

Effects of sacro occipital technique (SOT) chiropractic and cranial therapy on dizziness in three patients 68, 72, and 75-years-old: A case series [Abstract]

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Indexing terms: Chiropractic; SOT; dizziness; ageing; Category One blocking.



Objective:

To share a novel treatment for the care of three-patients presenting with unresolved 'non-pathological' dizziness.

Clinical Features:

Three-patients, female age-75, female age-72, and male age-68 presented for care in my office with complaints of severe non-pathological dizziness. Medications and treatment for BPPV did not resolve their condition, which was ongoing for days to months.

Intervention/Outcome:

Treatment consisted of sacro-occipital technique category-one prone block placement to treat pelvic torsion, cervical stairstep adjusting, and cranial techniques (e.g. internal temporal and external temporal bone adjusting on opposite sides, and sphenobasilar symphysis techniques). Whereas the patient had dizziness getting down on the table when it was time for them to get up, they were not dizzy and noticed their dizziness had resolved. The effects of this treatment appeared to last as within days the patients were no longer suffering from dizziness.

Conclusion:

Current research into fascial continuity supports that pelvic torsion could be represented in the whole kinematic chain, even into the cranium and its dural-meningeal system. Compounded with visual and vestibular righting mechanism factors the process of righting the head to a 'pelvis in torsion' may have an adverse affect on the vestibular apparatus and subsequent dizziness.

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Cite: Benner C. Effects of sacro occipital technique (SOT) chiropractic and cranial therapy on dizziness in three patients 68, 72, and 75-years-old: A case series [Abstract]. Asia-Pac Chiropr J. 2025;6.2. www.apcj.net/SOT-Abstracts-2025/#BennerCaseSeries

About the practitioner

Christine Benner DC, LAc, MS is a 1989 graduate of New York Chiropractic College and a 2007 graduate of the Tri-State College of Acupuncture. She is the director of Oasis Healing Arts in New York City where she practices SOT Chiropractic and Acupuncture. Dr. Benner is a Certified SOT Practitioner as well as a Certified SOT Cranial Practitioner. Dr. Benner has been an SOT instructor since 1998, is chair of SOTO-USA's board of certification, and a member of the board of directors for SOTO-USA.



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