

Reduction in Anxiety & Dysautonomia in Five Adult Patients Undergoing Chiropractic Care for Vertebral Subluxation: A Case Series & Review of the Literature

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Abstract

Objective: To chronicle the reduction in severity of anxiety, measured with the Hamilton Anxiety Rating Scale (HAM-A), in 5 patients receiving chiropractic care.

Clinical Features: Five patients from one chiropractic office with a chief concern of anxiety. Pre and post care HAM-A assessments, heart rate variability (HRV) and thermography studies were performed. The patients, aged 24 to 53 years, also presented with a variety of musculoskeletal complaints.

Interventions and Outcomes: Chiropractic care was provided using the Torque Release Technique (TRT) protocol for the assessment and correction of vertebral subluxation. Visit schedules ranged from 6 to 12 weeks. The patients reported improvements in their presenting complaints and additional non-musculoskeletal symptoms. Each patient demonstrated clinically significant improvement in their HAM-A scores improving from moderate/severe anxiety to mild or mild/moderate, and reduction in dysautonomia as measured by HRV and thermography studies.

Conclusion: This case series describes a reduction in severity of anxiety symptoms measured by the HAM-A, as well as improved autonomic nervous system function measured through HRV and thermography, in 5 adult patients receiving chiropractic care.

Keywords: Chiropractic, anxiety, vertebral subluxation, adjustment, Hamilton Anxiety Scale, Torque Release technique