

Outcome of an Infant with Chronic Constipation Following Upper Cervical Care: A Case Report

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Introduction: Constipation affects up to 40% of infants (1); however, there is a limited amount of research available concerning the effects of chiropractic care, specifically upper cervical chiropractic care, on the treatment of improper bowel function. A 2014 integrative review of the literature on the chiropractic care of infants with constipation generated 14 case reports, one case series, and one review of the literature; only two case reports reviewed the effects of an upper cervical technique (2).

Methods (Case Presentation): A three and a half month old boy was presented by his parents with complaints of chronic constipation, reflux, and irritability after prior unsuccessful medical and chiropractic treatments. Indicators of atlas vertebral subluxation were identified through palpation, National Upper Cervical Chiropractic Association (NUCCA) protocol, and radiographs. A NUCCA chiropractic adjustment directed at correcting the atlas subluxation complex was performed.

Discussion: Only one adjustment was given as indicators of an atlas subluxation did not return on subsequent check-up visits. Symptomatically, the infant experienced improvement within two days after his adjustment and resolution of symptoms in the following three to four months.

Conclusion: The results of this case indicate that future research is warranted to address the effects of upper cervical care in the management of chronic constipation. Additionally, further research should be directed to explore the impact of chiropractic care specificity in relation to number of adjustments required in attaining resolution of symptoms.

(1) University of Michigan Health System. Functional constipation and soiling in children. Ann Arbor (MI): University of Michigan Health System; 2008 Sep. UMHS PDF or at National Guideline Clearinghouse 2009 Mar 19:13432.

(2) Alcantara J, Alcantara JD, and Alcantara J. An integrative review of the literature on the chiropractic care of infants with constipation. *Comp Ther in Clin Prac.* 2014; 20: 32-36.