

Members involved in the research: Dan Tuttle, LCSW, Jerry Hochman, DC, Stephanie Sullivan, DC

Title of the research: The effects of chiropractic adjustments on brain function as measured by quantitative electroencephalography.

Dates of research project: May 2013 to present

Abstract of what the research project is about:

Objective: Much is said about theorized changes in brain activity from chiropractic adjustments. However, there is very little in the way of actual neuroimaging that has been done to show this. The objective of this study is to show what changes actually are occurring in the brain after the adjustment, both immediately and then one week later.

Methods: Subjects are assigned to either a control, sham or active group. They receive either no adjustment, a sham adjustment or an actual adjustment using analysis of Sacro Occipital Technique® (SOT®). Adjustments are made using wedge shaped blocks or an Activator instrument (not Activator Technique). Recording of brain activity is made before, during and after the adjustment and then one week later.

Results: The results are pending as data acquisition is nearing completion. We have published a case study from this larger study and presented it at ACC-RAC 2015 in Las Vegas and also at Sherman IRAPS. This case study was from the control group and showed statistically significant change in brain function after a chiropractic adjustment.

Conclusion: There was an associated change in brain function after the chiropractic adjustment that was not seen when no adjustment was given. A larger sample size is needed to say more about this relationship as well as results from all three groups.

Quote on why conducted research and results: We have lots of theories about why what we do as chiropractors gets results. But until we substantiate this with objective scientific data, the scientific community and world isn't going to take us very seriously. The technology is there to show the world what we've got. So why not show it?