

39-year-old male patient presenting with traumatic L4/5 and L5/S1 central disc herniation and stenosis conservatively treated with chiropractic care: A case report [Abstract]

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Indexing terms: Chiropractic; SOT; central disc herniation; foraminal stenosis; Category Three blocking; cranial therapies.



Objective:

To share a novel low-force chiropractic method of care that successfully treated a patient with severe low-back pain and sciatica that was resistant to surgical or epidural medical procedures.

Clinical Features:

A 39-year-old male patient with a prior history of low-back pain and sciatica presented to this office with a severe aggravation of his condition secondary to a fall. He was unable to move and was taken to the ER where he was heavily medicated and sent home. Five-days later since his condition was not improving was seen at this office presenting with positive orthopaedic/neurological examination findings and MRI revealing L4-S1 disc herniations with bilateral foraminal stenosis.

Intervention/Outcome:

The patient was treated 20-times over three-months with sacro-occipital technique category three pelvic block therapy, psoas myofascial release, LightMD therapy, and various cranial therapies specific for his low-back pain. After three-months the patient had negative orthopaedic/neurological findings, no sciatica, minimal low-back pain, and was able to play catch with his son.

Conclusion:

Chiropractic care in this case was able to help a patient not wanting surgery or epidural injections recover function and become virtually pain free. Further chiropractic preventative care has been discussed with this patient.

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Cite: Bloink TE, Blum CL. 39-year-old male patient presenting with traumatic L4/5 and L5/S1 central disc herniation and stenosis conservatively treated with chiropractic care: A case report [Abstract]. Asia-Pac Chiropr J. 2025;6.2. www.apcj.net/SOT-Abstracts-2025/#BloinkBlumCentralDiscHerniation

About the practitioners

Thomas Bloink DC, CSP, CSCP specialises in cranial-dental integration in Silicon Valley at the California Cranial Institute, which was founded in 1992.

Dr Bloink was on the board of advisors to help create SOTO-USA and is actively presenting at research conferences throughout the world, and developing novel treatment approaches for functional neurological conditions. He works closely with many different specialists including dentists, orthodontists, and oral-maxilla surgeons. ENT's and others to ensure the best possible outcome for his patients.





Charles L Blum DC, CSCP is in private practice *Santa Monica, California* and past president of SOTO – USA, now their research chair. He serves as Adjunct research faculty at *Cleveland Chiropractic College* and associate faculty at *Southern California University of Health Sciences* teaching the SOT Elective. Dr. Blum is a Certified SOT Cranial Practitioner, and on the peer review board of the *Journal of Craniomandibular and Sleep Practice (CRANIO)*, *Association of Chiropractic College Conference Peer Review Committee*, *Journal of Contemporary Chiropractic*, *Asia Pacific Chiropractic Journal*, and *Journal of Chiropractic Medicine*. He has lectured nationally and internationally, has written various SOT related texts, compiled SOT and cranial related research, and has extensively published in multiple peer reviewed indexed journals and at research conferences from 1984 to the present.



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