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Background

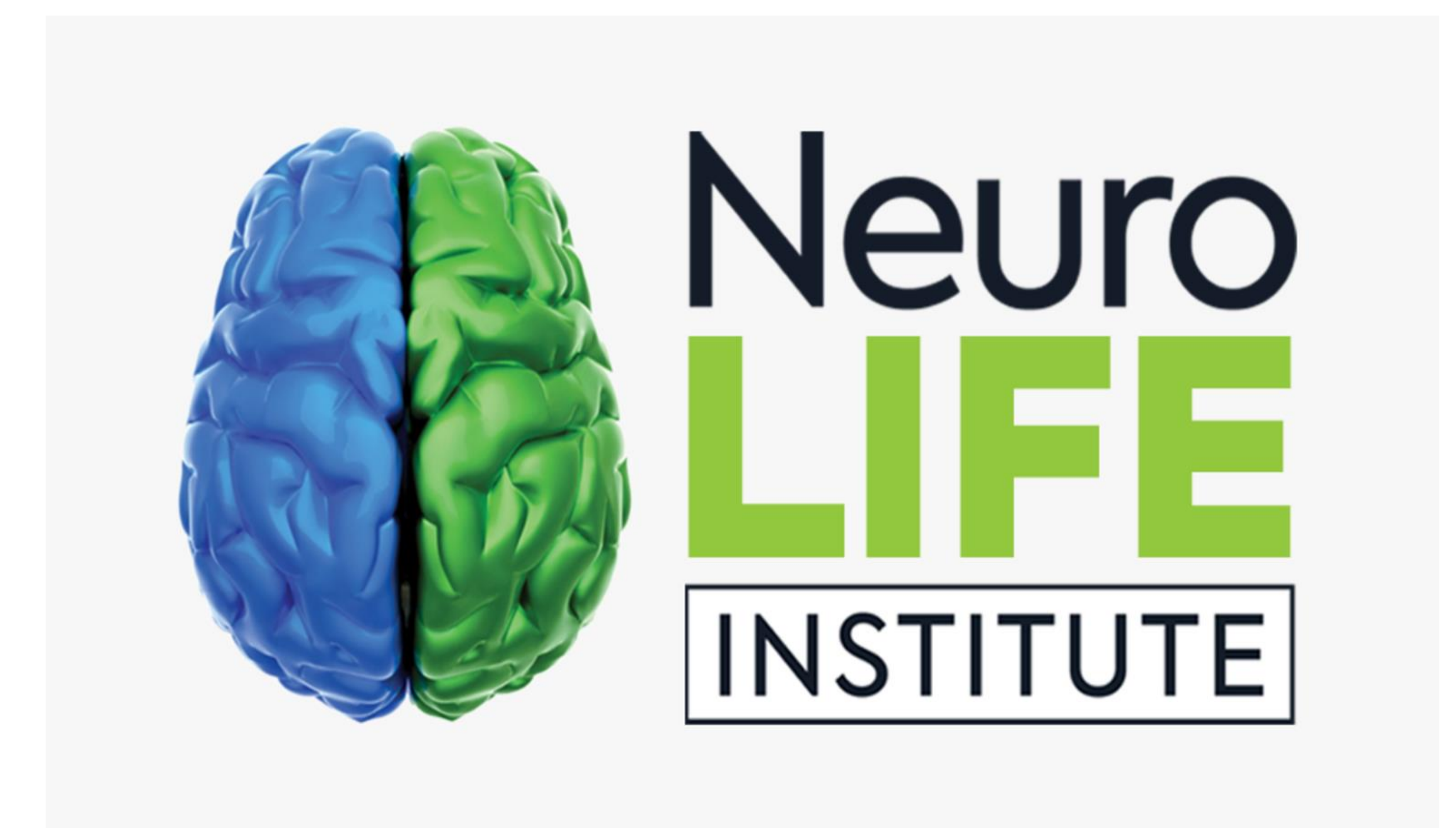
This study examines the role of chiropractic applied neuroscience in the management of a rugby athlete with head pain, dizziness, and dysautonomia, who suffered from concussion-like symptoms. The effectiveness of chiropractic applied neuroscience is examined in a growing population of concussions that is offered little to no current treatment options. Treatment began two weeks post injury in the acute phase of the head injury.

Methods

This study follows a male rugby player that presented with head pain and dizziness after being hit on the side of the head during a rugby match. The treatment plan consisted of two visits per week for twelve weeks. Treatments included oculometric training, chiropractic adjustments, balance training, and coordination training. Other treatments included photobiomodulation, Off-Vertical Axis Rotation Device (OVAR), whole body vibration, mild hyperbaric oxygen therapy, and electric stimulation. Home exercises consisted of coordination and visual tracking. The athlete's initial blood pressure was 143/76 on the right and 146/73 on the left. His heart rate was 91 bpm. Pupillary light response test was sluggish on the left eye. Finger to nose test was 4/5 bilateral for incorrect finger selection. Visual testing revealed saccadic intrusions up and to the left with pursuits.

Results

Post treatment, his blood pressure was 126/80 on the right and 113/75 on the left. His heart rate was 83 bpm. The finger to nose test was 5/5 bilateral. Visual testing revealed smooth pursuits in all directions. The athlete was deemed appropriate for full athletic play by the athletic trainer.



Conclusion

A chiropractic applied neuroscience approach may be a viable treatment for the population of concussion and dysautonomia as many cases have limited rehabilitation options.