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Journal of Manipulative and Physiological Therapeutics
 Volume 30, Issue 2, February 2007, Pages 152-157

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doi:10.1016/j.jmpt.2006.12.002 [? Cite or Link Using DOI](#)
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Case Report

Spinal Synovial Cysts and Intersegmental Instability: A Chiropractic Case

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 Received 25 July 2006; revised 5 September 2006; accepted 8 September 2006.
 Available online 21 February 2007.

Abstract

Objective

This article presents a case in which synovial cysts appeared to cause compromise of the neural foramina and thecal sac with presenting neurological signs.

Clinical Features

A 67-year-old female patient with a history of lumbar synovial cysts and synovectomy presented with recurrence of bilateral low back, leg pain, and apparent neurological compromise along with a recurrence of lumbar synovial cyst as evidenced on magnetic resonance images.

Interventions and Outcome

Flexion distraction therapy, performance of Williams low back exercises and interferential therapy resulted in 50% relief. Frequency of care was progressively diminished as she improved. The patient experienced recurrence of severe episodes; multifidus strengthening exercises were provided to address a concomitant spondylolisthesis and instability, resulting in a cessation of these episodes and improvement in functional activities.

Conclusion

Distraction therapy seemed to alleviate the constant pain without surgical intervention. In this case,

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the synovial cyst may have been an incidental finding versus a primary cause of the low back and leg pain. For similar patients, in the absence of correlative progressive neurological signs, surgical intervention may not be necessary.

Manipulation; Chiropractic; Synovial Cyst; Exercise Therapy; Spondylolisthesis; Joint Instability



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Journal of Manipulative and Physiological Therapeutics

Volume 30, Issue 2, February 2007, Pages 152-157

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