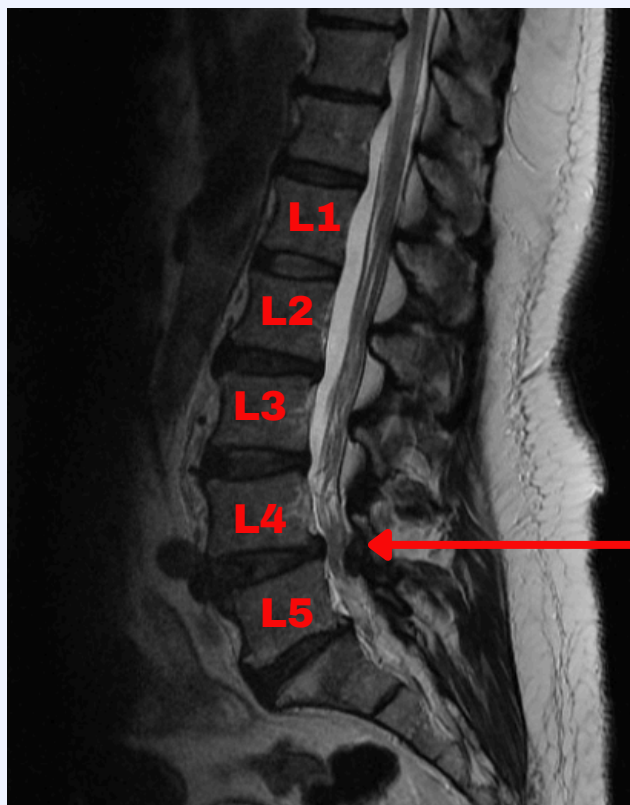


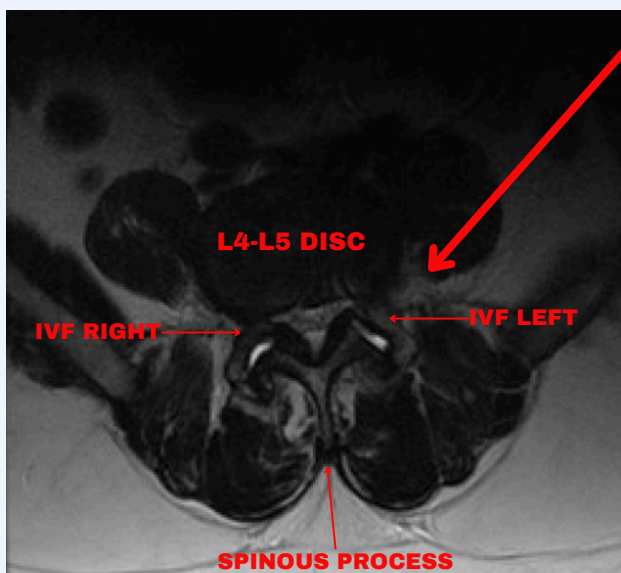
The Treatment of an Older United States Military Veteran with Chronic Lumbar Spinal Stenosis Utilizing Flexion-Distraction Spinal Manipulative Therapy

Casey Rogers, DC, MPH

INITIAL PRESENTATION, IMAGING, & PHYSICAL EXAM



T2 Weighted MRI Mid-Sagittal View Lumbar Spine



T2 Weighted MRI Axial View Lumbar Spine -Level of L4-L5

A 68-year-old male Veteran presented with Lower Back Pain (LBP) with pain into both lower extremities.

The patient demonstrated reduced AROM and pain with palpation and facet loading.

MRI revealed

- Multilevel degenerative changes.
- Epidural lipomatosis.
- Spinal canal and neural foraminal stenosis.
- Crowding of cauda equina at L4-5.
- Nerve root impingement on the left at L3-4 and bilaterally at L4-5 and L5-S1.

TREATMENT PLAN

- Cox Technic Flexion-Distraction (CTFD) Protocol 1.
 - CTFD has recorded physiological changes and benefit for lumbar spine pain.^{1,2}
- Manual trigger point therapy with an analgesic gel.
- 1 time per week for 6 weeks until follow-up.

OUTCOMES

- UAB LifeSpace Assessment (UAB LSA) was utilized for mobility.
- This tool has not been identified in any published chiropractic cases thus far. The UAB LSA is used detect changes in life-space over time in community-dwelling older adults.³
- NRS was also utilized
 - Current, best, worst, average

CONCLUSIONS

- The use of FD for an older adult male US Veteran was beneficial in management of his LBP.
- Patient demonstrated functional improvements including mobility and had pain reduction.
- Future investigation into the use of UAB LSA as an OAT for chiropractic services is warranted.

OAT	Intake	6-week F/U	Change
UAB LSA	24	48	Increased activity within the home & neighborhood regions.
NRS	Current 10/10 Best 5/10 Average 10/10 Worst 10/10 TOTAL: 35	Current 7/10 Best 5/10 Average 7/10 Worst 10/10 TOTAL: 29	17% Improvement
AROM	Flexion- 20° Extension- 5°	Flexion- 35° Extension- 10°	Increases in ROM

REFERENCES

1. GUDAVALLI MR, OLDING K, JOACHIM G, COX JM (2016) CHIROPRACTIC DISTRACTION SPINAL MANIPULATION ON POSTSURGICAL CONTINUED LOW BACK AND RADICULAR PAIN PATIENTS: A RETROSPECTIVE CASE SERIES. J CHIROP MED 15(2): 121-128.
1. GUDAVALLI MR, COX JM, BAKER JA, CRAMER GD, PATWARDHAN AG (1998) INTERVERTEBRAL DISC PRESSURE CHANGES DURING THE FLEXION-DISTRACTION PROCEDURE FOR LOW BACK PAIN. ABSTRACT FROM THE PROCEEDINGS OF THE INTERNATIONAL SOCIETY FOR THE STUDY OF THE LUMBAR SPINE, SINGAPORE.
1. BAKER PS, BODNER EV, ALLMAN RM. MEASURING LIFE-SPACE MOBILITY IN COMMUNITY-DWELLING OLDER ADULTS. J AM GERIATR SOC. 2003;51(11):1610-1614. DOI:10.1046/J.1532-5415.2003.51512.X



See the entire published case report in *Developments in Anaesthetics & Pain Management*