

Sacro Occipital Technique Treatment of Hiatal (Hiatus) Hernia Presentation: A Case Report.

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Introduction: A hiatal hernia (HH) is the protrusion of the upper part of the stomach into the thorax through a tear or weakness in the diaphragm. Chiropractic techniques such as sacro occipital technique have some specific methods to conservatively treat gastroesophageal reflux and HH symptoms.

Case Report: A 54 year old male patient presented with severe pain in the epigastric area worse with deep breathing, eating any food, and sensations of unremitting persistent upper abdominal aching. The condition had persisted for three days before he sought treatment.

Intervention: Treatment involved adjusting T11-12 “anteriorities,” releasing of diaphragmatic tension, sacrooccipital technique (SOT) chiropractic manipulative reflex technique (CMRT) HH release technique (gently pulling stomach downwards during exhalation) and solar plexus technique.

Results: Immediately upon pulling the stomach downward the patient sighed and said he could breathe comfortably for the first time in three days. Approximately 2 minutes following the adjustment he reported the constant tension in the epigastric region was gone. At three, six, and twelve-month follow-ups the patient indicated no reoccurrence or residual discomforts.

Discussion: In healthcare risk benefit ratios need to be applied so that most conservative care such as chiropractic treatment for HH may offer a viable alternative.

Conclusion: SOT – CMRT has multiple methods for treating HH and this could offer an excellent opportunity for interdisciplinary treatment of HH between the fields of chiropractic and allopathic gastroenterology. Future research should involve determining which subset of patients could benefit from chiropractic care of HH symptomatology