

Bloink T, Rahimi M, Blum CL. Integration of SOT cranial therapy with an occlusal splint for the treatment of obstructive sleep apnea: A case report. 2nd Annual Sacro Occipital Technique Research Conference Proceedings: New Orleans, LA. 2010: 62-5.

Introduction: Obstructive sleep apnea (OSA) relates to an obstruction to the continuum of airway expressed as sleep-disordered breathing associated with multiple co-morbidities and societal implications. A 56-year-old female patient presented for chiropractic and dental care with symptoms of sleep apnea, short term memory loss, foggy-headedness, TMJ pain, chronic myofascial neck and shoulder pain, fatigue, and vertigo.

Methods/Intervention: Cranial-dental exam revealed a dental class II, narrow arches and premature anterior contacts with evidence of clenching and bruxism. The sleep study revealed a Respiratory Disturbance Index of 17.1 and Apnea Hypopnea Index of 16.3, with the lowest oxyhemoglobin saturation of 89% during sleep. Treatment consisted of six sacro-occipital technique (SOT) chiropractic cranial-dental treatments incorporating SOT intra-oral cranial adjustments and sphenomaxillary craniopathy in conjunction with occlusal balancing by a lower flat plane splint by Dr. Rahimi. The treatment was performed over a 3-4 week period of time.

Results: Following treatment the patient reported significant reduction of all symptoms with improved O₂ saturation, reduced TMJ, chronic myofascial neck and shoulder along with greater day-time functioning.

Conclusion: With this case pre and post-sleep study findings showed objective change and the patient did report significant clinical improvement relating to reduced pain and function.

