

## Chiropractic correction of upper neck injury may help reverse multiple sclerosis

A recent case study, published in the Journal of Vertebral Subluxation Research (JVSR), is the first to show that correction of upper neck injuries may reverse the progression of Multiple Sclerosis (MS).

The research was performed by Erin Elster, D.C., an Upper Cervical chiropractic specialist of Boulder, Color., who corrected chronic upper neck injuries in an MS patient which may have stimulated a reversal of MS symptoms.

According to Dr. Elster, injuries to the spine can result in vertebral subluxations that occur when vertebrae (the small interlocking bones of the spinal column) misalign or become stuck and interfere with the function of the nervous system. By aligning the first two upper vertebrae with the skull, nerve pathways traveling between the brain and spinal cord became less obstructed. This may help improve and/or reverse the MS symptoms.

"According to medical research, head and neck injuries have long been considered a cause of Multiple Sclerosis," said Elster. "But this is the first research to show that correction of those injuries can have a dramatic effect on reversing MS."

Upper neck injuries frequently occur during auto or sports accidents causing whiplash or concussion. Injuries also can occur during minor accidents, especially sporting incidents and minor falls. "We need to correct the misconception that neck injuries can only occur in major accidents and traumas," Elster noted.

Elster's MS research follows on the heels of other published research she has done with Parkinson's Disease (a disease also linked to head trauma) in which 80% of study participants showed an improvement and/or reversal of symptoms.

By correcting neck injuries, Elster says she has also achieved similar positive results in patients with other chronic neurological conditions including migraines, vertigo, seizures, and Attention Deficit/Hyperactive Disorder.

Dr. Matthew McCoy, JVSR editor, commented that "this is one case study that shows the beneficial effects of reducing subluxation in an MS patient and it adds to a couple of others in the literature. What we need now are larger studies to show how consistent these results are."

Elster is presently compiling data on approximately 30 cases of MS and 40 cases of Parkinson's that have responded to chiropractic care through subluxation reduction.

JVSR is a peer-reviewed scientific journal devoted to subluxation based chiropractic research affiliated with the World Chiropractic Alliance (WCA), an international organization representing doctors of chiropractic and promoting the traditional, drug-free and non-invasive form of chiropractic as a means of correcting vertebral subluxations that cause nerve interference.

The WCA is an NGO (Non-Governmental Organization) associated with the United Nations Department of Public Information. For more information, contact the WCA at 800-347-1011 or <http://www.worldchiropracticalliance.org>.

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Reporter's note: An [abstract of the research report](#) is available on the JVSR website. Both [Dr. Elster](#) and [Dr. McCoy](#) are available for interviews and additional information.

