



# New Direction in Research

By Charmaine A. Herman, MA, DC  
Blair UC Chiropractic Society National Convention  
Nashville, TN  
October 12, 2018

## Education



- B.A. in History from University of South Carolina 1991
- B.S. in Biology from University of South Carolina 1992
- M.A. in History from University of South Carolina 2002
- Graduate Certification in Women's Studies from University of South Carolina 2003
- D.C. from Sherman College of Straight Chiropractic 2009

## My Two Roles

Associate Professor  
Life University College of Chiropractic  
[charmaine.herman@life.edu](mailto:charmaine.herman@life.edu)

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Clinic Director  
Agape Upper Cervical Health Center -  
Alpharetta, GA  
[agapeuc@gmail.com](mailto:agapeuc@gmail.com)



## Practicing and Teaching

- Clinic Director, Agape Upper Cervical Health Center, Inc. - Alpharetta, GA opened May 2013
- Certified Blair Faculty Instructor October 2013
- Assistant Professor at Life University College of Chiropractic - July 2014
  - Division of Clinical Sciences (Visceral Diagnosis, Orthopedic Diagnosis, Clinical Skills, etc..)
  - Began teaching Blair Condylar Misalignment and Analysis elective January 2016
- Associate Professor Life University College of Chiropractic - October 2018

## Awards & Recognition

- ❖ Faculty Excellence Award - September 2018 LU graduating class
- ❖ Advisor of the Year (2017-2018)
- ❖ 2018 Top Atlanta Chiropractor Award
- ❖ Life University Faculty Research Award (3x)
- ❖ Life University OSRSA Research Grant Award
- ❖ Blair Society Chiropractor of the Year -2016
- ❖ B.J Palmer Philosophy Award for Clinical Excellence
- ❖ Service Distinction Award from Sherman College
- ❖ Lyle W. and Eula M. Sherman Upper Cervical Scholarship
- ❖ Dottie Blair Scholarship awarded by the Blair Upper Cervical Society

## Published Case Studies/Reports

1. Herman C, Harris J. Resolution of Neck Pain, Upper Extremity Paresthesia & Dysautonomia in a 46-year-old Female with Loss of Cervical Curve and Spinal Degeneration Using Blair Upper Cervical Technique: A Case Study & Review of the Literature. *J of Upper Cervical Chiropr Res.* 2018 July 9 3:26-32.
2. Herman C, Pitts M. Resolution of Neck Pain and Upper Extremity Paresthesia in a 28-year-old Male Following Blair Upper Cervical Chiropractic Care to Reduce Vertebral Subluxation: A Case Study & Review of the Literature. *J of Upper Cervical Chiropr Res.* 2018 May 3:19-25.
3. Herman C, Rallings A. *Resolution of Cervicalgia Following Blair Upper Cervical Technique: A Case Study & Review of the Literature.* *J of Upper Cervical Chiropr Res.* 2017 December 2:58-64.
4. Herman C. *Resolution of low back pain in an 8-year-old patient following Blair upper cervical chiropractic care: a case report.* *J of Upper Cervical Chiropr Res.* 2016 July 28:24-30.
5. Herman C. *Resolution of low back pain and gastro-esophageal reflux disease in a 29 year old male patient following upper cervical chiropractic care: a case report.* *J Chiropr Edu.* 2016 30(1):73. (Abstract)
6. Herman C. *The improvement of a 40 year-old male patient exhibiting anxiety and depression disorder following Blair upper cervical chiropractic care: a case study.* 12th International Research and Philosophy Symposium (IRAPS) Sherman College of Chiropractic Spartanburg, SC October 10-11, 2015. A. *Vertebral Subluxation Res.* 2015 Nov 27:188-90. (Abstract)
7. Herman CA, Amilcar CP. *Chiropractic management of an infant with paroxysmal tonic upgaze syndrome, congenital torticollis and upper cervical subluxation following birth trauma: a case report.* *J of Upper Cervical Chiropr Res.* 2015 June 29:19-23

## WHY A NEW DIRECTION?

- I am lead instructor for CLET 3826 Head and Neck Clinical Case Integration
  - Chiropractic management of neck/arm complaints, headaches, hearing loss, tinnitus, TBI, VBAI, etc..
  - Great platform to mention Blair and stir up interest
- Students required to submit a 6 page literature review using a head and neck complaint or technique
- Common question after doing at literature search.....



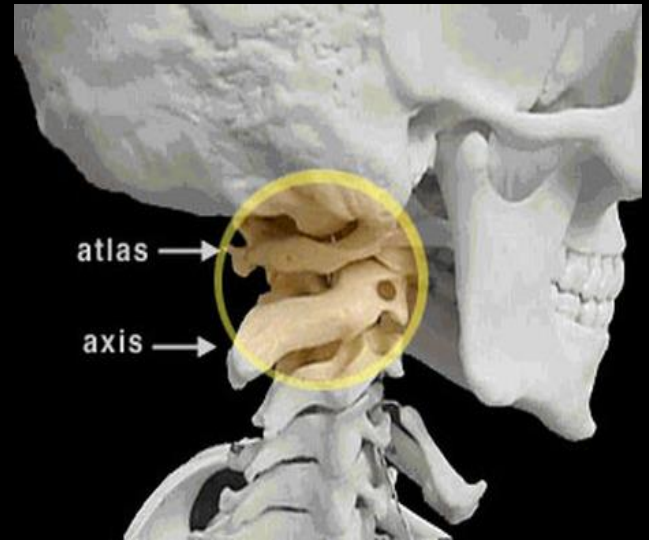
## DOES BLAIR HELP PATIENTS WITH NECK PAIN?



## Answer...

“Of course Blair works on neck pain and associated problems because we remove the primary subluxation!”

But the peer reviewed research did not show that!!



Not enough Blair articles on musculoskeletal neck complaints!!!

## Blair Published Research Topics

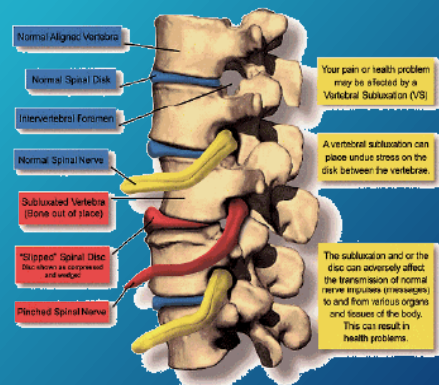
Published Blair UC peer-reviewed articles include topics such as:

1. Meniere's Disease (Burcon)
2. Infertility (Hilpisch & Stenberg)
3. Complex Regional Pain Syndrome (Milman, Forest & Hubbard)
4. Ankylosing Spondylitis (Wells & Williams)
5. Myoclonic Seizures (Hubbard & Kane)
6. Epilepsy (Hooper & Manis)
7. Tremor and Migraine (Hubbard & Kane)
8. Low back pain (Herman)
9. Migraines (Verderame & Hollowell)
10. Inter and Intra Protractoview Reliability Studies (Hubbard, Vowles, Forest)
11. Heart Rate Variability - (Burcon)

## Chiropractic Vitalistic Principles in Education

- Subluxation Centered vs Symptom Centered
- Addressing the Vertebral Subluxation Complex (VSC)
  - Kinesiotherapy
  - Myopathy
  - Histopathology
  - Neuropathophysiology
  - Biochemical Changes
- Causes of the VSC
  - trauma, emotional stress, chemical stress
- Avoid diagnosing conditions

### VERTEBRAL SUBLUXATION

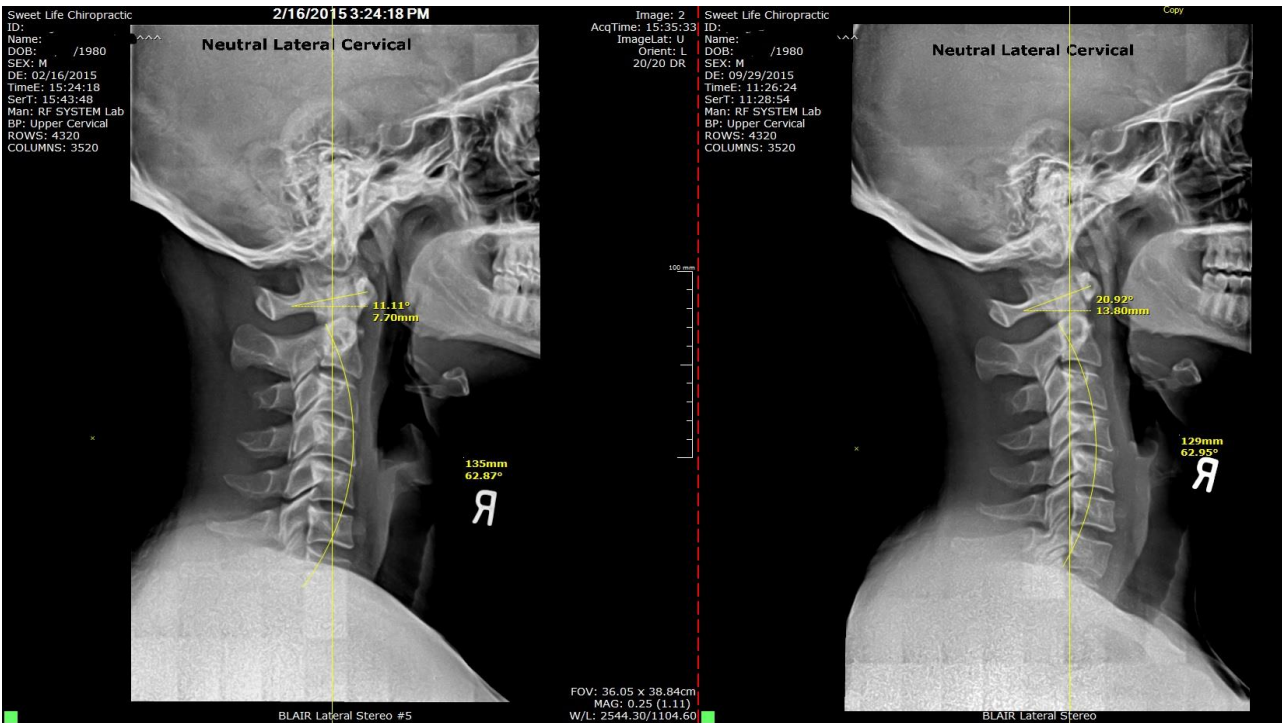


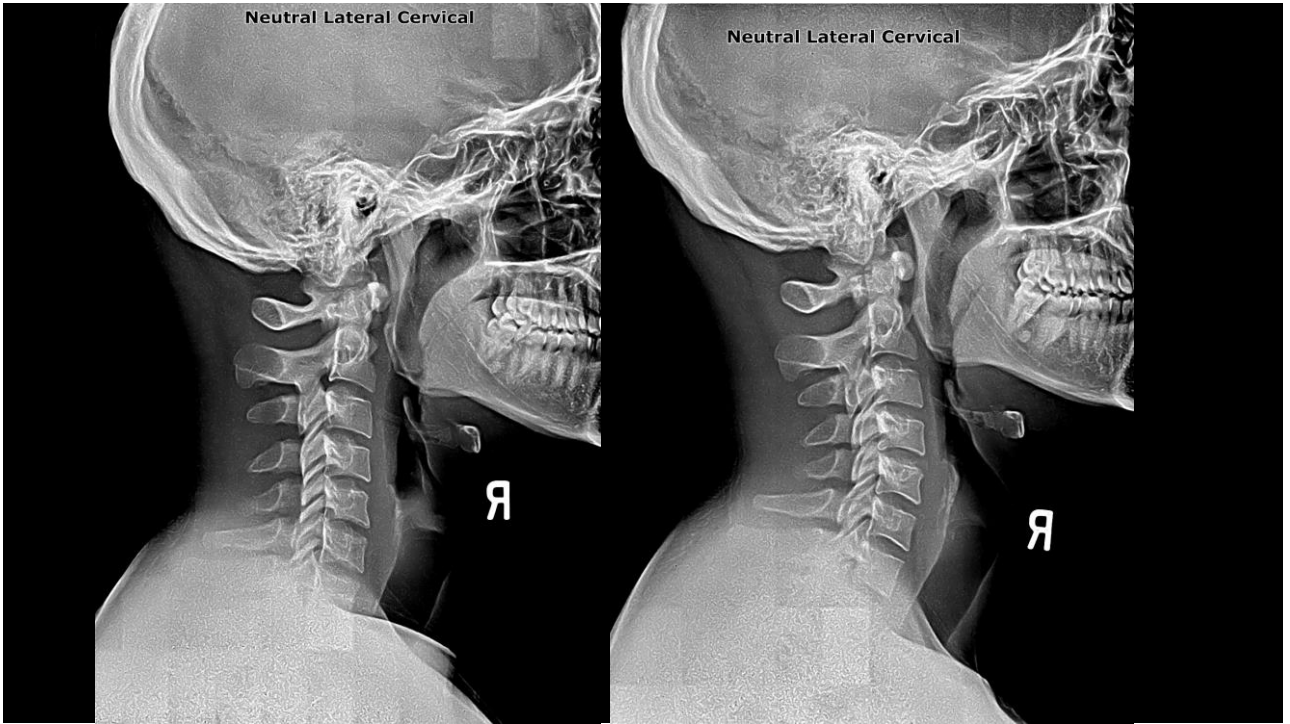
Make sure your nerve channels are clear and your body is able to function at peak efficiency; have a spinal examination by your doctor of chiropractic.

# Students Wanted More from Blair UC



- But what about Blair and neck pain?
  - Can it help patients with cervical radiculopathies or TOS?
  - Did Blair only help the obscure patient?
- Can Blair affect a neck that has lost its cervical curve?
  - Techniques like CBP emphasized exercises and therapeutic modalities for cervical curve restoration
  - Students wanted to know what Blair could do for the cervical curve?
- I provided a few examples....





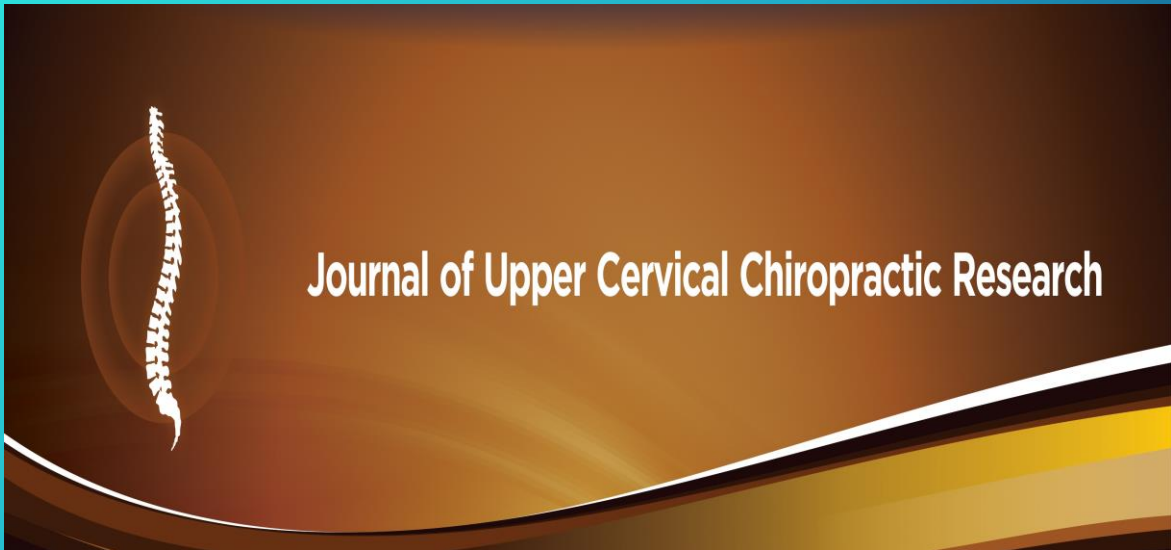
## Opportunity Knocked!!

- Students needed case studies for their senior research projects
- Used this opportunity to provide my Blair neck pain complaints
- This produced three (3) articles for publication





# Thank you McCoy Press!!!



## Three Published Peer Review Articles

1. Herman C, Harris J. Resolution of Neck Pain, Upper Extremity Paresthesia & Dysautonomia in a 46-year-old Female with Loss of Cervical Curve and Spinal Degeneration Using Blair Upper Cervical Technique: A Case Study & Review of the Literature. *J of Upper Cervical Chiropr Res.* 2018 July 9 3:26-32.
2. Herman C, Pitts M. Resolution of Neck Pain and Upper Extremity Paresthesia in a 28-year-old Male Following Blair Upper Cervical Chiropractic Care to Reduce Vertebral Subluxation: A Case Study & Review of the Literature. *J of Upper Cervical Chiropr Res.* 2018 May 3:19-25.
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## Resolution of Cervicalgia Following Blair Upper Cervical Technique: A Case Study & Review of the Literature

By Charmaine Herman, D.C. & Ashia Rallings, D.C.

- **Objective:** The purpose of this case study is to evaluate and discuss the use of Blair Upper Cervical technique in a 55-year-old female with cervicalgia and spinal stenosis.
- **Clinical Features:** The patient is a 55-year-old female who presented with a chief complaint of neck pain and spinal stenosis, exacerbated by prolonged sitting and standing. The patient also presented with reduced cervical range-of-motion (ROM), spasms and tenderness of the left cervical paraspinal muscles, and postural abnormalities.
- **Intervention and Outcomes:** A patient health history and chiropractic examination was performed. Blair Upper Cervical technique was utilized to identify the area of involvement. This case study shows improvements in the patient's condition after one month of care. During that time period, the patient received chiropractic adjustments in accordance with Blair Upper Cervical technique protocol. By the end of care, the patient's Verbal Pain Scale score went from a 5/10 pain level to 0/10 pain level. Other outcome assessments used in this case study include Tytron thermography scanning.
- **Conclusions:** The findings presented in this case study suggest that chiropractic adjustments using Blair Upper Cervical technique may provide some benefit in the management of neck pain and spinal stenosis.

## Resolution of Neck Pain and Upper Extremity Paresthesia in a 28-year-old Male Following Blair Upper Cervical Chiropractic Care to Reduce Vertebral Subluxation: A Case Study & Review of the Literature

By Charmaine Herman, D.C. & Miracle Pitts, D.C.

- **Objective:** To evaluate and discuss the effects of upper cervical chiropractic care on a 28-year-old male patient with neck pain and upper extremity paresthesia.
- **Clinical Features:** The patient is a 28-year-old male that presented to the office with neck pain and associated right hand paresthesia. The patient presented to the office 5 months after the initial onset of symptoms.
- **Intervention & Outcomes:** A case history and chiropractic examination was performed and it was determined that the patient had a subluxation of the C1 (atlas) vertebra, as well as the C2 and C5 vertebra on a subsequent visit. The patient received chiropractic care following the Blair Upper Cervical protocol. The care went for nine visits over the course of 1.5 months. At each visit, he was checked for vertebral subluxation via Blair Upper Cervical protocol and was adjusted a total of 7 times. The patient reported resolution of both the neck pain and hand paresthesia at the eighth visit.
- **Conclusion:** This case study demonstrates successful management of a 28-year-old male patient suffering from neck pain and paresthesia, who was managed with specific Blair upper cervical protocol. Further research with regards to how specific Blair upper cervical protocol may benefit patients is suggested.

## Resolution of Neck Pain, Upper Extremity Paresthesia & Dysautonomia in a 46-year-old Female with Loss of Cervical Curve and Spinal Degeneration Using Blair Upper Cervical Technique: A Case Study & Review of the Literature

By Charmaine Herman, D.C. & Jessica Harris, D.C.

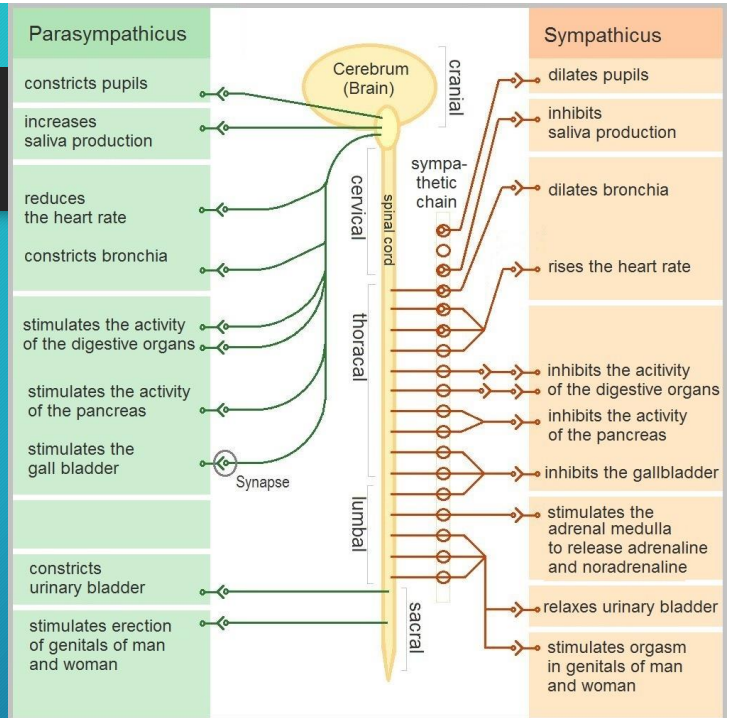
- **Objective:** To report on the health outcomes in a 46-year-old woman with neck pain and hand numbness undergoing chiropractic care for the management of upper cervical vertebral subluxation.
- **Clinical Features:** The patient is a 46-year-old woman that presented to the office with neck pain and hand numbness. She was examined and found to have upper cervical subluxation and dysautonomia along with a loss of the normal cervical curve and cervical spine degeneration.
- **Intervention and Outcome:** The patient received specific chiropractic adjustments using the Blair Upper Cervical chiropractic technique protocol. Eight adjustments were administered over a 4-month period. At each visit, the patient was evaluated for subluxation using thermography, palpation and leg length inequality. Neck pain was decreased from 4/10 to 0/10 on a verbal pain scale. There was improvement in her neck pain and hand numbness after her initial adjustment and resolution of neck pain and hand numbness after two months of care.
- **Conclusion:** This case study demonstrated successful management of a 46-year-old woman with neck pain, spinal degeneration, hand numbness and dysautonomia managed with upper cervical chiropractic care. Due to the natural limitations of a case study, more research is needed to examine how upper cervical chiropractic care benefits patients suffering with neck pain and paresthesias.



## Other New Directions

## Dysautonomia

- Dysautonomia refers to a disorder of autonomic nervous system (ANS) function that generally involves failure of the sympathetic or parasympathetic components of the ANS, but **dysautonomia** involving excessive or overactive ANS actions also can occur

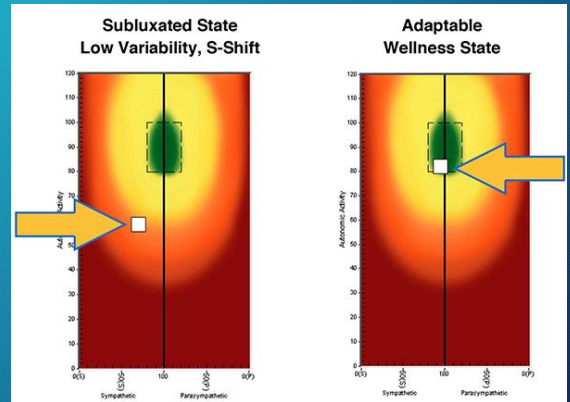
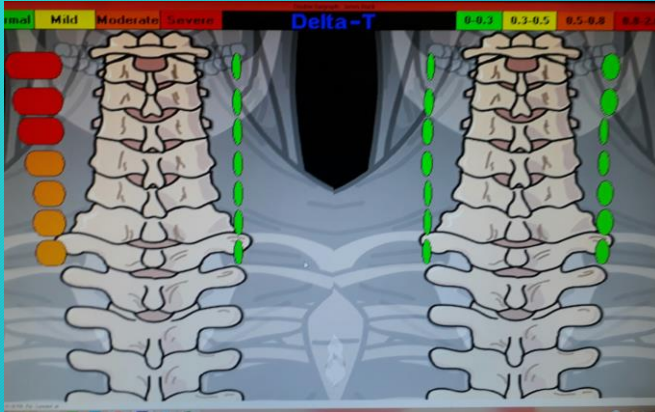


## Symptoms of Dysautonomia



- Symptoms in individuals with dysautonomia include:
  - Anhidrosis
  - Anxiety
  - Double vision or Tunnel vision
  - Bowel incontinence
  - Brain fog
  - Difficulty swallowing
  - Chronic fatigue
  - Hypotension
  - Orthostatic Hypotension
  - Syncope
  - Tachycardia
  - Vertigo
  - Urinary incontinence or retention
  - Vertigo
  - Weakness

## Thermography, HRV and Dysautonomia



# Thank You!

QUESTIONS?