

# AUTISM & CHIROPRACTIC

## AUTISM FACTS

Research is revealing that there is a relationship between abnormalities in the spine, the nervous system, and the brain

Basic science and clinical research shows that the proper development of the brain relies heavily on proper structure and movement of the spine from an early age.

Research has shown not only that the developing brain relies on normal structural integrity and joint movement, but that complex neurochemical communication and pathways involved in helping humans to “feel good” are tied into spinal biomechanics and their related neurological pathways.

Neurobehavioral disorders such as autism may be related to how the entire body communicates with the brain and the most critical area for this is the spine.

Some researchers believe that the increase in the diagnosis of such disorders as autism, ADHD, pervasive developmental disorder, Tourette’s Syndrome, obsessive compulsive disorder and other neurodevelopmental disorders, have their root in a “perfect storm” of abnormal spinal development.

People’s nervous systems need the constant stimulation of movement in order to develop and function properly. Abnormal position or movement of the spinal vertebra can develop and this can lead to nerve interference. It is this interference, called vertebral subluxations, that chiropractors correct.

Autism Spectrum Disorder (ASD) is described as a set of developmental disabilities that can lead to significant social, behavioral and communication restrictions.

There is an increase in incidence of autism all over the world, in children of all ages. The official prevalence of autism, reported in 2014 was 14.7 per 1,000 (or 1 in 68) children aged 8 years old.

At about 18 months of age, autism can show the first concerns. Of those parents with children having ASD, studies have shown about one-third of them have noticed a problem occurring before the age of one year old. About 80% of the same parents involved in the study saw problems before 24 months. At this time, parents will notice a withdrawal or social disconnection.



In this study researchers reviewed eleven studies on chiropractic and children with autism. The studies involved over 200 children in total who underwent chiropractic care.

In addition to being diagnosed with autism all the children reported on in these studies were examined by chiropractors who found abnormal structural shifts in their spines. These structural shifts can lead to obstruction of the nerves and it is this obstruction, called vertebral subluxations, that chiropractors correct.

Following chiropractic care the researchers reported a host of improved health outcomes including more expressions of joy, better posture and increased spontaneity. Fewer occurrences of violence, nightmares and sadness and decreased hyperactivity. There were reported improvements in nocturnal enuresis, ear infections, irritable bowel syndrome, improvement in behavioral issues, better school performance and displays of improved social skills speech and communication. Improvement in sensory and cognitive awareness, motor skills, visual memory, spatial orientation, auditory-verbal perception and memory, sensory stimuli memory and working memory were all noted following chiropractic care.

*Autism & Chiropractic: A Selective Review of Literature.*  
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