

Dr. Carolina Tillotson, D.C.
The Wellness Connection
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I am a self-proclaimed chiropractic and massage snob!

I am extremely particular about who I allow to adjust me and I judge harshly on how they can do one particular move, specifically: the suboccipital hold. It's where the doctor holds your head, cradling their fingers just under the base of the skull (the occiput) and how they release those muscles (suboccipital muscles). This is a very rare, special thing, especially for chiropractors and most particularly how they release these muscles before giving a chiropractic adjustment.

Dr. Tillotson far exceeded my highest expectations!

I had been experiencing a migraine for several days and I wasn't able to get my regularly scheduled adjustment. Being a chiropractor myself, I tried everything to release this myself, but needed the skilled expertise of another chiropractor. She asked all the pertinent questions, health history, physical examination and she took her time to give a thorough evaluation of my neck. There is no guessing in chiropractic. I felt safe and comfortable and Dr. Tillotson was able to release the tight musculature that was exacerbating my migraine symptoms.

The chiropractic adjustment was smooth as silk!

My migraine stopped. The pain was gone. The muscles relaxed. The mobility in my neck was restored.

Thank you so much, Dr. Tillotson, for taking such great care of me.

I highly recommend Dr. Tillotson for chiropractic care. She is outstanding!



Dr. Cynthia Seebacher, D.C.