

Rosen MG, Blum CL. Chiropractic care of a two year-old diagnosed with reflux and a hiatal hernia: A case report. 3rd Annual Sacro Occipital Technique Research Conference Proceedings: Nashville, TN. 2011: 102-6.

Introduction : A one-year-old female was seen at this office reported with esophageal reflux, hiatal hernia, not sleeping more that 1.5-hours at a time, would not eat solid food, did not crawl as an infant, would not lay prone/ supine, ongoing vomiting, and was irritable and inconsolable.

Methods/Intervention : Analysis and treatment utilized Sacro Occipital Technique (SOT) spinal, cranial and chiropractic manipulative reflex technique (CMRT) adjusting protocols.

Results : After the first 3-4 visits the patient's symptoms began to subside, she did not cry in pain as often, her reflux and vomiting reduced dramatically, she no longer needed to take the prescribed medications and she was able to sleep through the night and did not wake up crying in pain. After 4-weeks of care, the patient started crawling for the first time in her life and a couple months later began eating solid foods with any nausea.

Discussion: It is possible the child might have outgrown her condition the temporal nature of her response to care coincided with and ability to eat, sleep and not take medication.

Conclusions : The findings from this study suggest that a subset of pediatric patients with GER and HH may benefit from SOT, CMRT, and cranial care.