Paul T. Sprieser, D.C., DIABK
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973-334-6053-paulsprieser.com
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Concussion and Brain Injuries and Cranial Faults

The front-page article in the New York Times titled "As Injuries Rise, Scant Oversight of Helmet Safety", this is written by Alan Schwarz. I checked the archives of the Times and found for the past year and found a total of 125 articles on this subject matter. I also have read all articles that Mr. Schwarz has contributed to this body of knowledge, which totaled 48 of the 125 listed. Other science writers of the NY-Time that have also contributed to this information pool are Jane Brody, Jeff Klein, and Tara Parker Pope just to name a few.

This subject has been a great interest and part of my clinical research for the past 30 years and I have written and published research papers on two specific cranial fault that all athletes in contact sport have whether helmets are worn or not. The sports that frequently have head injuries that I have investigated are football, hockey, soccer and wrestling, but many other sport also have these injuries.

The cranial fault I am referring to are caused by minor or major trauma impacts to the head region even if a helmets worn. These fault effect the strength of muscle of the athletes body leading to potential of greater injury pulse the effect to the brain and spinal cord. The Frontal Fault cause by whiplash type of motion to the neck cause severe weakness to the neck muscles. The Glabella Fault occurs from impacts to the skull. This will cause a general muscular weakness when the athlete takes a breath in through the mouth.

All athletes in contact sports should be checked for these two faults through Applied Kinesiology muscle testing and corrected when diagnosed. This should always be done at the start of every season and again checked midway through and at the end of that sports' season.

Illustration #1

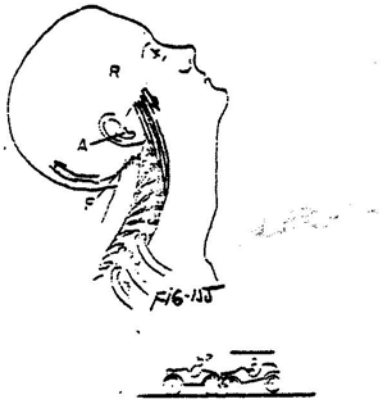
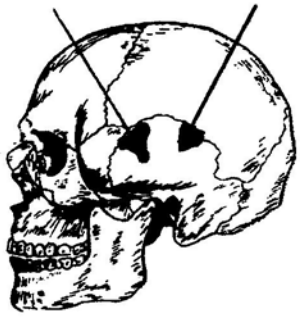


Illustration #2



In these illustration we see the force that cause these cranial faults. Illustration #1 is the cause of the Frontal fault, which is showing the force of a car accident, now think of this as the force seen in football instead of a car. You can easily see the pull of the muscle on the floor of the skull and resistance at the forehead causing the micro-displacement of the frontal bone.

The second illustration shows the skull and two arrows are the vector of force that causes the Glabella fault. You can easily see this line of force is transmitted through the helmets especially or the skull in heading of a soccer ball. The amount of force that cause the Glabella fault directly applied to the skull without a helmet is less then one pound of pressure and slightly more with a helmet.

The important fact to remember is that protective helmets (football, hockey, baseball, bicycling, etc.) prevent fractures to the cranial bone they do not protect against concussions. What current research is showing that concussions especially repeated one's can lead to dementia, depression and even a type of Lou Gehrig's disease or ALS. Correction of this fault should provide some protection from brain changes this trauma causes.