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Primary School Kids & Cerebellum Function – Why Chiropractors Should be Leading the Charge!

Recently Dr Alison Scott completed a pilot randomized clinical trial into the function of a cerebellum and the chiropractic adjustment in the pre-adolescent population. This was to finalise her research dissertation for her Master in Chiropractic Science (Paediatrics). In completion of this research, some very interesting current literature was explored, and can be applied to the chiropractic paradigm, and in particular in working with children within this paradigm.

Clinically, her interest was piqued when she had a number of school kids present with learning and behavioural issues, and whom on re-examination showed definitive improvements in balance and gross motor skills. The link between these couldn't be denied, as improvements in learning and behaviour also occurred in these children. A case study published by Borcean (1) in 2009 presented the case of a child with cerebellar ataxia who had resolution following subluxation based chiropractic care. This case study was the only chiropractic based research that specifically explored the relationship between the cerebellum function and the chiropractic adjustment.

Study Links Low Back Pain with Brain Tissue Wasting

A study discussed by Dr Michael Hall at the CAA NDF over the weekend shows that patients with Low Back Pain (>6M) had 5-11% less neocortical grey volume (brain nerve tissue) which is an **equivalent volume loss of 10-20 years of aging**. Interestingly, the amount of brain tissue loss was related to how long the patient was experiencing their discomfort. **The longer the history, the greater volume of brain tissue loss.** The grey matter (brain nerve tissue) wasting was primarily in the prefrontal cortex frontal brain area and the right thalamus (within the brain). It's a no brainer really!

Dr Notaras says this has relevance to dementia and similar conditions and general health as the brain controls most body functions.

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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 26 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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