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team at the **Sage Clinic**
help patients overcome
chronic pain and return to
doing the things they
love, without relying on
medication or surgery.

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by **Matt Cosentino**
photos by **Jody Robinson**



Dr. Victor Sage founded the Sage Clinic to help patients with back pain, neck pain, sciatica, migraines, and other issues.

A Natural Approach

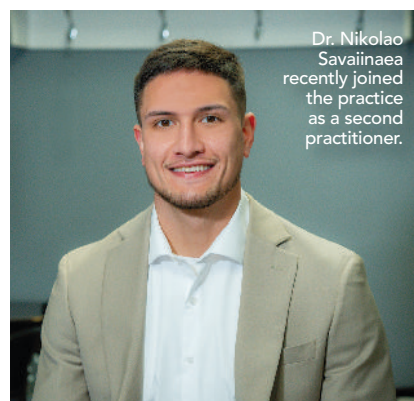
Dr. Victor Sage and his team at the **Sage Clinic** help patients overcome chronic pain and return to doing the things they love, without relying on medication or surgery.

Victor Sage, D.C., knows firsthand the toll of injury on the human body, and the limits to which the body can be pushed. An athlete throughout his life, Dr. Sage played baseball at the collegiate level, where he received his undergraduate degree in health and exercise science from the University of Delaware. It wasn't until he moved on to New York Chiropractic College that he truly understood the potential of natural healing and the ability to find true relief from chronic pain.

"When I decided to apply to chiropractic

school instead of medical school, I figured I could go for a semester and if I didn't like it, I could leave," he says. "But once I was there and I started getting treatment myself, I began seeing changes. I pitched in college, and I was getting strength in my arm that I never had before, that I didn't even know was an issue. I knew at that point I was in the right place. I knew I could help others learn about this and utilize it in their own health quest."

Dr. Sage founded the Sage Clinic in Newtown Square in 2006, with the goal of



Dr. Nikolao Savaiinaea recently joined the practice as a second practitioner.

helping patients who have back pain, neck pain, sciatica, migraines, and other issues affecting their daily lives and preventing them from pursuing their favorite activities. He wanted to remain an independent, private practice rather than becoming part of

a large medical group and risk losing a direct connection with his patients. Even more importantly, he strived to guide people through health struggles using natural, drug-free means.

Although the opioid epidemic had not yet entered the mainstream consciousness at the time, he was already committed to the idea of avoiding unnecessary medication and surgery. Instead, he focused on igniting the body's natural healing process.

"Chiropractic has been ahead of the curve on that for over 125 years," he says. "People have been looking for alternatives not only because of the opioid crisis, but also because the trust of the medical system is not there like it used to be. People don't want to go down the road of taking pain medications if they think something else will work effectively. They also know that if they do surgery, they will have to likely have to take some kind of pain medication and do extensive rehab, and a lot of times surgery isn't guaranteed to be the long-term fix."

People usually come in for a visit when pain makes it too difficult to perform regular tasks and enjoy their

hobbies. Dr. Sage provides each new patient with a full examination to pinpoint the root of the problem and identify any underlying conditions. Unlike many chiropractors, he embraces the use of X-rays and specialized digital motion X-rays early into the diagnostic process.

"There is a popular saying, that to see is to know and to not see is to guess," he adds. "So for me, X-rays are necessary when I find a problem. If you do the digital motion X-ray, you get to see not only what kind of condition a joint is in, but you also get to see the mechanics of that joint. With all of that information, we're able to sit down and devise an appropriate plan for the patient."

The treatment often involves a combination of proven techniques such as Gonstead spinal adjustments, decompression, and therapeutic exercises, all with the idea of using the body's natural healing capabilities.

"Early treatment is usually more passive in nature in terms of getting them out of pain as the primary goal, and then restoring proper function and strengthening during the latter half of the plan to make sure it



doesn't reoccur or become a reoccurring issue," Dr. Sage says. "People are taught that their bodies are inherently unintelligent, but it's the complete opposite. When we realize how powerful the healing capabilities are, that's when a lot of the true healing takes place.

"Medication and surgeries are obviously necessary sometimes, and they save lives, there's no doubt about that," he continues. "But in more of the chronic scenarios and lifestyle-type issues, if people just understood how to take care of the body and how to allow it to get into the best position to heal, they would do a lot better."

That approach may benefit a wide range of patients, including those who suffer from migraines. Dr. Sage can discover what triggers the headaches, such as pressure on nerves that affect certain organ systems. Sage Clinic has also become a haven for pregnant women seeking safe chiropractic care.

"Back pain is obviously one of the major issues for them, along with neck pain," he says. "Especially if they're taking care of other little ones, it's just really hard on their bodies. We can take care of them all the way through to labor and delivery."

Sage Clinic has been fortunate to have Kristy as its dedicated office manager for more than 12 years, who Dr. Sage describes as instrumental in the practice's behind-the-scenes operations. He also has high praise for Valarie, who assists with patient rehabilitation care.

The newest member of the team is Nikolao Savaiinaea, D.C., known around the office as "Dr. Niko." He joined the practice in January after Dr. Sage's long search for a second practitioner.

"We see things the same way," Dr. Sage says of Dr. Niko. "We have the same type of mindset in terms of our thoughts on the practice and the treatment for an individual, focusing on the underlying issues and mechanical aspect of it. We've both been involved in sports and had injuries growing up, so we take that experience and knowledge, and are able to apply it to patients today."

As he approaches 20 years at Sage Clinic, Dr. Sage continues to love his career. He makes a point to find out the activities his patients are passionate about and then helps them set goals to get back to doing the things they love—playing golf, riding a bike, playing with their kids or grandkids, etc.

"That is the most rewarding part of the job, when they tell you they've been doing that activity again," he says. "I hear all the time, 'You've given me my life back.' They're really grateful, and that always makes me feel good." ■

➔ **Sage Clinic**
3605 Winding Way
Newtown Square, PA 19073
(610) 325-6037 | SageChiro.com