

Tupper S, Blum CL. Triple occiput, sacro occipital technique, and chronic fatigue syndrome. 3rd Annual Sacro Occipital Technique Research Conference Proceedings: Nashville, TN. 2011:107-110.

Introduction : 48-year-old male student presented with chronic fatigue syndrome (CFS). He had the condition for years, unresponsive to various interventions, and also had chronic low back discomfort.

Methods and Treatment : Treatment focused on balancing sacroiliac joint sprain (category two) findings and related regions along with upper cervical region.

Results : The patient reported improvement following treatment, however the relief would not last for more than a few days to a week. A specific occipital adjustment called the “triple occiput” was used which involved adjusting a posterior occiput on one side, then on the contralateral side, and then once again on the ipsilateral side. The initial side was the side of reduced rotation. Following this adjustment the supine category two treatment appeared to help stabilize pelvic torsion, facilitate eliminating category two indicators, and improve the patient’s long term relief of his chronic fatigue syndrome.

Conclusion : Patient with sacroiliac joint hypermobility syndrome with accompanying suboccipital tension may represent a subset of CFS patients that could be responsive to this specific type of chiropractic care. Greater study is needed to evaluate if there is indeed a subset of CSF patients with this pattern and if they are responsive to this form of care.