

Benner CD, Blum CL. Integrating SOT and acupuncture for the treatment of asthma: A case report. 2nd Annual Sacro Occipital Technique Research Conference Proceedings: New Orleans, LA. 2010: 58-61.

Introduction: Asthma is a multifactorial dysfunction which may need interdisciplinary care for comprehensive treatment. The patient is a 63-year-old active female, 5'3", 112 lb rating her general health level as a 9/10, with her only discomfort being a long history of asthma and shortness of breath.

Treatment/Interventions: Chiropractic interventions involved sacro-occipital technique category one treatment, reduction of costal torsion (T3-6), diaphragm and craniofacial balancing. Acupuncture treatment focused on the lungs, points to "open the chest," and master empirical points for the head, neck and sinuses were also used. Points needled over the course of treatment included the following: Lung 1, Ren 6, 12 and 17, Large Intestine 4 and 20, Yin Tang, Ear Shen Men, Spleen 6, Stomach 36 and Kidney 3.

Results: Following treatment patient could return to her full activities of daily living, elimination of medication, and ability to respond to stressful situation without asthma flare-ups. With maintenance care the patient's symptoms were controlled with flare-ups occurring when length between care exceeded more than 4-6 weeks.

Conclusion: With the worsening of the condition prior to care and an improvement following care along with periodic lapses in stability occurring in conjunction with lapses in treatment, a correlation is compelling.

