



P O R T L A N D

CHIROPRACTIC · NEUROLOGY

Case Study 6: Debilitating Low Back Pain with no treatment available

Previous diagnosis: Disc Herniations

Previous course of treatment: spinal surgery

History:

Pain in the middle of her lower back, radiates down her leg. Numbness and tingling in front of her left leg and outer portion and stops in the L calf area. Pain is the greatest in her L buttock area. Pain wraps around both hips into her groin region. More pain than tingling on the Right leg and doesn't travel as far down her leg. Cannot sleep on side at night due to pain. Had previous back surgery in November of 06' and had fusion and screws at L3-S1 levels. She currently takes Nabumetone 500mg, 1 tablet/twice per day and Methocarbamol 500mg 1 tablet/3x per day. When she coughs, creates tingling and stinging in lower back. She has weakness walking up stairs.

What was found during her examination:

- L short leg by 1/2".
- L1-S1 restricted, L and R Sacro-Iliac joints restricted, T7-T11 restricted
- L4, L5, S1 regions on the left reduced to touch, pressure and vibration. S1 reduced to pinwheel sensation. Weakness in hip flexion, extension and knee flexion/extension.
- 0/5 reflex on L L4, patellar.
- Orthopedic testing positive for S/I involvement, especially on the L.
- X-rays revealed 6 screws 1.5-2" in length from L3-S1 levels from a previous spinal fusion

Summary of Presenting Case:

Everyone had told this unfortunate lady that there wasn't any hope and she was just going to have to live with it, but after meeting this lady, I now understand what led her to me: sheer will power. Using chiropractic neurological techniques we were able to affect the areas that were problematic from the areas above and below the fused vertebrae of the spine. This patient went from barely being able to walk up a flight up stairs to going out dancing in her free time. The process to reducing pain to tolerable levels took about one month and then after two months, she was doing amazing. She thanks me every time she comes in for her check-ups.

End Result- Patient no longer experiences lower back pain, except every once in a while if she stresses her body a certain way.