

Discogram-Confirmed Disc Herniation Treated Successfully with Cox[®] Distraction Manipulation



This is a 41 year old female patient with right low back and thigh pain which occasionally radiating into the calf. No motor or reflex changes are noted. By far the most significant symptom is the low back pain. She sought orthopedic surgical care and was referred to physical therapy with little relief and underwent epidural steroid injection with short temporary help. She then sought care from me, and the pain centralized to the right L4-L5 level radiating into the right retrotrochanteric hip area. The pain was very stubborn, and I performed a discogram that is included here. It reproduced the patient's pain in the low back mainly with a little radiation into the buttock and upper thigh. The pain control physician suggested a possible IDET procedure, but the decision was made to continue distraction manipulation with positive galvanism into the L4-L5 disc area and right posterior trochanteric bursa area. This resulted in a drop in VAS pain from 9 to 1-2 and the patient was quite happy with the relief. I presented this case in clinical rounds at the part 1 certification course in June in Fort Wayne, Indiana.

The specific manipulation consisted of long y axis distraction of the L4-L5 disc space and application of lateral flexion and circumduction mobilization of the facet joints at the L3-L4 through L5-S1 levels. I used a combination of long y axis and flexion distraction of the L4 disc space with greatest clinical benefit in this case. Circumduction was sedating and relieving to this patient.

Stretching of the iliopsoas muscle gave relief. Also abdominal strengthening, hamstring stretching, knee chest, adductor and abductor stretching were done at home. Discat + was taken at 1000 mg a day, non phosphorous calcium Formula 2 at 800 mg a day and Formula 1 (vitamins, enzymes from the liver and pancreas, minerals and trace minerals, amino acids, and herbs) at 2 a day. She attended low back wellness school. This case resulted in good community awareness of the benefits of distraction manipulation at our clinic. She is a legal aid to a judge in my county who referred her to me...the ultimate form of practice enhancement!

Respectfully submitted,

James M. Cox, D.C., D.A.C.B.R.

