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Cox decompression manipulation and guided rehabilitation of a patient with a post surgical c6-c7 fusion with spondylotic myelopathy and concurrent L5-s1 radiculopathy.

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Abstract

OBJECTIVE: The purpose of this case report is to describe combined treatment utilizing Cox distraction manipulation and guided rehabilitation for a patient with spine pain and post-surgical C6-7 fusion with spondylotic myelopathy and L5-S1 radiculopathy.

CLINICAL FEATURES: A 38-year-old man presented to a chiropractic clinic with neck pain and a history of an anterior cervical spine plate fusion at C6-7 after a work related accident 4 years earlier. He had signs and symptoms of spondylotic myelopathy and right lower back, right posterior thigh pain and numbness.

INTERVENTION AND OUTCOME: The patient was treated with Cox technique and rehabilitation. The patient experienced a reduction of pain on a numeric pain scale from 8/10 to 3/10. The patient was seen a total of 12 visits over 3 months. No adverse effects were reported.

CONCLUSIONS: A patient with a prior C6-7 fusion with spondylotic myelopathy and concurrent L5-S1 radiculopathy improved after a course of rehabilitation and Cox distraction manipulation. Further research is needed to establish its efficiency.

KEYWORDS: Back pain; Chiropractic; Manipulation; Myelopathy; Rehabilitation; Spinal fusion

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