

Benner CD, Blum CL. CMRT and acupuncture in the treatment of dysmenorrhea (oligomenorhea): A case report. 3rd Annual Sacro Occipital Technique Research Conference Proceedings: Nashville, TN. 2011:30-5.

**Introduction** : A 31-year-old female patient presented initially to this office for low back and foot pain 5 years prior and wanted preventative wellness care. Approximately 5-years into care, February 2008, the patient discussed the possibility of utilizing acupuncture to help her cope with an irregular menstrual cycle, having only light periods (1-2 days) 2-3 times a year for over 10-years or more.

**Methods/Intervention** : The patient was assessed and treated using sacro occipital technique (SOT) chiropractic, chiropractic manipulative reflex technique, and acupuncture protocols.

**Results** : Following one-year of integrating sacro occipital technique (SOT) chiropractic manipulative reflex technique (CMRT) for liver (T8), adrenals (T9), and acupuncture her condition has been consistently improving and her cycle has been regulating with periods of monthly cycling and with only 3 months of amenorrhea one-time during a time of high stress and anxiety.

**Conclusion** : The chronicity of the patient symptoms, over 10 years, and the temporal relationship between treatment and response to care is of interest. It is also of interest that the patient was receiving chiropractic care on an ongoing preventative basis but not until the treatment changed to include CMRT and acupuncture was there a change in her symptomatology.