Title: Use of OMT for Post-Concussive Symptoms of a Mild Traumatic Brain Injury: A Case Report
Category: Case Study
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Abstract:
Traumatic brain injury (TBI) is among the most serious disabling neurological disorder and is expected to rank as the major cause of death and disability by the year 2020. Physician awareness regarding manifestations of TBI and subsequent treatment are paramount to reduce the burden of disease. Advancements in treatment of mild TBI have been slow with a lack of consensus on treatment methods that show universal success. This gap in treatment choices provides an opportunity for osteopathic manipulative treatment (OMT) to fill. The authors present a case of a 27-year-old male who sustained minor head trauma to the left posterior head while snowboarding. The patient presented to the NYITCOM health center complaining of worsening nausea, dizziness, and blowing sensation in his ear for 3 days. Osteopathic structural exam revealed significant somatic dysfunctions in the cranial, cervical, thoracic outlet and sacral regions. Due to the complaints of dizziness, the patient was also evaluated with the SMART balance master before and after OMT to objectively quantify OMT response. This device is a validated instrument that provides quantitative analyses of sway and balance. Following a single session of OMT, the patient described immediate resolution of his symptoms. The SMART balance scores post OMT indicated an improvement in his overall equilibrium and vestibular mechanisms. This case espouses the potential role of OMT upon improving symptoms associated with TBI, and the potential use of the SMART balance master as an objective assessment in measuring balance in TBI patients.