

Single Study: **Low Back Pain from Toxic Exposure**

Abstract: This 40+yrs man presented at my office requesting treatment for his acute low back pain. Using Integrative Manual Therapy (IMT) and Therapeutic Massage, his pain symptom was resolved in 1 treatment with residual stiffness for 2 days.

Keywords: Strain Counterstrain, Muscle Energy, Kidney complex.

Examination

History: This client presented with symptoms of acute pain in the lumbar region of his back. Upon questioning of this client who reported no previous history of this type of condition, it was disclosed that the client had been painting his residence for 2 days (weekend) prior to his visit to this therapist. This piece of information is key to understanding the potential cause of the back pain. Toxic load from paint fumes were inhaled and the back pain may have been a result of the kidney complex (kidney, ureters, bladder) spasming as it attempted to detoxify the body.

Static Posture: Standing posture was antalgic (side bending toward the side of pain) and forward flexed at the waist.

Range of Motion: Client self limited due to pain in all ranges. Evaluation of the lumbosacral nutation was also limited. Type I presentation in upper lumbar with apex at thoracolumbar junction (this is the general location of the kidneys).

Treatment

This client received 1 treatment session for his acute low back pain in which I.M.T. and therapeutic massage were used to resolve his symptoms. Palpation over the general location of the kidneys was warm and muscle tension was high as were the muscles along the spine in the low back region. Strain Counterstrain was first used to release tensions in the kidneys, ureters and bladder. With the release of the ureters, client commented that he could feel the pain leave his back. Muscle Energy technique was then used to rebalance the Type I presentation (a group rotation of his vertebrae). Therapeutic Massage was then used to remove any remaining spasming in his back and buttock regions thereby optimizing circulation in and away from the regions affected.

Outcome

Client left the treatment session walking upright and with only residual stiffness. Increase water intake to support the kidney's with the detoxification process was recommended and client education regarding chemical off gassing was offered.

Sandra McCarthy, H.B.P.E., R.M.T., I.M.T.P. (Registered Massage Therapist/ Manual Therapist) offers Integrative Manual Therapy, Therapeutic Massage and Low Intensity Laser Therapy. Sandra is the owner of "TouchMatters" Manual Therapy. Her practice is located in Barrie, Ontario.