

## Research Article of the Week!

### “Atlas Vertebra realignment and achievement of arterial pressure goal in hypertensive patients: a pilot study ”

G Bakris, M Dickholtz Sr, PM Meyer, G Kravitz, E Avery, M Miller, J Brown, C Woodfield and B Bell.  
Journal Human Hypertension (2007) 21, 347-352

#### **Objective:**

To hypothesize if correcting the mis-aligned atlas bone reduces and maintains a lower blood pressure.

#### **Method:**

A randomized double-blind study with a placebo control was used. 8-week study was performed on 50 people. The experimental group of 25 individuals received a N.U.C.C.A. upper cervical adjustment and the control group of 25 individuals received a sham chiropractic adjustment to the atlas bone.

Participants in the study were completely washed out of all blood pressure medications for 2 weeks prior to the study beginning. 78 people were screened for this study and 50 people participated. 70% of participants were male and the mean age was 52.7 years of age.

#### Inclusion Criteria:

1. Between the age of 21 & 75
2. Positive preliminary screening for evidence of Atlas Subluxation
3. Documented history of stage 1 hypertension
4. Willingness/capacity to execute informed consent documents.

#### Outcome Assessments:

The primary end point in the study was a change in BP from baseline determined by the mean of 3 sitting cuff blood pressure measurements.

Prior to the study, patients were referred to a N.U.C.C.A. practitioner for evaluation of:

- Supine leg-length check
- Paracervical skin temperature
- Postural Analysis
- Cranio-cervical X-ray

Treatment was administered 1x/week for up to 8 weeks.



### **Results/Conclusions:**

Results of pre-and-post blood pressure measurements are as follows:

- Systolic BP in the treatment group: pre-treatment: 147; Post-treatment 129.8 (Change of 17.2)
- Diastolic BP in treatment group: pre-treatment: 92.5; post-treatment: 82.2 (Change of 10.3)
- Systolic BP in placebo group: pre-treatment: 145.3; post-treatment 142.1 (change of 3.2)
- Diastolic BP in placebo group: pre-treatment: 91.0; post-treatment: 89.2 (change of 1.8)

There were no adverse effects to report during the short-term study.

“The findings of this pilot study represent the first demonstration of a sustained BP lowering effect associated with a procedure to correct the alignment of the atlas vertebra. The improvement in BP following the correction of Atlas misalignment is similar to that seen by giving two different antihypertensive agents simultaneously.”

### **Drs. Take Away:**

- Atlas subluxation has been linked for years to brainstem ischemia and elevated blood pressure (the relationship has been known for more than 40 years)
- Specific chiropractic adjustments to the Atlas are as effective as two anti-hypertension drugs simultaneously.
- There is now evidence that non-surgical means can lower blood pressure.
- A larger study is being planned to generalize this information if results prove as conclusive as this study.
- People are better off adjusted than not adjusted.

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