

A Newer Twist on Chiropractic

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How the torque technique helped me recover physically and emotionally

By [Christina Diaz](#)

According to Time Magazine, more than 76 million Americans face some kind of chronic pain. We search for relief in cutting-edge methods like mesmerism, acupuncture and meditation, as well as traditional medicine. In 1994, a new form of chiropractic care was developed: Torque Release Technique. Since then, it has helped thousands heal each year. My Upper East Side doctor, Josh Wagner, at The Life House Chiropractic (lifehousechiropractic.com), is the only Torque Release chiropractor in Manhattan, and he treats his patients with the intention of restoring their life as a whole, not just their body.

As an avid tennis player and runner, with two marathons under my belt, I suffered back problems as well as depression after a car accident in early 2010. After having seen four other chiropractors in the last year, not only was I still in physical discomfort a month or so ago, I was unable to enjoy activities that made me emotionally and mentally happy.

Injury doesn't tend to stay in your anatomy. It often creeps into your brain and sticks there, altering your moods, emotions and mental health. Physical suffering can lead to other unwanted results such as fatigue, anxiety and depression.

According to Dr. Wagner, the spinal column can easily become misaligned with the stresses we experience every day, and that tension is stored in our nervous system. This can cause poor health in your neurology and physiology, producing symptoms like back soreness and headaches, as well as low energy, insomnia, a lowered immune system and chronic discomfort. All of which can lead to emotional and mental issues. Our system will stay "stuck" in this state until an outside force changes it and "snaps" the body out of its downward health spiral. This is what the Torque Release Technique offers.

The actual adjustment is given via a small handheld instrument called the Integrator. It uses a gentle force applied to areas of the spine to "unlock" a stressed nervous system where the spinal bones are "locked" in position, unable to restore alignment on their own.

I'd never encountered this kind of care before, but was surprised and excited about the almost immediate shift I felt. Torque Release is an accurate description because that's exactly what I experienced after my adjustment—a letting go of something I'd been "holding on to" since the accident. Explaining results, as well as a new technique, is always difficult, which is why a short video has been developed on the Life House website, so that people can view the treatment.

Dr. Wagner, who graduated from NYU pre-med, got his doctorate at Chiropractic at Life University in Atlanta, and worked with Dr. Jay Holder, the founder of Torque Release Technique.



“TRT is in the patient’s best interest for the short and long term,” Wagner said. “It affects far more than just physical ailments. It is the only chiropractic technique published in medical journals for its effect on helping people who are suffering with depression, anxiety and addiction. I see physical changes in my patients, then deeper results once the stress is gone and they can fully contribute to their entire life.”

Hence the name of his practice: The Life House Chiropractic.

Dr. Wagner said patients often come into his office because of neck or back problems, and after treatment, their energy increases and their sleep improves. Their neck and back issues sometimes resolve secondarily because people begin to work internally how they should, at their best. He said his own blood pressure has decreased and his neck range of motion, due to football injuries, has been helped with Torque Release.

TRT does not use any of the traditional popping or cracking of the spine (something I was never crazy about myself). “Doctors themselves do not heal you, your body heals you,” Wagner said. “Our approach puts it in the best position to heal by assisting you in leading a healthier, more balanced life.”

Torque Release Technique exceeded my expectations and I am now running again without discomfort or stiffness in my lower back. I’m hoping for a shot at the New York Marathon next year.