

Colman M, Blum CL. Chronic inner ear congestion of 17 years relieved by Sacro Occipital Technique (SOT) chiropractic care: A case report. 2nd Annual Sacro Occipital Technique Research Conference Proceedings: New Orleans, LA. 2010:83-5.

Introduction: A 34-year-old woman presented to office June 2010 with a primary complaint of chronic inner ear congestion of 17-year duration. Of interest is that she had other conditions as well: Ehlers-Danlos syndrome (HT-EDS), Type II diabetes, migraines, polycystic ovarian syndrome, celiac disease, and general disorientation.

Intervention/Methods: Examination sacro-occipital technique (SOT) indicators diagnosed a sacroiliac joint hypermobility syndrome with pelvic torsion (category two). Palpation sensitivity at C4-7, T6-9, and L3. Cranial palpation revealed sphenoid, right maxilla, and left occiput imbalance.

Treatment: Specific SOT psoas release techniques, trapezius fiber analysis, and category two block placement. Cranial therapeutic treatment focused on the sphenoid as well as balancing of dural membrane tensions and CSF pulsations.

Results: Within 20-minutes following office visit the patient reported that her “ear opened up” for the first time in seventeen-years. The condition was stable for at least one-week and the patient was did not return for care.

Discussion: It is possible that spinal meningeal tensions were balanced through SOT and cranial method of treatment may have helped modulate her vascular system and autonomic nervous system affecting inner ear pressures.

Conclusion: Further study is indicated particularly with complex cases that have chronic conditions, which respond dramatically to a therapeutic application.