



# P O R T L A N D

CHIROPRACTIC · NEUROLOGY

## **Case Study 4: “Chronic Fatigue Syndrome/Depression/Fibromyalgia”**

*Previous diagnosis: Fibromyalgia*

*Previous suggested course of treatment: pharmaceutical*

### **History:**

Patient has neck pain at times when she wakes up in the morning. Pain is off and on. She feels as if it drains her and limits her function. Has difficulty driving due to inability to move head and has anxiety b/c of it. Patient cannot exercise due to excessive fatigue afterwards. Patient has pain in her L elbow that occurred last year while gardening.

### **What was found during examination:**

- C4 RP,
- C5-7 LP with tenderness,
- T1-3 LP with pain, to palpation
- T5 anterior restriction with pain to palpation
- T7-9 restricted with a lot of pain to palpation
- Head is positioned 2-3” anteriorly
- Saccadic pursuits to the left
- Hyposaccadic to the right
- Decreased tone of the L extensors

### **Summary of Presenting Case:**

Patient had a hemisphericity of the left side of her brain (L hemisphere function was reduced). Due to the inhibitory nature of the brain, the frontal lobe could not dampen the stress systems of the body (Sympathetic Nervous System). One of the main results is an increase in vasoconstriction (reducing blood vessel diameter). This created reduced oxygenation to muscles, which worked anaerobically, creating wide-spread lactic acid build-up, causing a global feeling of fatigue and soreness. Stress also stimulates gluconeogenesis (sugar from non-carbohydrate sources) that uses up all the B-vitamins in the Krebs cycle so that we further our lactic acid production of energy, causing more pain and fatigue. By increasing B-vitamin intake, increasing left brain activation through specific spinal adjustments we changed the CIS (Central Integrated State) of her left frontal lobe and therefore her entire Autonomic Nervous System.

**End Result- Patient no longer experiences pain and can exercise without extreme fatigue and exhaustion. Her attitude is completely different and she is extremely positive in her outlook on life these days.**