

Cox® Seminar Part III

CASE PRESENTATION BY:

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FOOT DROP, RADICULOPATHY AND SPINAL STENOSIS

- This is the case of a 70 year old male that presented with left anterior leg pain, muscle weakness, loss of sensation (numbness) and foot drop

SYMPTOMS

- NO LOW BACK PAIN
- NUMBNESS FRONT OF LEFT LEG AND FOOT
- FOOT DROP, unable to walk without cane
- EXACERBATED BY SITTING
- SYMPTOMS PROGRESSIVLY WORSENING

EXAM FINDINGS

- DTR R=2/4 L=1/4 knee and ankle
- MM Strengths R=all leg and foot 5/5 L=upper leg groups 5/5 lower leg and foot 0/5, unable to accomplish toe/heel stand on left foot, right foot normal
- Sensory= decreases in pinprick left L₄-L₅ dermatome. Left dorsal foot no feeling, plantar surface some feeling
- Distal pulses equal bilaterally
- SLR neg. bilaterally

CO-MORBIDITY

- NONE
- NON-SMOKER
- NON-DRINKER
- Height /weight normal
- OTHERWISE HEALTHY

MRI findings

- L-3 Broad based bulge with mild sac compression
- L-4 Anterolisthesis /broad disc protrusion with marked facet and ligamentum flavum hypertrophy producing spinal stenosis
- L-5 mild spinal-stenosis from broad based bulge and lig. flavum hypertrophy
- S-1 Mild broad based bulge

GOALS

- As discussed with patient: Treatment to occur four times weekly for 4-6 weeks. Success to be defined as at least 50% symptom relief; relief of pain, and resolution of foot drop eliminate numbness

TREATMENT

- Tolerance testing negative/patient able to tolerate treatment
- Begin Cox Protocol# 1 with axial traction and piriformis release
- Home: pelvic tilt, knee chest, hamstring stretch, core work
4x weekly treatments

RESULTS (PATIENT VERY COMPLIANT)

- **Week one**: leg pain decreased 20%
- **Week two**: stopped pain medication, able to walk without cane, able to flex and extend toes, numbness persists
- **Week three**: reports 25-30% overall improvement able to stand on toes, beginning to exercise left calf feels more sensation (40% better), walks w/o cane

RESULTS (continued)

- **Week four**: able to move toes at will, leg pain reduced 50-60% at times pain is totally gone
- **Week five**: decrease treatment freq. to 2x weekly, able to stand on left foot and flex left toe, unable to stand on left heel.
- **Week six**: numbness decreased 15 % other improvements continuing. Toes and foot getting stronger with much less pain

RESULTS (continued)

- **Month 2:** heel stand nearly accomplished, numbness in lower left leg diminishing, no pain, treatment now at 1x weekly
- **Month 3:** slight numbness L calf and plantar surface foot, treatment 2x monthly
- **Month 4-5:** Some numbness persists, otherwise no pain or muscle weakness treatment; 1x monthly

RESULTS (continued)

- **Months 7-11:** Playing tennis regularly, spot numbness left lower leg
- **Month 12:** Numbness still present, otherwise feeling great moving good, tennis game is improving



THANK YOU
QUESTIONS