

Improved Behavioral Changes, Dysautonomia, Dysponesis and Quality of Life in an Adult with Autism Following Chiropractic Care to Correct Vertebral Subluxation: A Case Study & Review of the Literature

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Abstract

Objective: The purpose of this study is to report on the positive health outcomes following chiropractic in an adult with Autism Spectrum Disorder.

Clinical Features: A 22-year-old female with Autism Spectrum Disorder and experiencing anxiety, nervousness, menstrual disorder, restriction of daily activities including personal interaction in social settings and speech came for chiropractic care to improve overall health and improve social behaviors. Examination revealed vertebral subluxations, dysponesis and dysautonomia.

Intervention and Outcomes: The patient was adjusted utilizing Torque Release Technique (TRT) to correct vertebral subluxations. Thermography and surface electromyography were utilized to assess the neurological component of vertebral subluxation. The Autism Treatment Evaluation Checklist was used to determine improvement in social outcomes for the patient. Following eight sessions of TRT the patient experienced reduction in dysautonomia and dysponesis along with improved speech, reduction in rigid routines and improved sociability.

Conclusion: The patient in this study experienced improved health outcomes related to autism following chiropractic care. More research is needed in this population of patients.

Key Words: Autism, Autism Spectrum Disorder, chiropractic, adjustment, spinal manipulation, Torque Release Technique, vertebral subluxation complex, subluxation, dysponesis, dysautonomia, limbic system, behavioral disorders