

# Treatment of a patient with cervicogenic related vertigo: A case report

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**Introduction:** A 70-year-old female patient presented with persisting (months) unresponsive severe left neck pain and vertigo. The patient had been successfully treated at this office 6y earlier for left-sided TMJ dysfunction, so returned for an assessment when her symptoms became unbearable. Current examination revealed significant left-sided neck pain (C5-C7) without radiculitis. She also received treatment at Stanford Medical Center from an allopathic pain management doctor who diagnosed her with cervicogenic vertigo. He treated her with acupuncture and advised her to continue with chiropractic treatment.

**Methods/Intervention:** The patient received 9 sacro occipital technique (SOT) treatments over a period of six-weeks. Along with SOT care, adjustments focused to C5, cervical-traction therapy, myofascial treatment to her left *scalene* muscles, and LED infrared therapy.

**Results:** Over the course of treatment as her neck pain diminished her vertigo symptoms diminished concurrently. By the 6<sup>th</sup> week of treatment the patient reported no further vertigo symptoms.

**Conclusion:** It is difficult to rule out placebo effects, regression to the mean, or other confounders so further research is needed to determine which patients with cervicogenic vertigo might be good candidates for this collaborative care.

**Indexing terms:** Chiropractic; sacro-occipital technique; SOT; cervicogenic; vertigo

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