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### CASE STUDY

#### Improvement in Parkinson's Disease Symptoms Following Upper Cervical Chiropractic Care: A Case Study & Selective Review of the Literature

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#### Abstract

**Objective:** The objective of this case study is to report on the positive health outcomes of a 76-year-old male patient with a diagnosis of Parkinson's disease undergoing chiropractic care for correction of vertebral subluxations and postural distortions.

**Clinical Features:** A 76-year-old male presented with a primary complaint of Parkinson's disease, with symptoms of right-sided tremors, memory loss, balance issues, constant leg pain, occasional poor circulation, and decreased muscular strength. The patient was formally diagnosed with Parkinson's disease by his neurologist.

**Intervention and Outcomes:** A Quantum Spinal Mechanics 3 (QSM3) Method utilizes upper cervical radiographs, a supine leg check, digital posture measuring device and grid. The algorithm was applied in the correction of upper cervical vertebral subluxations and postural distortions. Positive outcomes included a more balanced atlas (C1) vertebrae in orthogonal positioning and an improvement in postural distortions over a course of six months. The patient's signs and symptoms of Parkinson's disease decreased.

**Conclusion:** This case presents evidence of a link between vertebral subluxations, postural distortions and the expression of Parkinson's disease and advocates that more research needs to be conducted for healthcare providers to best serve patients with neurodegenerative disorders.

**Key Words:** Parkinson's, Quantum Spinal Mechanics, chiropractic, atlas, subluxation, adjustment, spinal manipulation

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