

# Interdisciplinary care of a 15 year old male patient suffering from unresolving post-concussion syndrome symptoms secondary to high school American football trauma: A case report [Abstract]

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Thomas Bloink and Charles Blum

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**Indexing terms:** Chiropractic; SOT; Category One blocking; prone; co-management.



## Objective:

To present chiropractic and cranial care of a 15-year-old patient suffering from unresolving post-concussion syndrome secondary to multiple head trauma while playing high school football (North American).

## Clinical Features:

A 15-year-old patient presented to this clinic having suffered a concussion 6-months prior describing multiple impacts to his body and head during a game. At his initial office visit he presented with unremitting headaches, photophobia, and hyperacusis unresponsive to rest, watching and waiting, and various medications.

## Intervention/Outcome:

The patient was treated with sacro-occipital technique prone block placement (category one) and adjustments to his cervical, thoracic, and cranial/TMJ regions. He was referred to a functional optometrist for vision exercises and dentist to balance TMJ occlusal and condylar function utilising a mandibular appliance modified immediately after each chiropractic treatment. At one-month into care the patient's symptoms were 80% improved, two-month mark 95% improved, and at the six-month mark had returned to playing football and full activities.

## Conclusion:

This case represents a 15-year-old male patient's response to novel interdisciplinary care of his prior unresolving post-concussion syndrome symptoms. Further research is needed to determine what subset of paediatric patients with head trauma might be helped with this treatment model.

Charles L Blum

DC, CSP, CSCP

Director of Research

Sacro Occipital Technique Organization - USA

Private practice of Chiropractic

Santa Monica, CA

Thomas E. Bloink

DC, CSP, CSCP

Private Practice, Los Gatos CA

[www.drbloink.com](http://www.drbloink.com)

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## *About the practitioners*

**Thomas Bloink DC, CSP, CSCP** specialises in cranial-dental integration in Silicon Valley at the California Cranial Institute, which was founded in 1992.

Dr Bloink was on the board of advisors to help create SOTO-USA and is actively presenting at research conferences throughout the world, and developing novel treatment approaches for functional neurological conditions. He works closely with many different specialists including dentists, orthodontists, and oral-maxilla surgeons. ENT's and others to ensure the best possible outcome for his patients.





**Charles L Blum DC, CSCP** is in private practice *Santa Monica, California* and past president of SOTO – USA, now their research chair. He serves as Adjunct research faculty at *Cleveland Chiropractic College* and associate faculty at *Southern California University of Health Sciences* teaching the SOT Elective. Dr. Blum is a Certified SOT Cranial Practitioner, and on the peer review board of the *Journal of Craniomandibular and Sleep Practice* (CRANIO), *Association of Chiropractic College Conference Peer Review Committee*, *Journal of Contemporary Chiropractic*, *Asia Pacific Chiropractic Journal*, and *Journal of Chiropractic Medicine*. He has lectured nationally and internationally, has written various SOT related texts, compiled SOT and cranial related research, and has extensively published in multiple peer reviewed indexed journals and at research conferences from 1984 to the present.



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