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Foundation for Chiropractic Progress Commends Research Study on Non-Invasive, Non-Pharmacological Treatment Options for Post-Traumatic Stress Disorder

CARMICHAEL, Calif. – March 03, 2015 – The [Foundation for Chiropractic Progress](#) (F4CP), a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, highlights new [research](#) that evaluates the effectiveness of a novel brain and vestibular rehabilitation treatment (VRT) modality in post-traumatic stress disorder (PTSD) patients who have suffered combat-related traumatic brain injuries.

The research, published this month in *Frontiers in Public Health*, authored by [Frederick R. Carrick](#), D.C., Ph.D. and colleagues Kate McLellan, J. Brandon Brock, Cagan Randall and Elena Oggero, at the Neurology, Carrick Brain Centers; Neurology, Carrick Institute; Harvard Medical School Global Clinical Scholars Research Training (GCSRT); and University of Wyoming, documents the positive outcomes of non-invasive, non-pharmacological treatments, and concludes that a two-week VRT period may offer large reductions in cost, time and disability when compared to a longer treatment phase.

“Contrary to traditional care methods, our researchers treated PTSD as a physical brain injury rather than a psychiatric disorder, and found strong statistical and clinical outcomes,” says lead author [Frederick R. Carrick](#), D.C., Ph.D., chiropractic neurologist. “Specifically, the findings show a reduction in severity scores across patients classified as experiencing extreme or severe PTSD and an inherent likelihood of decreased suffering among patients, family members and society.”

The primary treatment modalities used for this research, a novel brain and VRT, are techniques often utilized by chiropractic neurologists – specialty providers within the chiropractic profession who excel in treatment of the brain, spine and nervous system. In addition to VRT, a mix of fast and slow eye movement exercises can also generate positive clinical outcomes for individuals who have experienced PTSD brought on by a combat-related blast, a sports-related concussion and/or have suffered from stroke, according to supplementary reports.

“Non-invasive, non-pharmacological treatment is an appropriate and advantageous approach for brain injury brought on by a number of causes,” says Dr. Carrick. “This report articulates the role and value of certain conservative treatments and presents an indisputable case for updating traditional care pathways.

Through unified action, society can change the accepted forms of treatment and introduce more opportunities for saving lives affected by brain injury.”

Dr. Carrick is a chiropractic neurologist and president of the American Chiropractic Association's counsel on neurology. For 36 years, he has operated a specialty practice dedicated to the diagnosis and treatment of neurological disorders. As an active brain researcher, teacher and clinician, Dr. Carrick devotes his time and service to patients around the world.

About Foundation for Chiropractic Progress

A not-for-profit organization, the Foundation for Chiropractic Progress aims to inform and educate the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, please visit us on the web at www.f4cp.com or call 866-901-F4CP (3427).

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