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## Chiropractic cranial treatment model and neuroplasticity in a post stroke 72-year-old male: A case report

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Stroke is often associated with paralysis, leading to poor outcomes and quality of life as well as reduced activities-of-daily-living (ADL). The purpose of this presentation is to illustrate how chiropractic care could be used to facilitate neuroplasticity of the brain as a means to reduce/reverse any secondary stroke paralysis. This novel manner of multidisciplinary care incorporates the fields of allopathy, chiropractic, psychology, neurorehabilitation, and nutrition. Care was measured with videotaping of progress, monitoring of ADLs and work capacity levels along with standard biomechanical orthopedic, neurological and chiropractic evaluation studies. Treatment included sacro occipital technique (SOT), which incorporated cranial manipulative care while simultaneously performing normal side extremity specific range of motion and then immediately following with performing the same range of motion activities on the “abnormal” side. Pre/post-videotaping of patient found continued progress over years, with showing walking 18-years later even though CT-scan illustrated the same area of initial brain tissue damage. Generally treatment of similar cases requires a minimum of 6-months treatment followed-up with life-long wellness treatment, for the once compromised areas. Finding low risk therapeutic options to help a patient recover from brain trauma is a challenging endeavor. This presentation addresses the success of SOT chiropractic care and suggests that neuroplasticity may have a biomechanical–neurological connection pathway. Further studies are needed to identify if a subset of stroke patients might be responsive to chiropractic cranial manipulation to help facilitate biomechanical neuroplasticity. This may offer a low-risk, low-cost option for successful care of a post-stroke patient.

### Biography

Esther M Remeta, is a practicing Chiropractor and Clinical Researcher. She has practiced for over 25 years in North Carolina and is currently the Executive Director of Chiropractic Research Institute (CRI) in Clemmons. She has received her Doctor of Chiropractic degree from National College of Chiropractic in Illinois. She is a SOTO-USA Board Certified Sacro Occipital Technique and Craniopathy practitioner and a Diplomat with the American Academy of Pain Management. She presents at interdisciplinary research conference and in clinical settings nationally and internationally to her fellow colleagues in the field on brain and spinal cord trauma rehabilitation.

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