

RELIEF OF MID AND LOW BACK PAIN DUE TO SPINAL STENOSIS AT L3-L4, L4-L5, L5S1 WITH THE COX® TECHNIC SYSTEM

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This case is about a 58 year old female, 5'7", weighing 165 pounds, with a thyroid condition who suffers with mid and low back pain of significant intensity. Her job requires much lifting. She has an extensive history of mid spine and low back pain as well as a fall several years earlier.

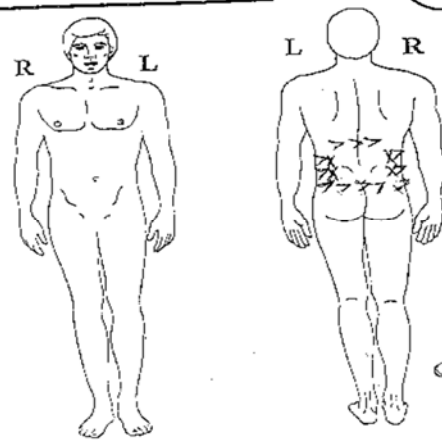
She rated her pain on a pain scale to be 6-7 of 10 and to be of a constant, burning, throbbing, dull, achy manner.

Prior treatment included medical care, physical therapy which had fair result, multiple lumbar epidural injections which gave temporary relief, but the pain would return. Surgery is now recommended. Her sister-in-law is a chiropractor and referred her to our office from the Cox® Technic website referral directory.

Use the symbols in the box to the right to mark the location and the type of pain or sensations you are feeling

>>>	Aching Pain
XXX	Burning Pain
==	Numbness
ooo	Pins & Needles
	Stabbing Pain

For Face or Head Pain: Rt. Side Lt. Side Both



How often do you ~~usually~~ experience your pain?

Constantly (75-100%)

Frequently (51-75%)

Intermittently (26-50%)

Occasionally (0-25%)

Pain Scale:
 Rate the Severity of your pain by checking one box on the following scale

No pain	0	1	2	3	4	5	6	7	8	9	10	Excruciating Pain
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EXAMINATION

Lumbar spine ranges of motion were reduced with pain in extension, right low back (RLB) and left low back (LLB). Orthopedic spinal examination revealed a positive Kemps bilat., Bechterew/Valsalva, bilateral, Yeoman's, bilateral, prone lumbar flexion. Heel walk and toe walk was within normal limits. Deep Tendon Reflex – patellar +2/5 bilaterally, Ankle +2/5, bilaterally. Muscle strength 5/5.

IMAGING

A lumbar spine MRI was taken on July 10, 2017, revealing (See figures below.):

- L3-L4 level, moderate spinal canal stenosis secondary to concentric disc bulge and posterior facet hypertrophy with moderate neural foraminal narrowing, bilaterally.
- L4-L5 level, severe spinal canal stenosis secondary to 10mm anterolisthesis with severe bilateral neural foraminal narrowing, clumping of the nerve roots at this level.
- L5-S1 level, mild spinal canal stenosis secondary to concentric disc bulge and posterior facet hypertrophy. Mild foraminal narrowing bilaterally.



Figure 1

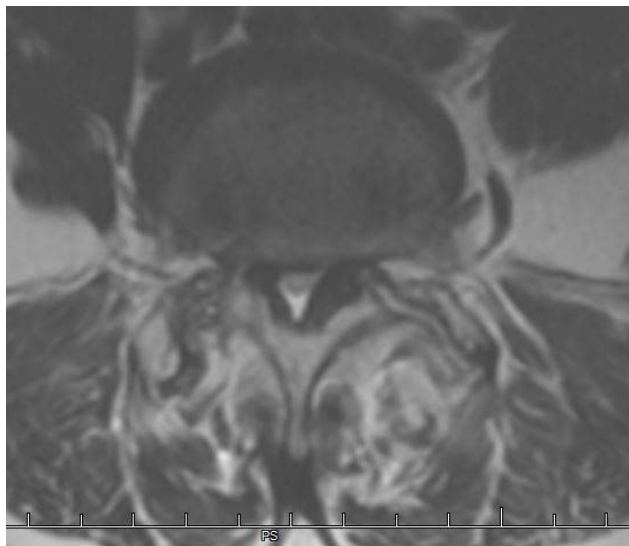


Figure 2

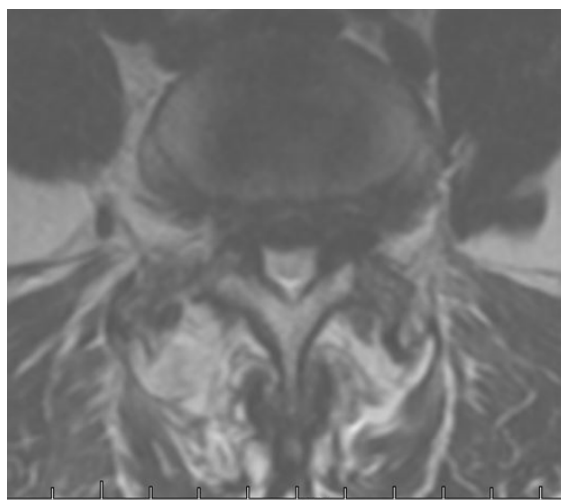


Figure 3



TREATMENT PLAN

Treatment plan consisted of Cox® F/D Decompression Manipulation, side lying at 3 times per week for 4 weeks to achieve 50% subjective and objective (range of motion, straight leg raise, Kemps) clinical improvement. (1)

Electrical muscle stimulation and light therapy utilized.

Moderate exercise program with home stretching program was started at the first visit.

Restriction of activities of daily living (primarily forward bending) and proper mechanics when lifting was very important in this case.

OUTCOME

After 12 visits in 4 months, the patient reports pain at 1-2 out of 10 with a little stiffness upon waking in the morning, down from a 6-7 out of 10 at visit one.

Current Complaints:
 Use the symbols in the box to the right to mark the location and the type of pain or sensations you are feeling:

>>>	Aching Pain
XXX	Burning Pain
===	Numbness
oooo	Pins & Needles
	Stabbing Pain

For Face or Head Pain:
 Rt. Side Lt. Side Both

How often do you experience your pain?

- Constantly (76-100%)
- Frequently (51-75%)
- Intermittently (26-50%)**
- Occasionally (0-26%)

Pain Scale:
 Rate the Severity of your pain by checking one box on the following scale

No pain	0	1	2	3	4	5	6	7	8	9	10	Excruciating Pain
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Reference:

1. Cox JM: Low Back Pain: Mechanism, Diagnosis, Treatment. 7th edition. Philadelphia: Wolters Kluwer Lippincott Williams and Wilkins, 2011. Pgs. 363-365