

Successful Sacro Occipital Technique care for an 11-year-old female presenting with scoliosis: A case report [Abstract]

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Indexing terms: Chiropractic; SOT; blocking; scoliosis.



Introduction:

An eleven-year-old female diagnosed with scoliosis by her allopathic paediatrician at her yearly check-up presented at this office for care. Because her family was treated at this office for years her mother brought her in for a second opinion. Her initial assessment indicated that she did have a scoliosis with a convexity to the left in the lumbar region and to the right in the thoracic region.

Intervention:

The patient was initially treated as a category two and was blocked in the supine position until her indicators subsided and was treated with a DeJarnette scoliosis protocol presented in his 1969 Chiropractic Assistant's Manual. The patient had a scoliosis with the lumbar convexity towards the left and the thoracic convexity towards right. So she was treated initially supine with a pelvic block placed at a 45° caudal angle through the right acetabulum and another pelvic block placed under her shoulder at a 45° caudal angle towards her spine.

As her body relaxed she was then turned to the prone position and blocks were placed at a 45° caudal angle bilaterally through her ASIS (SB+ block position). Once blocks were placed and the patient relaxed, simultaneous pressure was gently applied to reduce the increased asymmetrical muscle tension at the concavity of the curves (case lumbar concavity on the right and thoracic concavity on the left). After the muscle tension was reduced then thumb pressure was applied to the convexities in the lumbar and thoracic region simultaneously until the vertebral spine felt like it relaxed into a more symmetrical positioning.

Outcome:

Following the first office visit she was seen again eleven days later and the scoliosis was improved but still present. She was treated again three weeks later and at that time there was no sign of the scoliosis. At a five-week follow up office visit her scoliosis was back but not as severe as initially. She was then seen once a month over two months with no trace of the scoliosis. At seven month from instituting chiropractic care her scoliosis returned though was very mild, but following that treatment it never recurred. When she had her twelve-year-old check up from her patrician there was no sign of any scoliosis.

Conclusion:

This case presents treatment of an adolescent with scoliosis diagnosed initially by her paediatrician and treated successfully with sacro occipital technique protocols. It may be of value for future studies investigating more interdisciplinary relationships between allopathic and chiropractic physicians treating children with scoliosis.

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About the practitioner



David Simmons, DC took his first seminar from Dr. DeJarnette in 1978. He has been teaching sacro occipital technique (SOT) at the SOT clubs at Cleveland Chiropractic College – Los Angeles and Southern California University of Health Sciences, as well as SOT Regional Certification Series in Los Angeles, California for over 28 years. He is passionate about practicing chiropractic and loves to go to his office six days a week working to help patient improve their health through natural means.

