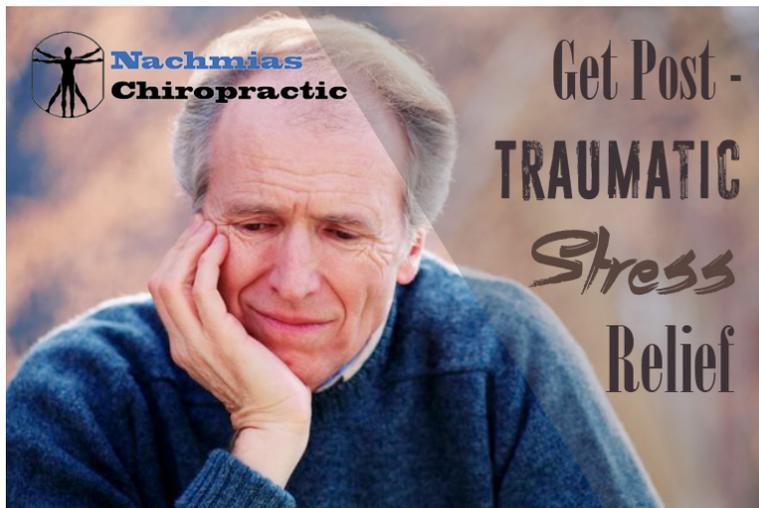


## Improvement in Post-Traumatic Stress Disorder Following Chiropractic Care



### *A Case Study & Review of Literature*

PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. It is normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. At first, it may be hard to do normal daily activities like go to work, go to school, or spend time with people you care about.

### **Abstract Of Study**

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#### **Objective**

This case study focuses on a 35-year-old male who presented to the office with complaints of post-deployment Post-Traumatic Stress Disorder (PTSD) symptoms that interfered with his ability to function on a daily basis. This study highlights the role of Network Spinal Analysis care in the improvement of PTSD symptoms in this individual.

#### **Clinical Features**

The patient presented to the office for assistance reducing his emotional stress due to post-deployment PTSD. He stated that he wished to become more resilient and gain the ability to cope with stress more effectively. His past health history included group and individual talk therapy with little improvement in PTSD symptoms.

## **Intervention and Outcomes**

A self-rated health questionnaire was administered before and after care to measure self-reported outcomes in PTSD symptomatology. An initial examination and a post examination were performed to determine the levels of vertebral subluxation and adverse mechanical cord tension (AMCT).

The patient received 6 weeks of chiropractic adjustments - for a total of 12 visits. During each visit, an entrainment was performed in which light contacts to the cervical spine and sacrum were administered to address vertebral subluxations and AMCT.

## **Conclusions**

This case study demonstrates improvement in post-deployment PTSD symptoms over a 6-week period of chiropractic care (source: [vertebralsubluxation.sharepoint.com](http://vertebralsubluxation.sharepoint.com) & [ptsd.va.gov](http://ptsd.va.gov)).

## **How Come “Cracking” Your Back Helps?**

Like you probably understand from this case study, chiropractic care can treat most symptoms and conditions. You may wonder why “cracking” your back (what chiropractors call; freeing your spine from subluxations) would have such a beneficial impact on your body? The answer to that is that chiropractic adjustments help the nervous system function at its best, which in turn ensures a healthy and strong immune system that can self heal.

Book your chiropractic exam and consult with Dr. Adam Nachmias – Nachmias Chiropractic and start experiencing the positive outcomes of chiropractic care yourself!

Check out Dr. Adam’s new patient reviews on Facebook. His patients adore him and his work: [https://www.facebook.com/pg/nachmiaschiropractic/reviews/?ref=page\\_internal](https://www.facebook.com/pg/nachmiaschiropractic/reviews/?ref=page_internal)

To book your 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/>

***Find Pain Or Stress Relief With The Help Of Nachmias Chiropractic!***