



## CASE STUDY

# How Chris Corrales's Holistic Approach to Pain Management Helped a Marine Engineer Get His Life Back After 1.5 Years of Dominating Back Pain!



"If it wasn't for Chris, I'd still be on the couch and house-bound. He was able to get me moving and gave me my quality of life back"

**Mark Higgins**



## **THE CHALLENGE**

**Finding a way to resolve his back and hip pain without surgery or other invasive procedures.**

After experiencing severe back pain, Mark was diagnosed by some doctors for having disc degeneration, while others thought it was femoral acetabular impingement (FAI) or hip impingement. Even though he's just 30, they said he had the back of a 50-year-old man and advised surgery to correct it. The hip and back pain severely restricted his movement, quality of life, and work.

**“I was a cyclist and the back pain made it very difficult to ride my bike.**

**I couldn't go on hikes and was house-bound.**

**I also couldn't really walk or stand up for long periods of time...maybe like 20 minutes to half an hour at most without being in quite a bit of pain.”**

Mark tried everything he could think of to alleviate his pain. From standard physical therapy to stretching/ strengthening exercises. Some physical therapists suggested he strengthen his core, but being a strong athlete himself, he felt his core wasn't the issue.

He saw three or four different chiropractors, two physical therapists, and even an acupuncturist. He also tried sports massage... but all to no avail. He didn't want surgery but the pain had taken over his life for more than a year and it came to the point where he started to have a fear of pain. Mark recalls,

**“ I was constantly afraid that the pain was going to get worse, or I was going to do something that would make it worse.”**

**“The whole time I was going through this... I sort of knew that the methods other people were using weren't really going to work. But you know, I went through with them because there really wasn't anything else to do.”**

Mark also had to take a four-month leave of absence from his work as a marine engineer due to severe pain. It was therefore very important for him to find a way to resolve this.



## THE CHALLENGE

“My main goal was to be able to live my life in the way that I wanted to; to be able to do the things I wanted to do on the weekend and then also be able to do my job without too much pain.”

Mark had a cortisone shot (which didn't help much) and so his doctors recommended surgery. He was very reluctant, but by that point, he had tried everything he could think of and the medical community had run out of answers. He wasn't left with an alternate option except for one: to take matters into his own hands...

So, Mark turned to the internet to find his own solution.





## **THE SOLUTION**

**Finding a pain management expert that had a non-invasive, alternative approach to chronic pain.**

**“Chris understands pain and understands the process of getting out of pain in a way that nobody I've met really does.”**

After spending the past year and a half with debilitating back and hip pain, Mark turned to Google for some answers. While hoping to find pain relief with a sports massage, he came across the website of Chris Corrales, a San Francisco based pain management expert who uses Structural Integration to help his patients out of pain.

Chris uses a unique approach of touch assessment, intervention, integration and bodywork and has an innate understanding of the human body and pain management techniques. His philosophy immediately caught the attention of Mark who didn't waste another minute and reached out.

**“As soon as I met Chris, I kind of knew that this is the guy who was gonna help me.**

**The first time I talked to him over the phone and he was running me through his philosophy for pain management, I remember thinking, ‘Yeah, this is it, this is the guy.’”**

Chris has his patients go through a unique proprietary Movement Assessment at their initial meeting. He looks at the way they move and hold themselves. He assesses their walk, where they're holding tension, where the pain is, and how their movement and posture might be affecting that. He then feels the body similar as a massage therapist would.

Mark recalls,

**“With Chris... you know that he's really seeing you as an individual.**

**He's doing personal assessments and is giving you ways of moving that are just specific to you.**

**His method and approach are unique.”**



## THE SOLUTION

Some of the common misconceptions people have around pain management of acute/ chronic issues is that it takes a lot of time and doesn't yield immediate results. However, Chris's methods and approach bust this common myth.

“Chris's bodywork sessions are pretty invaluable.

The first time I saw him, he told me to place my feet and toes in a certain way when I walked.

So, I started doing that and it was a pretty dramatic change.

In a couple of days, I noticed a huge improvement in my pain levels.”

Mark would go on hikes with Chris while being instructed on how to move, walk, hold his body, how to fold his legs, hold his torso, etc. These little changes were easy to incorporate in his daily life and had a continuous and positive effect on his pain.

“The more I walked in that way, the better my pain got. It's something that helps me even a month later.”

Throughout the whole process, Mark was given things to think about, physical exercises, and ways of moving so he could continue the healing process independently on his own, and not just in office with Chris.







## **THE RESULT**

**Seeing an improvement in pain levels with just  
ONE session!!**



**“On the first day of working with Chris and making minor adjustments in the way I moved and my posture, I started to feel a profound impact and a slight reduction in my pain.”**

Mark noticed his pain started to disappear the first week of working with Chris. He explained that Chris also helped him overcome his fear of pain and showed him simple techniques to help manage it.

Another unique aspect of working with Chris is that he doesn't only help his patients resolve pain, but does a lot of education around it. He gives clarity to the holistic picture that is causing issues and helps patients understand the physical patterns that are causing pain.



**“The most valuable thing I got from working with Chris was him teaching me about my body.**

**He basically gave me the tools I needed so I can address my pain myself; so that if I ever have a flare-up in the future, I can deal with it.”**

The rest of the time working with Chris was similar. He suggested minor changes and was constantly giving Mark ways of holding himself, of moving; and just seeing the positive impact on his body, was pretty profound for him.



**“I was able to have my life back. I'm not completely pain-free; but Chris has helped to get the pain level down considerably.**

**Most importantly, he's taught me how to manage it, how to get out, how to move with it, how to live my life and not be so afraid of it anymore.”**

Now, Mark is occasionally able to ride bikes and get out a few times a month. He's playing disc golf again and enjoying hikes with his dog. He's back at work and doing the things he needs to do.

For the time being, Mark does not need surgery and is able to put it off. The techniques that Chris has equipped him with are enough to manage his pain, and he's happy to have gotten to this point.

## THE RESULT

When asked why he liked working with Chris versus anyone else he's worked with in the past, Mark said that Chris treated him as an individual. Other providers had a 'one size fits all' solution even before meeting him.

Whereas with Chris at every session, he was figuring out the treatment plan for that day. It was highly specific and curated for Mark.



**“Chris involves you heavily in your own care.  
With a lot of the standard medical providers, they are treating you, but  
with Chris, he's treating you holistically and teaching you how to  
manage pain yourself.**

**In my experience, this method is more effective than any other.”  
“I wish there were more people like Chris. I found him by chance and  
I'm glad that I did; because if I hadn't, I would still be where I was 4  
months ago.”**



**Are you ready to finally break free of pain and live life on your terms?**

**Don't wait and book a 15 minute phone call with Chris Corrales**



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