

ANXIETY

**RESOLUTION OF ANXIETY & HYPERTENSION IN A 60-YEAR-OLD MALE FOLLOWING SUBLUXATION BASED CHIROPRACTIC CARE: A CASE STUDY & REVIEW OF THE LITERATURE. ANNALS OF VERTEBRAL SUBLUXATION RESEARCH
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SARAH PRATER-MANOR, D.C., ERIN CLIFTON, D.C.,
ALLISON YORK, D.C.**

OBJECTIVE:

To present the chiropractic care of a 60-year-old male presenting with anxiety and hypertension receiving specific chiropractic adjustments.



CLINICAL FEATURES:

The patient is a 60-year-old male with medically diagnosed anxiety and hypertension. A thorough history and exam were performed. Subluxations were determined through static and motion palpation, bilateral weight scales and posture analysis.

INTERVENTION & OUTCOMES:

The management plan of the patient utilized the Thompson Technique protocol to deliver specific adjustments to the areas of vertebral subluxations. After six months of care the patient is no longer taking prescription medications to control his anxiety and hypertension and his blood pressure remains stable.

CONCLUSIONS:

This study evaluates resolution of anxiety and hypertension in a 60-year-old male receiving chiropractic care. More research with larger sample sizes is recommended to further explore the use of chiropractic care for resolution of anxiety disorders and hypertension.

SUBLUXATION CONNECTION

Stress and anxiety affect all ages. This added load on the nervous system creates subluxation patterns that are measurable in scans and can be tracked during examinations. Changing the posture through specific adjustments can reduce anxiety and help other symptoms like headache resolve.

