Lumbar Spine Disc Herniation without Myelopathy:
The Importance of Patient Compliance for Optimal Clinical Outcomes

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Presented at Part III Cox® Seminar
October 2011

History: September 19, 2006
- 41 year old male
- Lower back and left leg pain; “constant sharp pain in back and leg”
- 10 years earlier GSW to left hip; treated and released minimal intermittent trouble
- Three months prior lifting; felt pull in back resulting in LBP then two weeks later LLE pain
- Pain currently 8/10
- Treated with medication; minimal relief

Positive Exam Findings
- Minor’s sign LBP and LLE pain when rising
- Bechterew’s left local LBP some left hamstring pain
- SLR 60 degrees SI joint and left Gluteal pain
- Kemp’s test left LBP and left gluteal/hamstring pain
- Right and forward antalgic lean
- Pain with extension “can’t straighten up”

Diagnosis
- 722.73 - IVD w/o Myelopathy; Lumbar Region
- 721.3- Lumbar Spondylosis w/o Myelopathy
- 846.0- Lumbosacral Sprain/Strain
Treatment

- Cox® Technic Protocol 1: started 9-21-06
- Treated 4 visits.
  - Added Bridge, glute and piriformis stretches
  - All were tolerated well
  - About 15 percent improvement
- MRI ordered by MD
- Protocol 1 continued for another 3 visits
  radicular pain and LBP 40% improved
- MRI performed missed two weeks
  appointments

Treatment Continued

- Advanced to Cox® Technic Protocol 2
  and tolerated well, 8 more visits over 5
  weeks
- Advanced exercise protocol tolerating
  knee to chest and superman's
- Now has local intermittent pain and
  LLE pain only with certain motions
- Functional ADL increase without pain

MRI Results

- MRI ordered by MD
- Protocol 1 continued for another 3 visits
  radicular pain and LBP 40% improved
- MRI performed missed two weeks
  appointments

Treatment Continued

- Patient doing well and drops care for 3
  months and does not complete corrective
  care plan.
- Patient returns with left lateral lower leg
  pain and left gluteal pain.
- Care resumes and tolerance test for
  protocol 2, stays the course this time
- 12 visits with progressive improvement,
  finishes corrective care over the next four
  weeks and goes to wellness care.
Wellness Care

- Patient maintains wellness program with good relief, intermittent care for left SI joint pain no radiculopathy recurrences.
- Continues intermittent light rehab program of exercise shown in clinic
- Patient curious about disc, and we were able to get approval for follow up MRI.

MRI Results

Normal MRI

- Patient was surprised by results.
- No recurrence of left lower extremity
- Signs and symptoms now make sense to patient
- SI joint pain explained secondary to previous Gun Shot Wound to left hip and weakness that comes and goes.

Conclusion

- We see patients like this all the time. They drop the care plan when doing well, come back when they realize care plan was for a reason.
- Pain is a good motivator for compliance.
- Thought: What if herniation wasn’t gone? Could the patient experience the same result?