

MENSTRUAL CRAMPING

REDUCTION IN DEPRESSION, INSOMNIA, PRE-MENSTRUAL SYNDROME & DYSAUTONOMIA IN A PATIENT UNDERGOING SUBLUXATION-BASED CHIROPRACTIC CARE USING TORQUE RELEASE TECHNIQUE.

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OBJECTIVE:

To report on the outcomes of chiropractic management of a patient presenting with cervical, thoracic and lumbar subluxations and suffering from depression, insomnia, severe effects from pre-menstrual syndrome and headaches.



CLINICAL FEATURES:

A 27-year-old female at the chiropractic office with the chief complaints of depression, insomnia, severe effects from pre-menstrual syndrome and headaches. She also occasionally suffered from dizziness, mood swings, buzzing in ears, stiff neck, constipation, menstrual pain, irritability, back pain, urinary problems, nervousness, upset stomach, cold feet, and heartburn.

INTERVENTION AND OUTCOMES:

The patient was diagnosed with vertebral subluxation complex at: cervical, thoracic and lumbar spinal segments. The patient's management plan consisted of chiropractic adjustments delivered to the patient's spine. On each visit, analysis was performed utilizing the Torque Release Technique indicators for subluxation and then an adjustive thrust was performed at these levels, utilizing the Integrator adjusting instrument. After three months of chiropractic care, the patient's subjective and objective outcomes significantly improved. The regularity and severity of patient's depression-related symptoms improved from "moderate" to "mild".

SUBLUXATION CONNECTION

Menstrual cramping, endometriosis and other significant female reproductive organ system symptoms are reported to be managed under chiropractic care. Due to the global impact of these changes, improvements in the severity of depression, insomnia and mood swings all responded when the spinal nerve system was adjusted to restore greater ease of movement and nerve function.

