

# Asymmetrical lumbar facets complicating a diversified HVLA lumbar side posture adjustment: A case report

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**Objective:** Asymmetrical lumbar-facets may complicate a diversified HVLA lumbar-side-posture adjustment.

**Clinical Features:** A 22-year-old male patient presented with chronic pain, aching, and numbness following a chiropractic lumbar side posture adjustment. Since earlier trauma he had received multiple chiropractic and physical therapy treatments over a year, but his condition had not progressed so he was unable to work and quality of life was compromised. Assessment of presenting radiographs indicated he had asymmetrical lumbar facets and prior care did not take that factor into account. While the radiographs did show an intersegmental lumbar vertebral rotation the side posture adjustment multiple thrusts had been preformed into the coronal facet that ultimately limited the rotational correction.

**Intervention/Outcome:** The Sacro occipital Technique orthopedic block placement for lumbar rotation was used until related cervical indicators resolved. Following treatment he reported immediate pain relief and improvement of function for the first time since his trauma. However he was lost to follow up.

**Conclusion:** When a patient has a poor response to a lumbar side posture HVLA adjustment it may be important to radiograph the lumbar region to assess for facet asymmetry.

**Indexing terms:** Chiropractic; sacro-occipital technique; SOT; facet asymmetry; iatrogenesis; LBP; radiography

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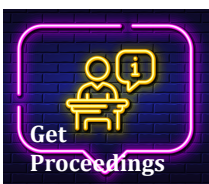
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