

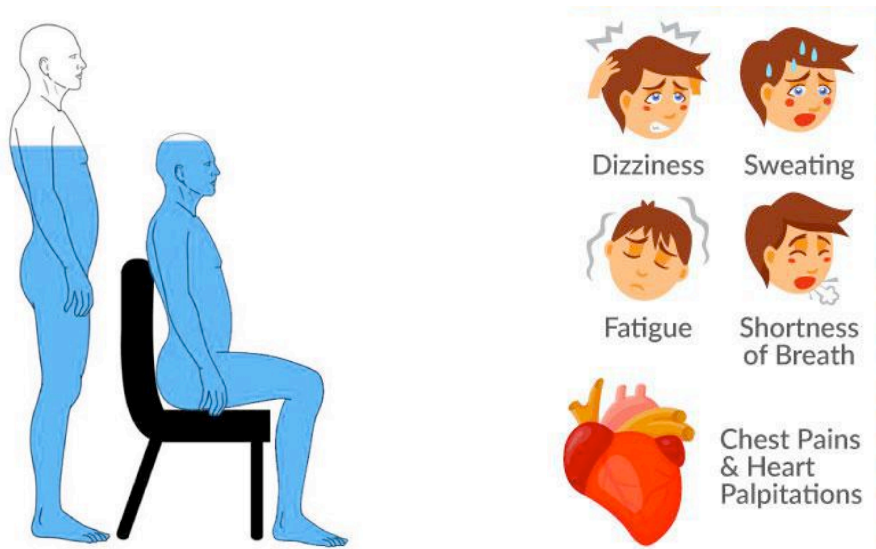


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Postural Orthostatic Tachycardia Syndrome (POTS) in a Patient as a Consequence of a Concussion along with Occipital Headaches, Dizziness and Nausea: A Case Report.



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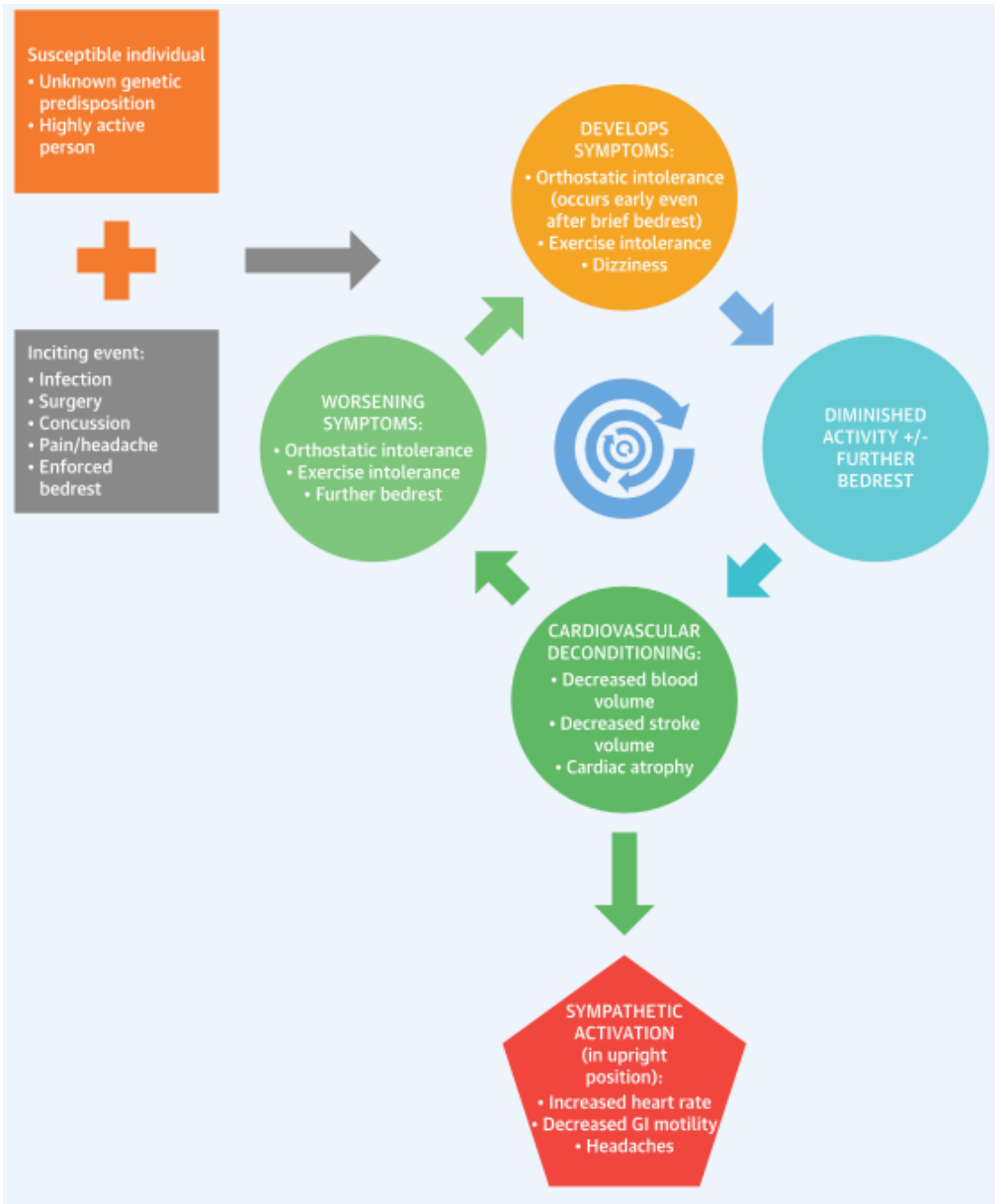
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Introduction

- The objective of this study is to investigate the synergetic benefits of combined noninvasive chiropractic protocols for treatment of post-traumatic POTS.
- Postural orthostatic tachycardia syndrome (POTS) is characterized by orthostatic intolerance and excessive increases in heart rate in the absence of hypotension during orthostatic stress.
- Although the etiology of POTS is incompletely understood, its main characteristic is tachycardia generated by increased sympathetic outflow without appropriate vascular response to posture change.

Clinical Features

- Patient history, physical examination, and active 10-minute stand test established that she met the criteria for POTS.
- Prior to her presentation at this office her symptoms had persisted for a year and were unresponsive to other interventions (medical care/over-the-counter-analgesics).



Interventions

1. Sacro Occipital Technique (SOT) and Atlas Orthogonal (AO) chiropractic care for a period of two months
2. Gluten-free diet, B vitamin supplementation, increased water intake and low intensity cardiovascular exercises were supplemented to the same chiropractic care for another month
3. Neurological examination retesting and daily postural challenge exercises with ocular fixation for one month were added.

Orthostatic vital sign testing was regularly recorded to assess POTS patient's response to care.

Conclusion

- This case reports discusses novel integrative care of a patient suffering from POTS believed to be part of a post-concussion syndrome symptomatology.
- Pre and post assessments of the patient appeared to support that a combined therapy of upper cervical AO chiropractic and SOT, ocular neurological exercises, and dietary/nutritional modifications had a positive affect on this patients presenting symptomology.
- Further research is needed to determine what subsets of patients with POTS might also respond to this conservative chiropractic care approach.