



P O R T L A N D

CHIROPRACTIC · NEUROLOGY

Case Study 1: 27 yr old female, 6 months post Viral Meningitis, severe headaches that have become progressively worse.

Previous diagnosis: Pseudotumor Cerebri

Previous suggested course of treatment: surgery to remove pressure from spinal canal.

History:

The patient experiences Pallinopsia after taking Topomax. She has very frequent and painful headaches at the base of her skull since she was diagnosed with Viral Meningitis in April of 08'. She had headaches previously, but have been getting worse since then. She has had sinus issues/infections for a few years, and had surgery for nasal polyps in May of 08'. Severe pain in both feet, feels like knives stabbing her when she plants her feet in the morning. Hypothyroidism. Gall bladder was removed when she was 16.

What was found during her examination:

- Cervical (neck) rotation to the R was reduced by 20 degrees with pain
- Left rotation was also reduced in the cervical region by 20 degrees along with the patient describing a pulling sensation in the right C4 region
- Lateral flexion was reduced by 10-15 degrees in both directions with the patient's description of stiffness being experienced
- Orthopedic testing produced positive findings in the R mid-lower cervical region
- Patient's normal head and neck positioning were severely anteriorly (forward) positioned.
- Restriction to normal joint motion diagnosed at the right Atlanto-occipital articulation (base of the skull); C3-C4 (mid-neck); T1 right costovertebral (rib); T5-6; right Sacro-iliac joint (pelvis); various restrictions in both ankles and feet.

Course of Treatment:

Adjustments applied to the restricted regions of the spine; Intersegmental traction; Cervical curve restoration; Ventricular muscle stim; Optokinetics (eye movements); balance and coordination therapy with head weights.

10/7- initial treatment

10/20- 5th treatment, and first day the patient hasn't had a headache in many months

10/30- 8th treatment, Hasn't been experiencing headaches in the past three days, and when she has previously, they have been very mild and of short duration. Frequency of visits reduced to once per week.

End Result- Patient no longer experiences headaches and hasn't for many months now. She continues the exercises prescribed by our office at home and maintains proper posture as often as she can.