



RACHEL HAMEL DC
WHOLISTIC CRANIAL CHIROPRACTOR

SOT cranial therapy for the treatment of abnormal sensations of the tongue, tinnitus, TMD and neck pain.

Objective: A 34-year-old male patient presented to this office for care of a chronic TMJ dysfunction, neck pain, tinnitus and abnormal tongue sensations.

Clinical Features: The patient reported a four-month history of abnormal tongue sensations, tinnitus, clenching/bruxism, paresthesia in fingers and toes, muscle fasciculation, headaches, fatigue, IBS, anxiety, hiatal hernia and right quadratus lumborum myofascial pain radiating along the kinematic chain to ipsilateral shoulder and cervical spine.

Intervention/Outcome: Examination revealed narrow dental arches with an anterior premature contact, poor TMJ translation, and evidence of clenching/bruxism. Palpatory pain was noted in the muscles of mastication and cranial assessment revealed left temporal bone and spheno-maxillary imbalance. Prior history of a dental upper night-guard and Invisalign was noted. Treatment consisted of five chiropractic treatments (over 4-weeks) incorporating sacro occipital technique (SOT) cranial, craniobiotic technique and craniofacial adjustments. Following care the patient reported significant reduction in all symptoms, no tinnitus, tongue sensations normalized, and improved outcome assessment scores on the Central Sensitization Inventory and TMD Disability, Symptom Intensity and Symptom Frequency Scales.

Conclusion: Greater study is needed to identify if other patients presenting with chronic complex TMJ, facial, and tongue disorders might benefit from SOT and cranial/craniofacial adjusting interventions.

Mission Valley Location

2425 Camino Del Rio S. Ste 180, San Diego
(619)294-2225

La Jolla Location

1122 Silverado Street, La Jolla
(858)775-5138