

Seattle Health & Wellness



As a NUCCA chiropractor, Dr. Reanna Plancich uses her advanced certification in Whiplash Biomechanics and Injury Traumatology to help patients who are suffering with the effects of acute or chronic whiplash injuries following motor vehicle collisions.

She believes that chiropractic is really about whole health, and we recently sat down with her to understand exactly what that means. Here's what she said.

How is NUCCA chiropractic different from other types of chiropractic care?

The National Upper Cervical Chiropractic Association (NUCCA) has developed a highly advanced

procedure that is both an extremely precise and gentle technique. Unlike the popping and pulling that you might experience in other chiropractic offices, NUCCA uses a gentle touch and controlled contact. The primary focus of NUCCA is the neck, but its effect influences the whole spine and all body systems.

What inspired you to become a chiropractor?

When I was 17, I woke up with a really painful neck. A friend suggested I visit a chiropractor, and after I left the office feeling better, I knew I wanted to help others in the same way.

Why is chiropractic care so important?

If you have a misaligned spine, you cannot achieve optimal health - regardless of how much you exercise or how well you eat. NUCCA gets to the cause of your issue and builds a strong foundation for optimal, sustained wellness. It gives hope to people and shows them that their bodies truly can heal.

