

## **An 18-Month Retrospective Analysis Of The Prevalence Of Hyper-Reflexia In Patients Presenting With Cervical Spine Complaints**

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**PURPOSE:** The presence of hyper-reflexia can be a normal variant, however it can be a sign of spinal cord compression or other central nervous system lesion. This finding commonly originates in the cervical spine and its presence can be a concern for doctors of chiropractic. **METHOD:** A retrospective analysis was utilized to determine the prevalence of hyper-reflexia in patients presenting to a clinic with cervical spine complaints over an 18-month period. There were 62 patients with complaints of cervical spine pain. 7 patients were cervical post-operative status and were excluded from the analysis. The remaining patients (n = 55) were found to consist of: 48.4% male and 51.6% female. Hyper-reflexia was defined in this analysis to be either a +3 or +4 patellar or Achilles reflex, unilaterally or bilaterally. **RESULTS:** Hyper-reflexia was found in 16 patients (29.1%). This result of 29.1% of patients with hyper-reflexia who presented with cervical complaints demonstrates the importance of including patellar and Achilles reflexes in the clinical examination. **CONCLUSION:** The purpose of this investigation is to simply report the occurrence of hyperreflexia. The mere presence of hyperreflexia may, or may not, be of clinical significance. While n = 55 is a small population, further investigation into the history of the complaint and added physical examination and imaging in a case-by-case basis may be warranted to rule out CNS pathology with the possible presence of cervical cord compression being a significant concern for manipulation.

Poster presentation  
2005 ACBSP Chiropractic Sports Sciences Symposium  
Ft. Lauderdale, FL