

CASE STUDY

Reduction of Vertebral Subluxation using Torque Release Technique with Changes in Fertility: Two Case Reports

Elizabeth Anderson-Peacock, DC, DICCP

ABSTRACT

Objective: This article offers a description of two women who presented with varying complaints to a family-based chiropractic practice. In each case one of the complaints was infertility.

Clinical Features: In both case histories, the women had been deemed medically infertile and artificial insemination was being considered. Upon presentation, complete chiropractic evaluations were performed which detected spinal subluxations.

Chiropractic Care and Outcome: Torque Release Technique Protocols were utilized for both evaluation and application of care. Adjustments were performed with an instrument, the Integrator, to improve spinal-neural integrity. During the course of chiropractic care both women were able to conceive.

Conclusion: Although chiropractic care is not a treatment for infertility, it is postulated that improvement of spinal neural integrity through specific chiropractic adjustments may have contributed to improved homeostasis and physiological adaptation thus allowing the body to express a greater level of health as an outcome. Various effects via the reduction of the vertebral subluxation complex are postulated.

Key words: *Chiropractic, Infertility, Torque Release technique, Vertebral Subluxation*

Introduction

Infertility is a condition of the reproductive system whereby there is either an inability to conceive or an inability to carry a pregnancy to term after one year of unprotected intercourse. Approximately 40 percent of the time infertility is due to problems with the female, 40 percent of the time due to problems with the male and approximately 20 percent of the time it

is due to problems in both partners or remains unexplained. Anecdotal evidence has been presented on cases of infertility within chiropractic such that when the reduction of the subluxation has occurred or when improvement of function has occurred the bodies response changes. 1,2,3

The purpose of chiropractic is to optimize health. Chiropractic utilizes the principle that the body's innate recuperative power is affected by and integrates through the nervous system. Chiropractic practice focuses on the relationship between structure (primarily of the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health. 4 Traditionally, causes of interference or dysfunction can be grouped into three main categories: trauma (macro and micro), toxicity (chemical changes) and autosuggestion (thoughts/stress).5

Chiropractors recognize that there may be long reaching effects within the function of the body as a bi-product of restoration of biomechanical and neurological integrity.

Chiropractors have traditionally restored homeostasis within the body by the detection and reduction of the vertebral subluxation.

A subluxation as defined by the Association of Chiropractic Colleges is a complex of functional and/or structural and/or pathological articular changes that compromise neural integrity and may influence organ system function and general health. In addition a subluxation is evaluated, diagnosed, and managed through the use of chiropractic procedures based on the best available rational and empirical evidence.4

This paper cites two examples of outcomes in infertile women who while undergoing chiropractic care, became pregnant and sustained their pregnancy, one with a 6 week premature infant and the other to term.

Clinical Features

Case One

In case study one, a 35 year old Caucasian female presented with a chief complaint of chronic recurrent low back pain of five years duration. It was described as moderate to severe pain with varying character ranging from ache to sharp to throbbing Dr. Elizabeth Anderson-Peacock, Private Practice 300 Lakeshore Drive, Suite 202, Barrie, ON, Canada L4N 0B4
J. Vertebral Subluxation Res., July 19, 2003 2 Torque Release Technique with Changes in Fertility located at the sacrum to the lower lumbar spine midline. Occasional paresthesia was noted into the left postero-lateral leg and this had extended to the ankle.

Aggravating factors were gardening, carrying anything heavy and stress. The patient gave the example that shoveling snow for 15 minutes would cause her to be bent over in extreme pain. During exacerbations, a heaviness was noted in both legs. Nothing improved the pain once exacerbated and she tried to avoid aggravating factors.

The initial onset of low back pain was subsequent to a fall whereby she landed on a rock and fractured her sacrum. She

was hospitalized for this injury. The intensity of this trauma subsided and reached a plateau approximately three years prior. Her symptoms for the past two years were constantly present at a low grade level plus additional episodes of acute exacerbations. She described her low back symptoms as getting neither better or worse for the past three years.