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Objective

Evaluate the effectiveness of chiropractic applied neuroscience in the treatment and management of concussion-related symptoms.

Background

A 25-year-old graduate student and volleyball coach sustained a concussion after being struck in the head with a ball. Immediate symptoms included headache, neck pain, dizziness, and cranial pressure. Functional deficits developed, including photophobia, phonophobia, difficulty reading beyond one minute due to worsening dizziness, and inability to attend classes. Clinical exam showed sluggish but symmetrical pupillary light responses.

Results

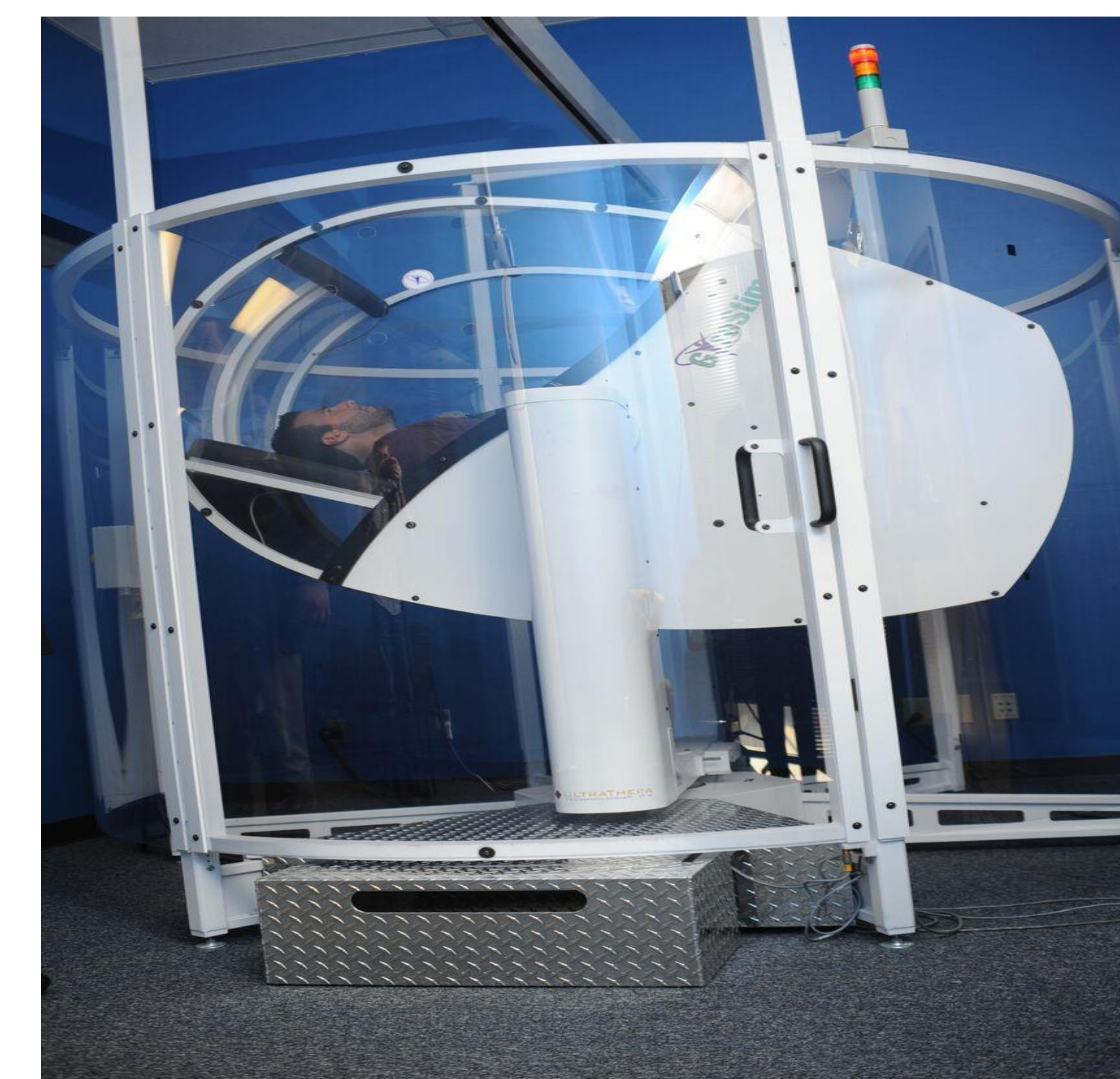
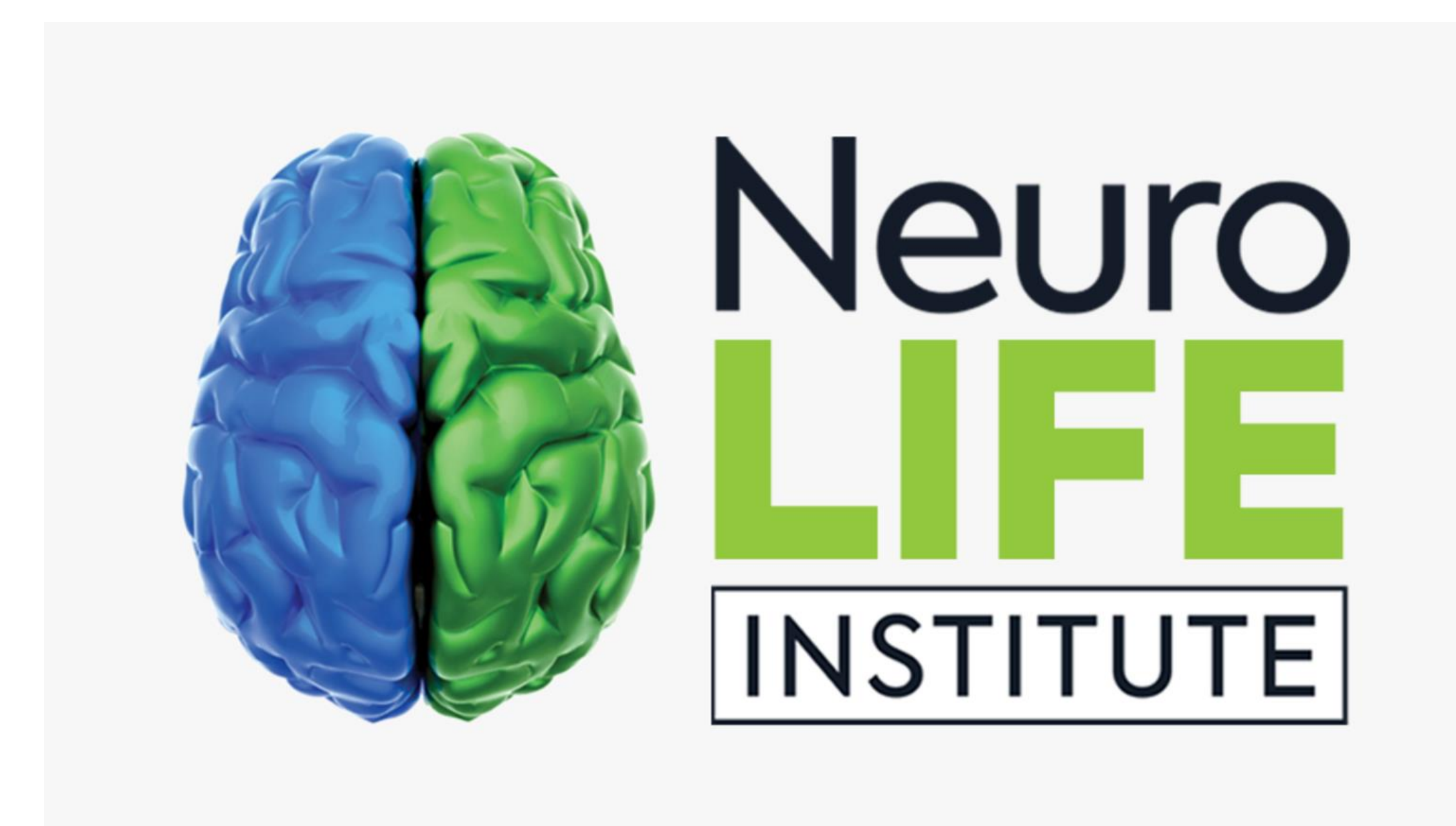
By the fourth visit, the patient reported resolution of head pain and light sensitivity. At the conclusion of care, all symptoms, including dizziness, had resolved, and pupillary light responses were normalized bilaterally. The patient successfully returned to full academic responsibilities and coaching duties.

Conclusion

This case suggests that chiropractic applied neuroscience, especially as part of an integrated care approach, may offer a viable and effective intervention for concussion symptom management. Given the limitations in post-concussion care, this approach warrants further investigation and could represent a valuable addition to current treatment protocols for improving patient outcomes.

Methods

The patient received eight chiropractic applied neuroscience treatments over four weeks. Interventions included chiropractic spinal adjustments, photobiomodulation, Repetitive Peripheral Somatosensory Stimulation (RPSS), balance training with head-laser guidance, and Off-Vertical Axis Rotation Device (OVARD) daily supplements (vitamin C, vitamin D3, Omega-3 fatty acids) and a customized home exercise and nutrition program were prescribed and followed.



GyroStim (OVARD) used in treatment