

Autistic Children Improve Under Chiropractic Care

The March 9, 2006 issue of the Journal of Vertebral Subluxation Research reports that a study of autistic children showed an improvement between 8.3% and 32% of their autism evaluation scores while under chiropractic care.

The 14 children in the study were under chiropractic care at the Kentuckiana Children's Center in Louisville, Kentucky. All had been diagnosed with autism at the Child Evaluation Center at the University of Louisville Medical School.

The effect chiropractic care had on the children was evaluated with the Autism Treatment Evaluation Checklist (ATEC), a questionnaire about the child's development and progress that is answered by parents, teachers or caretakers. The ATEC evaluates Speech and Language Communication, Sociability, Sensory and Cognitive Awareness, and Health/Physical/Behavior.

All of the children were initially under full-spine chiropractic care. For the study, half of the 14 children were placed under a specific type of upper cervical (neck) care to see if they improved any more. The study lasted three months. The children were checked and adjusted twice a week and re-evaluated with ATEC once a month.

Both groups of children showed improvement after chiropractic care. The full-spine group averaged improvements of 8.3% and the upper-cervical group averaged 32%. In fact, two of the children in the upper-cervical group improved so much that they no longer met the criteria to be considered autistic. In all, six of the seven children in the upper-cervical group improved (the two highest scored 93% and 62.5%) and five of the seven children in the full-spine group improved (the two highest in this group scored 60% and 44%).

According to the authors, "the most common clinical aspects of improvement were in communication, verbal skills, eye contact, mood, and physical sport skills."