

ADHD RESEARCH STUDIES

1) Larry Webster, D.C. *International Chiropractic Pediatric Association Newsletter*. January 1996.

- "After examining several diagnosed ADHD children, we find an upper cervical subluxation that can lead to neurotransmitter involvement."

2) A Mother's Testimonial. *ICPA Newsletter*. July/August 1998 (Dr. Angiolillo is in private practice in North Brunswick, NJ).

- "When Kevin was 3 he was diagnosed as having ADHD. After trying diet changes, allergy testing and behavior modification techniques, we reluctantly agreed to put Kevin on Ritalin. The medication did its job as far as slowing him down a bit, but he suffered many side effects. In 2 years he grew only 2 inches and did not gain any weight at all. He cried easily, had trouble sleeping, no appetite, and would "zone out" quite often.

Finally at age 6 we made the decision to stop giving him Ritalin. He grew 6 inches in less than 1 year and gained nearly 15 pounds. His sleeping and eating patterns were still erratic, and the schoolwork was horrible...his writing was illegible and math made no sense to him.

We brought him to Dr. D'Angiolillo for chiropractic care, twice a week for 6 weeks. This past week when I went to his parent-teacher conference, the first thing the teacher asked me was had we put Kevin back on Ritalin. I said no, and she showed me samples of Kevin's work and showed me the sudden improvement...for the first time his writing is in the lines, it is easy to read and much more age appropriate.

Although he still tends to move around more than the average child does, he is able to concentrate, answer questions correctly and is reading better than most of his class!"

3) *International Chiropractic Pediatric Association Newsletter* May/June 1997.

- A six year old boy with nightly nocturnal enuresis, attention deficit disorder and toe walking (walked with his heels 4 inches above the ground). Medical specialist recommended both. Achilles tendons cut and both ankles broken to achieve normal posture and gait. **Chiropractic findings included:** C1, Occiput, sacrum and pelvis. After 4 weeks of care both heels dropped 2 inches and bedwetting decreased to 2-3 times/week.

4) ADHD - A multiple case study. Wendel P, *International Chiropractic Pediatric Association*. March/April 1998.

- This is a 12-month study began on October 4, 1997 of twenty-one children: 17 male and 4 female, ages from six to sixteen years. Eight of the children in the study are on Ritalin. As of March 18, 1998, thirteen of the initial twenty-one children are still participating in the study. Five of the remaining children are on Ritalin.

Two Case Reviews from this study:

- Female, age 10. The child had poor grades due to lack of focus on homework and parental supervision was needed to complete homework. After three months of care, she received "Most Improved Student" award for bringing grades from an F and a D to an A and B respectively.
- Male, age 13. History included traumatic birth (cord wrapped around neck) and did not crawl as a young child. After four weeks of care (including learning to cross crawl) he

improved his grades from four F's to a B, D and notable improvement in the remaining 2 classes.

5) The effect of chiropractic treatment on students with learning and behavioral impairments resulting from neurological dysfunction (part 1). Brzozowske WT, Walton EV. *J. Aust Chiro Assoc* 1980;11(7):13-18 and Part II: *J. Aust Chiro Assoc* 1980;11(8):11-17.

- A group of 12 ADHD students receiving stimulant medication were compared to a group of 12 ADHD students receiving chiropractic care. The group receiving chiropractic care both hyperactivity and attentiveness improved along with gross and fine motor coordination. In the medicated group, hyperactivity and attentiveness improved initially (not gross and fine motor coordination) and the medication effectiveness decreased requiring higher dos-ages. Over half the medical group had personality changes, loss of appetite and insomnia relating to their treatment. The study concluded that chiropractic care was 20-40% more effective than medication.

6) Case study: the effect of utilizing spinal manipulation and craniosacral therapy as the treatment approach for attention deficit-hyperactivity disorder. Phillips CJ. *Proceedings on the National Conference on Chiropractic and Pediatrics* (ICA), 1991:57-74.

- A 10-year-old boy with a three year history of hyperactivity, also suffering from ear infections, headache and allergic symptoms. Chiropractic analysis revealed multiple cervical, thoracic and pelvic dysfunctions. The boy also had multiple cranial faults. By the 11th chiropractic adjustment hyperactivity symptoms had abated (his other health problems had cleared up from earlier spinal adjustments). After 5 1/2 months relatively symptom free he had two falls and hyperactivity, headache and allergy symptoms returned. A single session of spinal and cranial adjusting resolved this exacerbation. A strong link between spinal "dysfunctions" and hyperactivity is suggested.

7) A multi-faceted chiropractic approach to attention deficit hyperactivity disorder: a case report. Barnes, T.A. *ICA Int'l Review of Chiropractic*. Jan/Feb 1995 pp.41-43

- From the author's abstract: an 11-year-old boy with medically diagnosed Attention Deficit Hyperactivity Disorder has been a patient and student at the Kentuckiana Children's Center for three years...His case shows a history of early disruptive experience, repeated ear infections, consistent temporomandibular joint dysfunction, heavy metal intoxication, food allergy, environmental sensitivity and multiple levels of biomechanical alteration. This report emphasizes the need for care in all aspects of the structural, chemical and mental triangle of health in children with attention deficit hyperactivity disorder. "He has improved academically and has advanced to the next grade level...he recognizes that he has control over his behavior and there is hope that he will be mainstreamed back into a regular public school setting soon...his mother says she notices improvement in his attention span and temper."