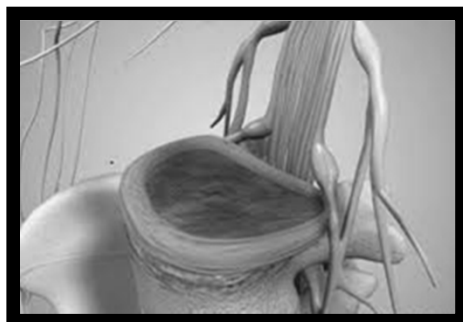


## Lumbar Disc Herniation with Radiculopathy treated successfully with Cox® Technic



presented by Dr. Steven J. Garber

2011 Part III Cox Certification Seminar

*The Gaylord Opryland Hotel*

*Nashville TN*

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## Patient History

- Case Type: Workers Compensation
- Cause of Injury: Manufacturing/Welding/Stacking of Fireplace Log Racks which weighed 10-60 lbs.  
Patient worked 8-10 hours per day and manufactured 600-700 racks per day. Patient was employed in this capacity for approximately 10 years.
- Initial date of injury: 11/16/2007
- Initial date of Chiropractic treatment: 04/01/2009
- Time Lapse Before Chiropractic Treatment: 16 Months

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### Patient's Initial Subjective Complaints

- Left sided lower back pain
- Left buttock pain
- Left lateral calf/ankle pain
- Inability to sit for more than 15-30 minutes
- Inability to ride in a car for more than 15-30 minutes
- Inability to lift as much as a grocery sack with out exacerbation of back and leg pain.
- Continually having to lay on the flat, carpeted living room floor if he sat or rode in a car too long
- Fear of movement or activity

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### Prior Treatment History

#### 68 Physical Therapy Visits

- **Occupational Medicine Center**  
26 treatments consisting of:  
EMS / Massage / Exercise
- **Benchmark Physical Therapy Clinic**  
23 treatments consisting of:  
EMS / Massage / Exercise / Traction
- **CAIRE Physical Therapy Facility**  
19 treatments consisting of:  
EMS / Massage / Exercise / Traction / Work Hardening
- **2 of a series of 3 epidural steroid injections**

**10-15%  
improved as a  
result of all said  
treatments**

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### Initial Exam Findings

- 5' 11", 160 lb, 37 year old Hispanic male of a pleasant disposition.
- Vitals – WNL
- Positive Orthopedic Tests: Kemps, Dejerine's, SLR, Braggard's
- Positive Neurologic Signs: left Tibialis Anterior +4/+5, Left Extensor Hallicus Longus +4/+5. (Reflexes were intact, Sensory Dermatome testing revealed no overt areas of lower extremity hypoesthesia/numbness)
- Lumbar ROM – All WNL except extension = 15° with w/ left lower back and buttock pain.
- Palpation revealed: L5 and left SI pain, tenderness, muscular hypertonicity and mild edema.

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### Chiropractic Treatment History

- Initial contact with Garber Chiropractic 04/01/2009
- Initial visit consisted of:
  - History / Consultation
  - Orthopedic /Neurologic / Chiropractic Examination
  - Review of existing L-spine MRI
- Above mentioned information was submitted to W/C insurance carrier
- Initial approval of 12 visits
- Treatment consisted of
  - Cox® Flexion Distraction Manipulation Technique (protocol 1)
  - EMS – interferential (20 minutes)
  - Moist heat hydro-collator packs (20 minutes)

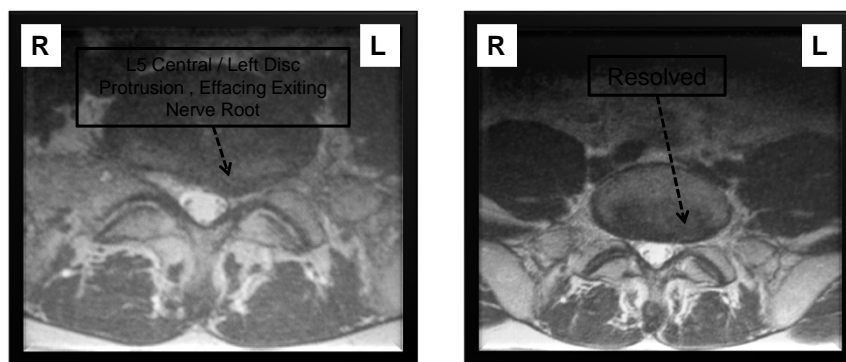
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### Chiropractic Treatment History ....cont.

- Patient's subjective response to initial 12 treatments... *"this was the first substantial relief I received since injuring my back almost a year and a half ago"*.
- Patient was on a quest to get additional treatments from the insurance carrier through the assistance of legal counsel.
- Patient was able to procure two additional unlimited 90 day treatment periods.

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### MRI Studies



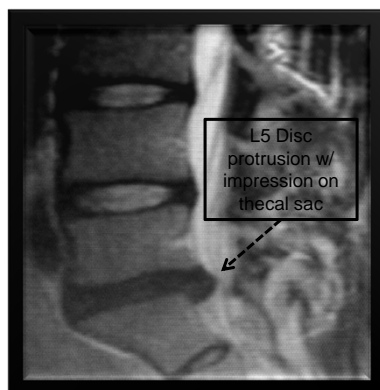
Initial MRI  
L5 Disc - Axial View  
Study Date: 01/23/2008

**3 years  
between  
studies**

Subsequent MRI  
L5 Disc - Axial View  
Study Date: 01/05/2011

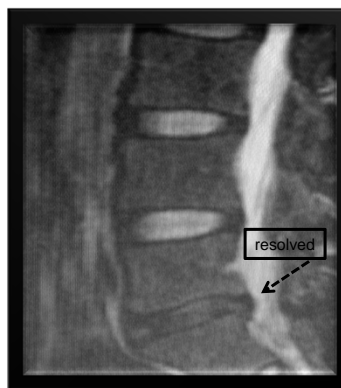
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## MRI Studies...cont.



Initial MRI  
L5 Disc - Sagittal View  
Study Date: 01/23/2008

3 years  
between  
studies



Subsequent MRI  
L5 Disc - Sagittal View  
Study Date: 01/05/2011

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## MRI cont.

- ***Symptoms and signs do not correlate with the degree of post episode reduction... Matsubara (1995)***
  1. ***post episode disc herniation size decreased 20% in 34% of patients***
  2. ***post episode disc herniation size decreased 10-20% in 28% of patients***
  3. ***post episode disc herniation size unchanged in 38% of patients***

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Jensen TS et al: Natural course of disc morphology in patients with sciatica.  
*Spine* 2006;31(14):1605

**154 pre and post MRI done 14 months apart after 8 weeks of conservative care**

- 90% still showed the symptomatic disc level
- 47% of the symptomatic discs showed a reduction in size
- 49% were unchanged
- 4% were larger
- Men respond best
- 12 of the patients went to surgery

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**McGill: Industrial back problems. J Occup Med  
10(4)**

- 50% return to work after 6 months off
- 20% return to work after 1 year off
- none return to work after 2 years off

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## Final Outcome

- Patient was dismissed at MMI on 11/15/2010
- At the time all Orthopedic and Neurologic signs were negative
- Patient had returned to an active life style which included swimming and working out 3 days per week.
- Residual minor left sided lower back pain along with recurring left sided lateral calf pain.
- Impairment Rating by an Orthopedic surgeon:  
PERMANENT PARTIAL IMPAIRMENT RATING of 13% whole person

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Thank you.

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