

Improvement in nasal turbinate and adenotonsillar hypertrophy and its concomitant symptomatology with paediatric chiropractic care: A case report

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Introduction: Nasal turbinate and adenotonsillar hypertrophy appear to be common complaints for infants, toddlers, even adults. From a chiropractic standpoint, subluxation-based care that ensures optimal neural function can contribute to both immunological and hormonal balance.

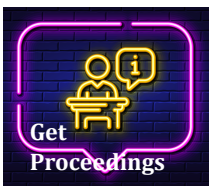
Subluxation-based care is a successful initial conservative low risk intervention as opposed to surgery. We present here a case study of a 4-year-old girl whose mother reported her experiencing since birth, nasal turbinate and adenotonsillar hypertrophy with sleep and respiratory disturbances, dental bruxism, chronic upper respiratory tract infections, and behavioural issues.

Methods/Interventions: Subluxation-based care was rendered that utilised sacro occipital technique (SOT) pelvic block placement, orthopedic block adjusting of L3, and cranial techniques along with Thompson Technique leg check for pre and post assessment purposes. Also utilised at one visit was a diversified side posture adjustment with minimal general torque at L3, and sustained digital pressure with cervical spine range of motion assist to adjust any subluxated cervical vertebra

Results: The chiropractic care proved to be highly effective in a relative brief period of time. The results were documented and verified independently by the patient's otorhinolaryngologist and dentist who initially were unaware of chiropractic care.

Conclusion: Chiropractic care for the correction of pelvic, spinal, and craniofacial bone subluxations may provide a viable alternative to long term antibiotic treatment and surgical intervention for nasal turbinate and adenotonsillar hypertrophy. Further studies are needed to further corroborate these findings.

Indexing terms: Chiropractic; sacro-occipital technique; Nasal turbinate; adenotonsillar; bruxism; subluxation



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