

Simmons D, Blum CL. Cranial treatment for a patient presenting with Down syndrome: A case report. 2nd Annual Sacro Occipital Technique Research Conference Proceedings: New Orleans, LA. 2010: 137-40.

Introduction: A 38-year-old female with Down syndrome was brought to this office by her mother to see if chiropractic treatment might assist her daughter's ability to function, thrive, and possibly improve her cognitive abilities. She had previously tried various medical interventions which were unhelpful. The patient appeared to be mentally at the level of a five year old, could not read or write, independently dress, bath, or wash her own hair.

Intervention and Methods: Initially DeJarnette (Exhalation Fault Cranial Adjustment) was used to increase general cranial function into its inhalation or flexion phase. When the patient had an adverse reaction to the treatment on the following visit the opposite cranial treatment was used to increase general cranial function into its exhalation or extension phase.

Results: Almost immediately following the second adjustment the patient became calmer and more responsive to her environment. At 20-office visits over 4-6 months, she began recognizing words such as store signs and billboards, learning how to write, dress and wash her hair without assistance.

Conclusion: It is interesting to note that the cranial adjustment itself had a significant effect both when performed inappropriately and appropriately so that experience and skill in application of cranial techniques are suggested.

