

Butafava J, Dal Bello F, Blum CL. The alterations of the dyspeptic signs and symptoms of patients with gastritis following chiropractic treatment: A small randomized controlled study. 3rd Annual Sacro Occipital Technique Research Conference Proceedings: Nashville, TN. 2011: 54-7.

Introduction : The purpose of this study was to investigate whether chiropractic care, specifically sacro occipital technique (SOT) chiropractic manipulative reflex technique (CMRT) for the upper gastrointestinal system could be an effective method of care for patients presenting with dyspeptic signs or gastritis.

Methods : The sample was composed of fifteen subjects, medically diagnosed with gastritis randomly divided into three groups of five: one group was the control which received no treatment, one group was treated with traditional pharmaceutical interventions, and one group was treated with chiropractic. Endoscopy evaluation was performed before and after the chiropractic treatment and a clinical outcome assessment questionnaire was used to determine any changes in a subject's clinical symptoms.

Results : While the control group had some decrease of endoscopic gastritis signs, compared with traditional pharmacological treatment and control group, the chiropractic group had the greatest positive clinical response with improved endoscopic and quality of life findings.

Conclusion : Further research with large study samples are needed to determine if there is a subset of patients with gastritis or dyspepsia that may respond to CMRT care and mitigate the need for medications or more invasive procedures that offer risk.