

# Ehlers-Danlos Syndrome: Co-Treatment of SOT Chiropractic, The Tupper Technique™ and Microcurrent

Laura Brayton

**Introduction:** This case study presents co-treatment of a chronic Category II patient with Ehlers-Danlos Syndrome (EDS) using sacro occipital technique (SOT) chiropractic, Tupper Technique™ and microcurrent. A 56-year-old female long-standing chiropractic patient had frequent exacerbations of her sacroiliac joints. She was referred to a specialist to rule out EDS as she had multiple hypermobile joints, including the sacroiliac (SI) joints and has a history as a dancer. She was definitively diagnosed with the EDS a few years ago. She began the Tupper Technique program to address *diastasis recti* that was contributing to her core weakness and pelvic instability.

**Intervention:** In addition to biweekly SOT chiropractic adjustments, patient began the Tupper Technique™, which involves an 18-week program to address *diastasis recti*.

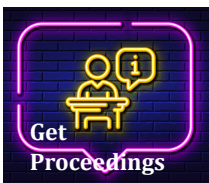
The Tupper Technique is a 4-step program that includes (i) Specific Tupper exercises for strengthening the transverse abdominus muscle, (ii) Wearing and holding splints, (iii) Holding in on the transverse muscle on the work of everything you do, and (iv) Getting up and down correctly.

Additionally, Microcurrent (Dolphin NeuroStim) was utilised over her cesarean section scar as well as along her midline (*linea alba*) at every Tupper appointment (Week 1, 3, 6, 9, 12, 15, and 18) for scar mobilisation and to strengthen the weak connective tissue along her midline.

**Results:** Significant improvement was noted in patient's SI joint pain and dysfunction as well as improvement of the patient's *diastasis recti* that appeared to be affecting her core and pelvic stability.

**Conclusion:** Further research is indicated to determine if other EDS patients might benefit from this multi-interventional care incorporating SOT Chiropractic, Tupper Technique and Microcurrent methods.

**Indexing terms:** Chiropractic; sacro-occipital technique; SOT; Tupper Technique™; Microcurrent



Laura Brayton

DC, CSP, CSCP, CACCP

Private practice of Chiropractic

Hoboken NJ

Cite: Brayton L. Ehlers-Danlos Syndrome: Co-Treatment of SOT Chiropractic, The Tupper Technique and Microcurrent [Abstract]. Asia-Pac Chiropr J. 2023;4.1 URL [apcj.net/SOT-Abstracts-2023/#BraytonEhlers-Danlos](https://apcj.net/SOT-Abstracts-2023/#BraytonEhlers-Danlos)

