

## **Learning Disabilities And Dyslexia: The Effects Of Chiropractic Care**

The January 15, 2007 issue of the Journal of Vertebral Subluxation Research contains an exciting literature review that suggests chiropractic care may have a positive effect on people suffering from learning disabilities and dyslexia.

In this review, the author reviewed eight studies and discussed the various theories of how these disorders develop, the neurological dysfunctions involved and how chiropractic care may help.

There were two models (theories) that explain how vertebral subluxations (misalignments of the small bones of the spine and related structures) can contribute to the problem as well as how adjusting them can help restore normal function.

The first one is called the hemisphericity model. It proposes that altered spinal mechanics and subluxations reduce the quantity and quality of signals entering the brain through the nervous system. This can ultimately result in an unbalanced lack of communication between the two halves of the brain that is integral to the learning process.

The neurologic disorganization model says that various body malfunctions, including vertebral subluxations, can lead to functional disturbances in the higher centers of the central nervous system, resulting in learning disabilities and dyslexia.

Recent research showing that chiropractic care helps improved cognitive brain function supports both models.

The author goes on to point out that in the research he reviewed the chiropractor was not as interested in treating the learning disabilities and dyslexia as much as correcting the underlying nervous system malfunctions that underlie the disorders. By removing subluxation interference and improving the brain functions important in learning skills, chiropractic was able to directly or indirectly address deficits related to learning disabilities and dyslexia.

The report concludes that while the research evidence so far has to be considered preliminary, “there seems to be a potential role for chiropractic care to improve various [brain functions] known to be essential in learning. Further research in this important area of health care is greatly needed.”