

# Chiropractic Research: Improvement In a Child With Autism Following Chiropractic Care to Reduce Vertebral Subluxations



## *Case Study and Selective Review of the Literature*

*Autism, or autism spectrum disorder, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences.*

We now know that there is not only one type of autism but many caused by different combinations of genetic and environmental influences. The term “spectrum” reflects the wide variation in challenges and strengths possessed by each person with autism.

Autism’s most-obvious signs tend to appear between 2 and 3 years of age. In some cases, it can be diagnosed as early as 18 months.

## **Chiropractic Has Proven to Reduce Autism Symptoms**

Early intervention can improve outcomes, and chiropractic adjustments have proven to be very effective in reducing autism symptoms. Read this case study of a 6-year-old boy with autism and how chiropractic manipulations made it possible for him to start focus socially and stop using medication.

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## **Abstract of Study**

### **Objective**

To describe and discuss 6 weeks of subluxation-based chiropractic care in a 6-year-old boy, who was diagnosed with Autism Spectrum Disorder (ASD).

### **Clinical Features**

A 6-year-old boy presents with aggressive behavior, hindered social and physical activities, poor eating habits, and sleep difficulties. The boy was previously diagnosed with Autism by a neurologist.

### **Interventions**

The patient was assessed for subluxations and adjusted using the Diversified Technique (the Diversified Technique entails adjustments with a high velocity, low-amplitude thrust delivered by hand and possibly with assistance from a table or block).

The 6-year-old boy was provided 15 treatments over the course of 6 weeks with subluxation-based chiropractic care. The young patient was assessed using a thermal scan, static surface electromyography, motion and static palpation.

### **Outcomes**

The results from the case study included decreased time taken to fall asleep, improved sleep quality and sleep time, a decrease in aggressive behavior, and an increase in alertness. Also, increased focus and agreement to finish school-related work.

### ***Patient Was Able to Discontinue Use Of the Medications; Risperidone and Tenex***

### **Conclusion**

This case study demonstrates the reduction of ASD symptoms and impairments with the use of subluxation-based chiropractic care (sources: chiropracticpediatrics.sharepoint.com, autismspeaks.org & firstchiropracticcenter.com).

### **Give Your Child a Fair Chance to Feel and Function Better!**

Book a chiropractic consultation and exam with Dr. Adam Nachmias - Nachmias Chiropractic.

Nachmias Chiropractic has offices in both [Bayridge, Brooklyn](#) and [Chelsea, Manhattan](#).

Have a look at his schedule and opening hours for the respective location here:

<http://calldradam.com/contact/locations-opening-hours/>

To book an appointment with Dr. Adam Nachmias, call any of our offices:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

### **Reduce Autism Symptoms With the Help Of Nachmias Chiropractic!**