

2013 Part III Cox® Certification Course

Maui, Hawaii on March 24, 2013

**Concomitant Tourette's (*Maladie des TICS*)
and Adolescent Idiopathic Mild Scoliosis complicated by
Chronic L5/S1 Facet Syndrome and spinal subluxations
treated using Cox® Technic Protocols**

By: Dr. Mike M. Poulin, D.C.



Serving the community since 1993

Herndon, Virginia

Ashburn, Virginia

History

- 17yr. old Caucasian male – High school senior
- Works-out at the gym doing cardio and lifting weights 3-4 days a week. Takes multivitamins. Eats healthy. Tries to sleep 7-8 hrs of sleep.
- Mild LBP and UBP for 3 years.

Chief Complaints

- Presented on 1/9/2013, with constant but minimal dull aches with stiffness in upper back and low back.
- His condition was aggravated with working out and exercising.
- LBP “1” and UB pain “2” on 0-10 V.A.S.
- LBP is increased activity but nothing specific.
- While being x-rayed, patient mentions he has Tourette's and has Obsessive Compulsive Disorder.
 - He is in the highest math class possible in high school, Discrete Mathematics and Probability and Statistics but hates math. Scores near perfect Math SAT.

Tourette's Hx and Symptoms

- Vaginal birth, “Normal birth”
- 8’11” 21 inches long.
- Umbilical cord was wrapped around his neck 2 times.
- Transient Tic disorder at age 4-5.
 - Symptoms were: tapping, counting, spinning, head nodes, squint of eyes
 - 15% of general populations has Tics, don’t always turn into Tourette's.
- OCD/Tourette's at age of 7 was diagnosed, it bothered him.
- Trx. By Neurologist and Psychiatrist with many meds and variable doses. NC
- OCD symptoms were and are:
 - Counts the number of letters, taps toes certain #, and will walk 5-7 steps then has to skip 1 time, spinning around, when texting counts characters in counts of 5, goes up steps in 6, listens to music volume or TV on settings of 14, 17, 19, 21, 22, 24, 32. Never does things or uses # of 10 in volume.

Medications Prescribed Over Last 10 Yrs:

- Desipramine
- Catapres
- Zoloft
- Lexapro (had side effects)
- Prozac
- Klonopin

Examination Findings

Abnormal findings:

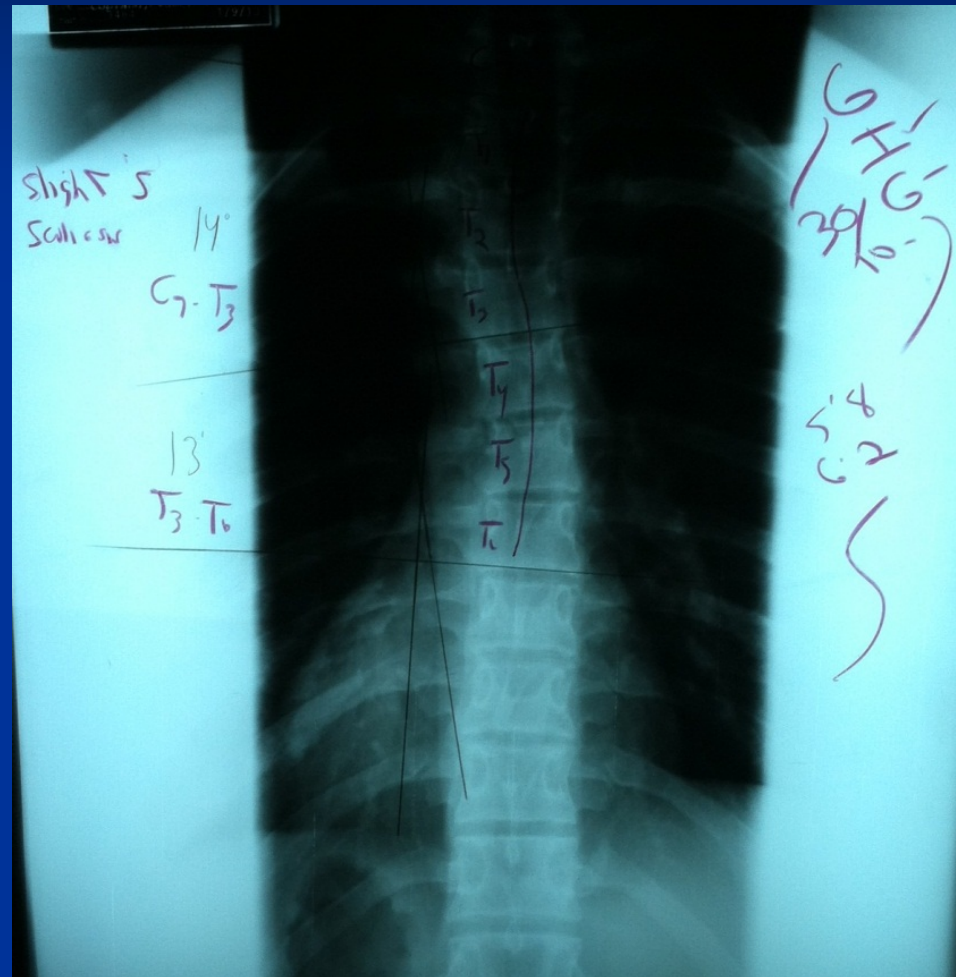
- - Dejerine's
- - Kemp's
- Normal Deep Tendon Reflexes and Muscle Strength
- + All lumbar R.O.M. were minimally painful and limited in right and left LB
- + Cervical/Thoracic R.O.M. was minimally painful and limited on flexion and extension
- + Lumbar, thoracic and cervical spine had mild areas pain on palpation and percussion.
- Mild muscle spasms and tightness noted in entire spine.

X-rays

Mild scoliosis

14° curve - C7-T3

13° curve - T3-T10



X-rays (cont.)

Flat back
due to
muscle
tightness
and mild
muscle
spasms



X-rays (cont.)

L5-S1
Facet
Syndrome



Diagnosis

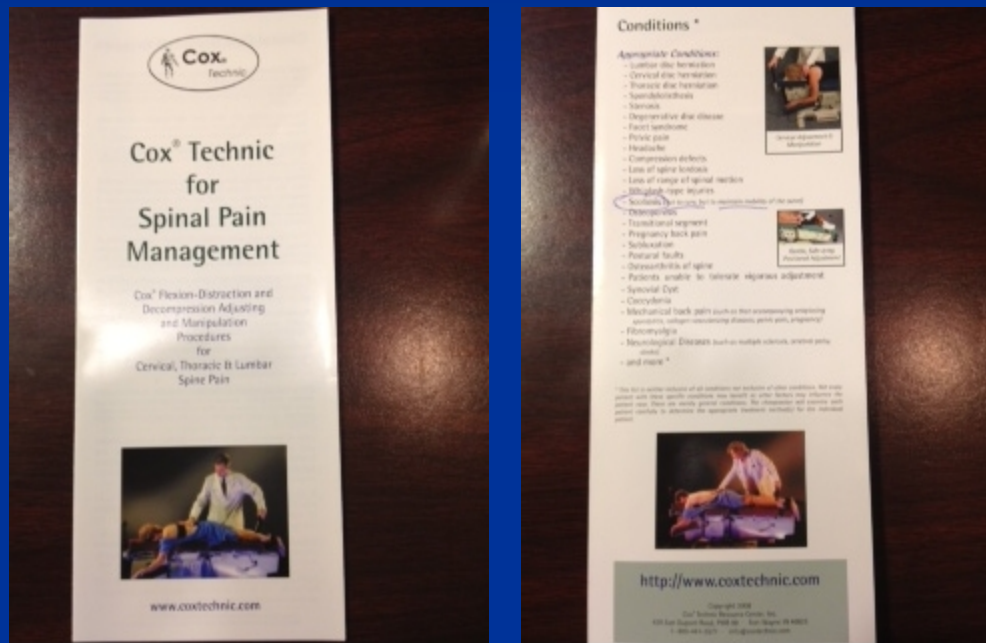
- 724.8 Lumbar Facet Syndrome
- 737.30 Idiopathic Adolescent Scoliosis
- 739.4 Sacroiliac Segmental Dysfunction
- 739.2 Thoracic Segmental Dysfunction
- 739.4 Cervical Segmental Dysfunction
- 728.85 Muscle Spasm
- 307.23 Tourette's Disorder

Treatment

- After consultation, exam, x-ray, and brief R.O.F., then Cox[®] Disc Decompression of the lumbar and thoracic spine using Lumbar Cox Protocol 2, after tolerance testing, with small 2-3” Dutchman roll was applied.
- Gentle Diversified thoracic adjustments were done P-A as well as anteriors. Prone cervical and supine upper cervical gentle adjustments were given for subluxations. Side posture was utilized for both SI joints that were also subluxated.
- Electrical stimulation (Biphasic) was applied to trapezius region and separate Electrical stimulation (Biphasic) was applied to thoracolumbar region with moist hot packs.

Brief ROF on 1st Visit

■ Before 1st treatment



- Loss of range of spinal motion
- Whiplash-type injuries
- Scoliosis *(not to cure, but to maintain mobility of the curve)*
- Osteoporosis
- Transitional segment
- Pregnancy back pain

Results

- Visit 1 – patient's pain has reduced and has had an increased range of motion.
- ***Significant reduction in Tourette's per patient, mom and dad. First time he has had that ever. Symptoms of Tourette's that reduced that day and night were: skipping, head flicking and eye twitching, as well as spinning his body .
- Each day thereafter, symptoms have reappeared more. By day 4 all tic's reappeared 100%.
- Visit 2 - ROF was given. Same treatment was given. Similar reduction in spinal pain and stiffness as well as some reduction in Tourette's symptoms. Not quite as much improvement as 1st visit.

Recommendations

- 2x's a week for 3 weeks
- 1x a week for 4-6 weeks
(due to transportation)
- Goal: Have patients spinal complaint and symptoms 50% better by 12th visit. If so, will be given Red Sheet of 10 LB exercises.
- Goals: Decrease VAS by 50%, increase sitting, walking, and transitions
- Goal to reduce treatments to 2x a week in 1-2 weeks.
- Patient has only had 2 visits due to having Mononucleosis recently. Will return shortly to get back on treatment plan. Back and neck exercises will be given in on 3rd visit.

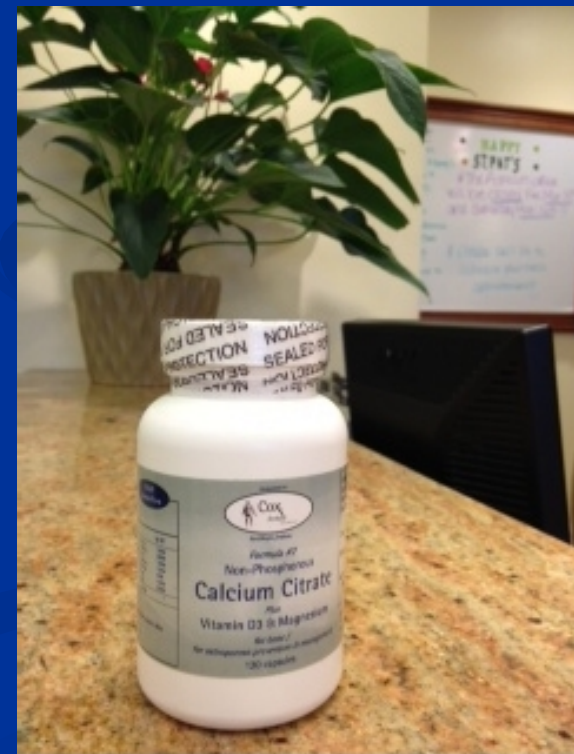
Recommendations and Homework

- Icing instructions for home, 20 minutes on and 20 minutes off, 2 times per day.



Recommendations and Homework (cont)

- Sleeping with knee elevator
- 1200 mg of Calcium Citrate with D3



Future Research and Case Reports

- More research is necessary to evaluate the possible link between Cox ® Technic, Spinal manipulation and Tourette's.
- Questions?
- Thank-you!