

Resolution of Hypothyroidism & Dysautonomia Following Chiropractic Care to Reduce Vertebral Subluxation: A Case Study & Review of Literature

Annals of Vertebral Subluxation Research, Volume 2020

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Annals of Vertebral Subluxation Research ~ August 31, 2020 ~ Pages 135-142

Abstract

Objective: This case study describes the positive health outcomes of chiropractic care via Torque Release Technique (TRT) on a 61-year-old female patient with hypothyroidism and dysautonomia.

Clinical Features: A 61-year-old female presents to the chiropractor with an insidious onset of thyroid problems, weight gain, and decreased energy that began two years prior when she was diagnosed with hypothyroidism. Examination revealed vertebral subluxations and paraspinal thermography displayed severe temperature asymmetry in the patient's cervical, thoracic, and lumbar spine indicating dysautonomia.

Intervention and Outcomes: TRT protocol was utilized to reduce vertebral subluxations. Thirty days into care, the patient reported feeling an increased amount of energy and stability in her weight. Two months into care, the patient returned to her medical doctor for an annual check-up and was referred out for a serum lab evaluation. The lab results revealed that her TSH, T3, T4, FT3, and FT4 values were all within the normal reference range.

Conclusions: TRT is shown to be effective in addressing vertebral subluxation as well as decreasing dysautonomia in a 61-year-old female patient with hypothyroidism. The reduction in signs and symptoms of vertebral subluxation were associated with an improvement in thyroid function and symptoms related to hypothyroidism. Further research on chiropractic care reducing pressure and tension on the spinal cord in association with improved thyroid function is suggested.

Key Words: Vertebral subluxation, chiropractic, Torque Release Technique, TRT, Integrator, digital paraspinal thermography, hypothyroidism, adjustment