

# The effect of sacro-occipital technique on sensorineural and myogenic tinnitus: A case report

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**Objective:** To investigate the effect of sacro-occipital and cranial technique chiropractic care on sensorineural and myogenic tinnitus.

**Clinical Features:** Patient is a 41-year-old female, presented into clinic suffering from high pitch tinnitus in the right ear, and three different sound distortion tinnitus in the left ear. The cause of the tinnitus happened one year ago after an acoustic trauma at her workplace. The tinnitus onset was immediate after the acoustic trauma, causing her to have sleep deprivation and an increase in intensity of her hyperacusis. She was diagnosed with hyperactivity of the *stapedius* muscle on the left by multiple EENTs as the cause of her different sound distortion tinnitus.

**Intervention and Outcome:** Over the course of six-weeks, the patient went through a series of 12 treatments using sacro-occipital and cranial techniques with chiropractic manipulation, which helped to resolve her right ear tinnitus and two of her sound distortions in the left ear.

**Conclusion:** The patient's condition was unresponsive to other interventions and her quality of life was suffering greatly before initiating care at this office. Further study into care of patients with hyperacusis/tinnitus utilising conservative chiropractic sacro-occipital and cranial techniques is indicated.

**Indexing terms:** Chiropractic; tinnitus; myogenic tinnitus; acoustic trauma; hyperacusis; sacro-occipital technique.



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