

Chiropractic treatment of a 33 year old female presenting with bilateral toe walking and mild scoliosis throughout entire spine: A case report [Abstract]

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Indexing terms: Chiropractic; SOT; adult toe-walking.



Objective:

The objective of this report is to share novel treatment for a toe walking in a 33-year-old female presenting with a life-long toe walking condition.

Clinical Features:

A 33 year old female (now 35 years old) presenting for chiropractic care with unresponsive bilateral toe walking and mild scoliosis in her entire spine due to gait disturbances, to an interdisciplinary clinic having given up on other options (e.g., surgery, physical therapy, etc.).

Intervention and Outcome:

Treatment consisted of sacro-occipital technique, cranial techniques, and one visit to a pelvic floor physical therapist to address spinal/coccyx, lower extremity, and postural imbalances, likely related to the patient's life-long toe-walking. After two-months of one-two chiropractic treatments per-week the patient was able to stand flatfooted with some forward torso bending for the first time in her life. Her gait still consisted of toe-walking but had some intervals of heel-toe walking as well. After eight-months of chiropractic treatments, approximately one treatment per-week, she has attained proper gait mechanics and only toe- walks out of habit on occasion.

Conclusion:

This case demonstrates a conservative treatment for an adult patient presenting with toe-walking/gait disturbance when other methods were not effective.

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Cite: Stowell LM, Blum C. Chiropractic treatment of a 33 year old female presenting with bilateral toe walking and mild scoliosis throughout entire spine: A case report [Abstract]. Asia-Pac Chiropr J. 2025;6.2. www.apcj.net/SOT-Abstracts-2025/#StowellToeWalking

About the practitioner



Lisa M Stowell DC focuses on the safest and most natural approach to chiropractic care utilising cutting edge techniques such as SOT (sacro-occipital technique). She incorporates 'Food First' as part of her approach to customise personal dietary needs as well. Besides head, neck and low back pain, Dr Stowell addresses conditions such as diabetes, fibromyalgia and even depression and fatigue. Dr Stowell has been published in an international, peer-reviewed chiropractic journal as well as accepted for presentation at 2024 ACC-RAC Conferences.



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