

Chiropractic treatment of a patient with chronic low-back pain followed over 20-years: A case report [Abstract]

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Indexing terms: Chiropractic; SOT; Chronic low-back pain; LBP; conservative care.



Objective:

To describe chiropractic treatment for a 40-year-old male patient presenting with chronic refractory low-back pain causing him to consider surgery and retirement from being a plumber.

Clinical Features:

40-year-old male patient presented over twenty-years ago with chronic low-back pain, unresponsive to medical interventions (e.g., medications, physical therapy, etc.), discopathy (MRI-determined), and told he would need surgery and retire from his plumbing career. He had significant bilateral lower-extremity muscle weakness and radiating pains as well as antalgic with reduced ranges-of-motion.

Intervention and Outcome:

The patient was treated with sacro-occipital technique (SOT) block placement, spinal/extremity adjusting, chiropractic manipulative reflex techniques (non- musculoskeletal), and SOT/Van Rumpt cranial procedures. The patient was seen for 10-treatments over 2-months and was able to return to work and not need surgery. However over the past 20-years he has been seen episodically (1 - 3 times per-year) for flareups that resolve in 1 - 3 treatments.

Conclusion:

This case discussed conservative chiropractic care for a patient with chronic low- back pain. Episodic care at 1 - 3 times per-year (1 - 3 office visits) over the past 20-years has allowed him to

have a good quality-of-life, full activities-of-daily-living, and to not need surgery, while maintaining a plumbing career.

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About the practitioner



William J Boro, DC has been in private practice in Annapolis, Maryland for over 30 years. Dr. Boro uses sacro occipital technique, applied kinesiology, and Van Rumpst technique, in addition to using other standard methods of diagnosis, for the evaluation of structural, chemical and mental aspects of health. He is intent on increasing other doctor's knowledge and understanding of how chiropractic is beneficial in cases other than strictly musculoskeletal problems. He has taught and presented papers nationally and internationally and looks forward to presenting more case studies in the future.



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