr. Weston Clary, founder and chiropractor, developed the process drawing from his training and experience. His background includes a bachelor's degree in medical molecular biology, emergency medical technician licensure, teaching CPR courses, and leadership roles in the American Medical Student Association during undergraduate studies. He completed chiropractic training at Sherman College of Chiropractic in Spartanburg, South Carolina, where he earned advanced certification and proficiency in the torque release technique, making him one of only about a dozen practitioners in Tennessee with this qualification. Following three and a half years in a large practice in Charlotte, North Carolina, he opened the office in November 2020.

The process starts with a new member application that collects details on past traumas or injuries potentially linked to current conditions. An office tour follows to help patients feel comfortable in the environment. A one-on-one consultation then reviews health history, past traumas, goals, and concerns to enable specialized and individualized care.

A scientific and specific chiropractic assessment evaluates nervous system and muscle function to identify pressure points and their severity. Chiropractic postural X-rays of the skeletal system determine the precise adjustment needed for the unique case. Dr. Weston then develops a customized corrective care plan based on the assessment and imaging results.

The next visit, encouraging loved ones to attend, features a report of findings that presents assessment results, X-ray analysis, the custom plan, and payment options. The final step, the road to healing and optimum health, emphasizes healing as a partnership requiring commitment to scheduled appointments. Care differs by individual as bodies respond uniquely, with relief timelines varying, yet adherence to the customized plan supports progress in restoring body structure and nervous system function.

This eight-step framework aligns with positive research outcomes on the torque release technique. A randomized clinical trial from the Holder Research Institute demonstrated higher retention rates and favorable outcomes for participants receiving torque release technique adjustments. Studies in Molecular Psychiatry associated care involving the technique with enhancements in well-being and neurological measures. Case reports document positive responses including reduced anxiety symptoms, improved physical function, and better quality of life. Additional investigations report benefits for pediatric populations, such as improvements in ADHD-related symptoms with gains in functional status and general well-being.

Kathryn, chiropractic assistant, supports patients navigating the process. She graduated from Lee University with a psychology degree and minors in music and deaf studies. With lifelong chiropractic experience, she joined as a patient in March 2022 and the team in October 2022, contributing to operations and education through conference attendance and collaboration with Dr. Clary. Cassandra, team member since October 2023, assists with operational tasks after moving from Washington State in June 2022, bringing family-oriented perspectives to daily functions.

"The eight-step process establishes a clear sequence from initial application and consultation through detailed assessment, imaging, customized planning, and ongoing partnership to support patient progress," said Dr. Weston Clary, founder and chiropractor at Clear Chiropractic. "This structure enables precise adjustments via the torque release technique within individualized corrective plans."

"Guiding individuals through each phase and providing education on the importance of commitment helps patients engage fully with their customized care," added Kathryn, chiropractic assistant at Clear Chiropractic.

The process prioritizes scientific assessment of the nervous system, postural analysis via X-rays, and tailored planning as foundational elements. Dr. Clary's expertise in torque release technique facilitates the adjustments outlined in the care plans. Team support from Kathryn and Cassandra ensures smooth progression through office procedures, consultations, and scheduling.

Biographical elements relevant to the process highlight Dr. Clary's scientific training in molecular biology, neurology, and chiropractic methods, which inform the assessment and planning steps. Kathryn's psychology background aids patient interactions during consultations and reports of findings. The structured approach has guided operations since November 2020, with emphasis on individual history review and commitment to appointments for optimum results.

Positive research on torque release technique further contextualizes its application within the eight-step sequence. Clinical observations link the method to improved patient outcomes in well-being measures and care program adherence. These findings reinforce the value of precise, low-force adjustments in supporting nervous system function as part of customized plans.

Clear Chiropractic maintains this patient-centered process to deliver chiropractic care in Chattanooga, TN. The sequence from application to sustained partnership reflects a commitment to individualized, science-based care grounded in the founder's qualifications and the team's operational support. Adherence to the customized corrective plan remains key to navigating the road to healing and optimum health.

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Clear Chiropractic

At Clear Chiropractic, we look to get to the root cause of people's health concern by focusing on how the body functions as a whole.

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