



P O R T L A N D

CHIROPRACTIC · NEUROLOGY

Case Study 8: Stomach pains

Previous diagnosis: Gastritis

Previous course of treatment: none

Length of treatment: 2 weeks

History:

Stomach pains since she was 12. On a daily basis she feels nauseated "flu-like" symptoms. Once per month it gets so bad she has to go to the hospital. She's a fitness instructor, and this has greatly affected her life. The pain is across her lower back in a band. Her stomach pain starts at the (xiphoid process) angle where her ribs meet and works its way down. It also travels through into her mid-back. It then progresses into a nervous type "butterfly" feeling. Talking and breathing are very difficult, or anything where she has to exert air. She has those feelings around when she eats. She starts to feel that as soon as she swallows.

What was found during her examination:

- Saccadic pursuits horizontally to the left and right
- Saccadic pursuits diagonally down to the right and down to the left
- Dysfunctional optokinetics to the patient's right
- T5-T10 restrictions, T1-4 anterior Ribs, C5-7 restrictions with pain on the left
- C6-C7 hypoparasthesia on the R. C5-7 restrictions with pain on the L.
- 1" chest expansion.
- When laterally rotating, she doesn't feel as if it's moving. Stiffness refers down her side into her hips, bilaterally.

Summary of presenting case:

The inability to perform normal eye movement pursuits is due to a weak PMRF (Ponto-medullary Reticular Formation). This is a region of the brain stem that controls Autonomic Nervous system activities such as breathing, digestion, circulation, nausea, etc... If this area is not working appropriately, digestive issues can often occur. By increasing the frequency of firing to this area, we will have changed the Central Integrated State of this region and allowed the patient to better regulate her digestion, nausea and pain. This was accomplished through adjustments to the spine and ribs, postural changes and optokinetic activities to specifically target weakened brain stem regions.

End Result- She has not had those feelings of pain or discomfort since we started treatment.