

# ADHD & BEHAVIORAL DISORDERS

**IMPROVEMENT IN SIGNS AND SYMPTOMS OF ADHD AND FUNCTIONAL OUTCOMES IN FOUR CHILDREN RECEIVING TORQUE RELEASE CHIROPRACTIC: A CASE SERIES**  
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**OBJECTIVE:**

The cases of four children receiving Torque Release chiropractic adjustments for spinal subluxation with concurrent reduction in the signs and symptoms of ADHD and functional outcomes measures are discussed.



**CLINICAL FEATURES:**

Four children ages 8 to 12 years of age presented to the clinic seeking help with their symptoms of ADHD. Each had been previously diagnosed with ADHD by a medical doctor and displayed impairment in either inattention or impulsivity, or both components. Three of the children were currently on prescription medication to manage their symptoms and one had a recent history of prescription medication use.

**INTERVENTION & OUTCOMES:**

Improvement in ADHD symptoms is based on the use of an ADHD symptom questionnaire completed by the primary caregiver and functional outcome measures include digital postural assessment, surface paraspinal electromyography, infrared paraspinal thermography, heart rate variability and spinal range of motion analysis. Chiropractic care utilizing Torque Release Technique was administered for 10, 10, 5, and 6 months respectively.

## SUBLUXATION CONNECTION

*Stress on the nervous system and changes in nerve tension along the spinal cord can alter a child's ability to adapt to stress, resulting in changed behaviors. Behavioral disorders, learning disorders, ADHD, and autistic spectral patients show remarkable improvements while under chiropractic care. The goal of care is to provide a neurologic calming to alleviate the stress placed on their nervous system and improve their adaptability over time.*

