

# SOT cranial therapy and nutrition for the treatment of autism: A case report

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**Objective:** A two-year-old male patient presented to this office with moderate-to-severe autism and stimming behaviours.

**Clinical Features:** Following 12-14 month vaccinations the child's parents reported decreased motor skills, failure to meet milestones, make eye contact and name response, and ceasing of babbling.

**Stimming behaviors:** side eye glancing, spinning in circles, head shaking side to side, only communicating with sign language, not interested in playing with other children/siblings. Open mouth breathing and teeth grinding at night. ([read more](#))

**Intervention/Outcome:** Examination revealed narrow upper-palate with teeth crowding, tongue-tie, right-occipital compression, right-*sphenobasilar* torsion, poor lip seal, low tongue resting position with nasal congestion, lack of eye tracking and convergence, and hypersensitivity to touch. Hypertonicity in mid-back thoracic spine muscles, with right sacral-base posteriority, and right gluteal hypertonicity. Treatment consisted of twenty-chiropractic treatments (20-weeks) incorporating sacro-occipital technique craniofacial adjustments and nutritional detoxification support. Following care, parent's reported significant reduction in all symptoms, able to make eye contact and laugh, sing, combining words, jumping, reduction in tantrums, able to be social (attend school) and 75%-decrease in stimming behavior.

**Conclusion:** Greater study is needed to identify if other children presenting with autism-spectrum type diagnosis might benefit from nutrition, sacro-occipital and cranial/craniofacial adjusting interventions.

**Indexing terms:** Chiropractic; autism; stimming behaviour; sacro-occipital technique



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