

Single Case: **Unresolved Low Back Pain**

Abstract: This 70+ yrs woman presented at my office requesting treatment for her low back pain of which therapy to date was unsuccessful in resolving. Using Integrative Manual Therapy (IMT) and therapeutic massage, her back pain was resolved in 4 treatments.

Keywords: Accessory joints, Muscle Energy.

Examination

History: This client had been receiving care for spinal compression and spinal stenosis and it was recommended to her to take therapeutic massage to support the ongoing therapy for her spine. She had two main pain issues; pain in her lower extremities from the spinal stenosis and what she described as low back pain.

Static Posture: This posture revealed a thoracic kyphosis and a flat lumbar spine. Head forward and protracted shoulders were also evident.

Range of Motion: Flexion and extension was limited due to arthritic changes. Mobility through the sacroiliac joints too was limited. I did notice that when this client walked up or down stairs she walked antalgically (painfully) and tilted to the non-painful side.

Observations/Palpation: Chronic muscle tension was evident indicating mechanical stress and imbalances of the spine and soft tissues.

Treatment

This client received 4 half hour massage therapy sessions to assist in reducing the spasming thereby increasing the circulation to the muscles of her back, buttocks and legs. As the spasming reduced her pain patterns changed from non-specific and diffuse to pinpoint. At this junction in her treatment plan I utilized a muscle energy technique for her right accessory joint (a small joint located next to the sacroiliac joint). Re-establishing balance in this joint immediately addressed the “low back pain” that she described in her first session. For this particular pain she was now pain free.

Outcomes

With rebalancing of the accessory joint, this client was able to stand taller, walk up and down stairs without compensating and was free of pain for one of the issues she had sought care.

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