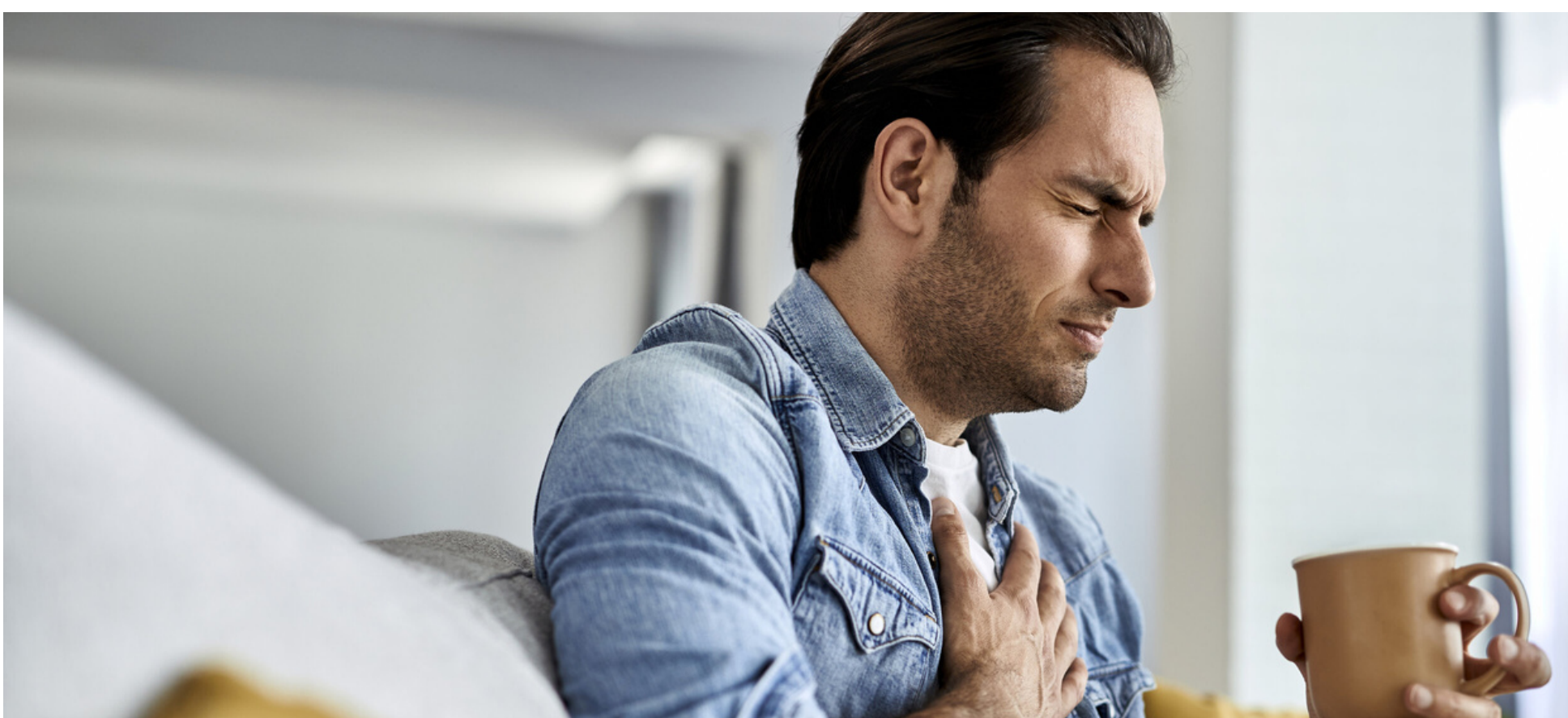


GERD

IMPROVEMENT OF GERD FOLLOWING CHIROPRACTIC CARE: A CASE STUDY AND SELECTIVE REVIEW OF LITERATURE ANNALS OF VERTEBRAL SUBLUXATIONS RESEARCH ~ JULY 11, 2016 ~ PAGES 53-60 JONATHAN MADILL, D.C.

OBJECTIVE:

This case report will describe the management of a patient with gastroesophageal reflux disease (GERD) by means of Gonstead chiropractic care.



CLINICAL FEATURES:

A 37-year-old male presented with a two-year history of GERD, mid-thoracic pain, as well as cervical and thoracic vertebral subluxations. Lateral radiographs of the thoracic spine revealed intervertebral osteochondrosis at the mid-thoracic vertebrae.

INTERVENTION & OUTCOMES:

High velocity, low amplitude (HVLA) spinal adjustments were utilized (Gonstead technique). The patient received 12 adjustments over the span of 3.5 months that consisted primarily of HVLA adjustments to specific cervical and thoracic vertebrae. The patient experienced a reduction in frequency of GERD symptoms and vertebral subluxations following the introduction of Gonstead chiropractic care. The patient was able to maintain a care-free diet and remain asymptomatic.

CONCLUSION:

A patient suffering from GERD had successful management under Gonstead chiropractic care. The patient reported both quality of mental and physical health as improved and is currently satisfied with his condition. This case study helps validate that further research for chiropractic adjustments and its benefits to those suffering from GERD is warranted.

SUBLUXATION CONNECTION

GERD and other forms of reflux and indigestion represent the body's inability to regulate the timing and amount of acid production in the gut. By reducing the impact of stress on the central nervous system and by targeting nerve interference related to digestion, chiropractic patients can show consistent improvement as the connection from brain to body is improved thus promoting optimal digestive function.

