

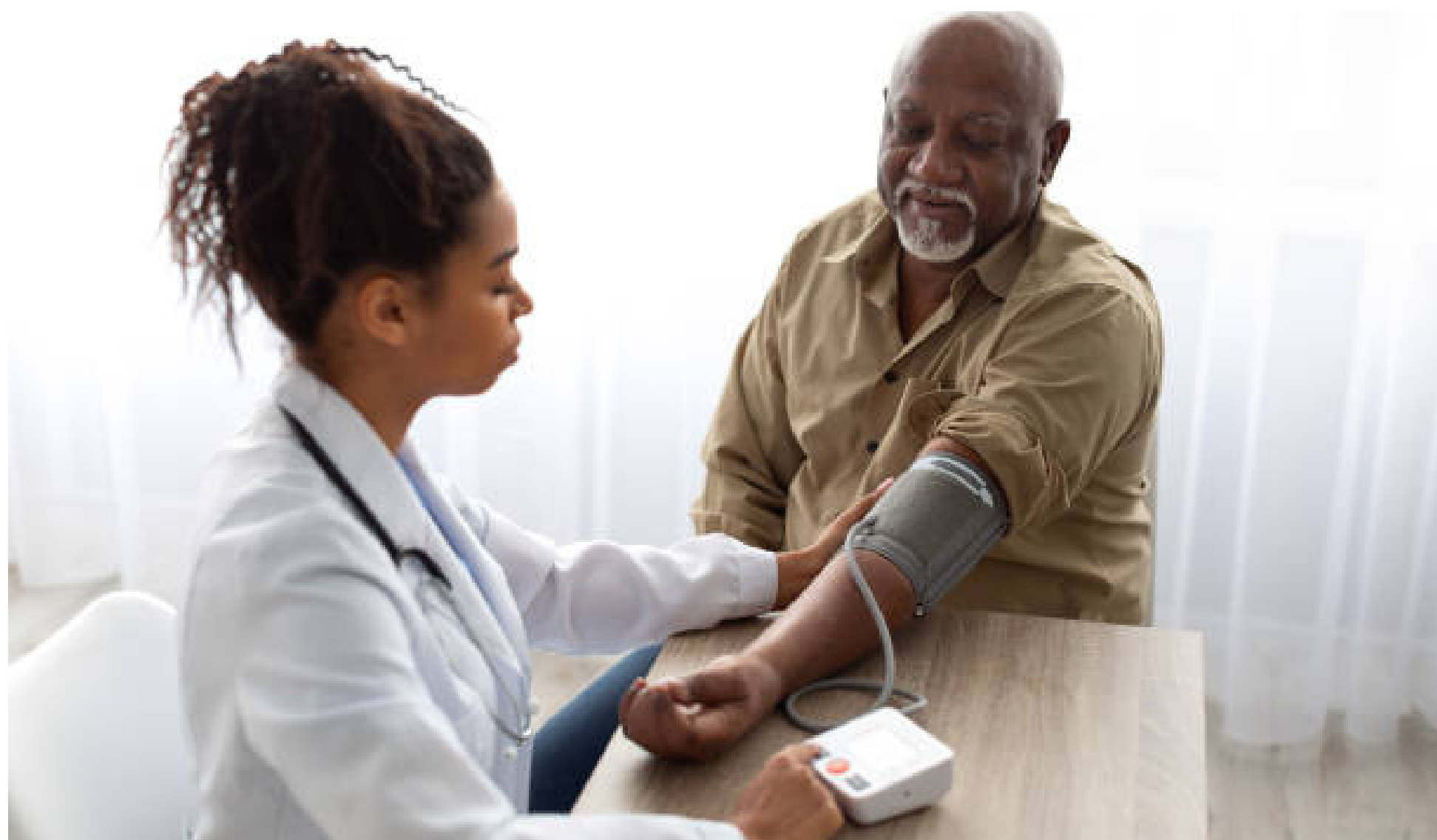
# BLOOD PRESSURE

## REDUCTION OF BLOOD PRESSURE IN A PATIENT RECEIVING CHIROPRACTIC CARE: A CASE STUDY & REVIEW OF LITERATURE.

ANNALS OF VERTEBRAL SUBLUXATION RESEARCH ~ MARCH 6, 2017 ~ PAGES 15-33  
ZACHARY VANSEN, D.C.

### OBJECTIVE:

The purpose of this article is to report on improvements in blood pressure of a 50-year-old male hypertensive patient undergoing diversified technique chiropractic care simultaneously being managed by antihypertensive medication.



### CLINICAL FEATURES:

Blood pressure readings on a stage 2 hypertensive patient were acquired pre- and post- intervention over an 18-adjustment course of treatment. The patient was assessed on five different occasions using a rolling infrared thermal scanner and SF-36 questionnaire as additional outcome measures for their insight into patient physiology and quality of life. The patient's cervical range of motion was also assessed on two occasions.

### INTERVENTION AND OUTCOMES:

Throughout the 18-adjustment course of treatment utilizing diversified technique spinal adjustments the patient exhibited continual improvements in blood pressure and paraspinal thermal scan measures. SF-36 scores remained above statistical standards over the course of treatment. The patient's cervical range of motion measures also showed improvements from initial values.

### CONCLUSIONS:

Due to the heterogeneous nature of the current literature regarding chiropractic's effect on blood pressure, further research on the mechanism of chiropractic's effect on the nervous system's control of the cardiovascular system needs to be ascertained to further draw conclusions on the efficacy of the treatment and to stimulate interest in further research regarding the topic.

## SUBLUXATION CONNECTION

*Hypertension or high blood pressure is a commonly reported symptom. It is generally managed using blood pressure medications. This study, and others like it, indicate that by balancing nerve function and reducing the stress patterns associated with spinal subluxations, patients with high blood pressure can benefit from chiropractic care and gain back a sense of well-being.*

