

Single Case: **Low Back Pain: Laser Therapy**

Abstract: A 50+ yr old woman presented to my office with low back pain. With 2 treatment session using therapeutic laser only, her pain was virtually eliminated with only residual stiffness which was addressed with therapeutic massage.

Keywords: Low intensity laser, therapeutic massage, Sacroiliac joint

Examination

History: This client had been experiencing low back pain off and on for many years often presenting as acute spasming pain in the lumbar region. This pain would also present across the right sacroiliac region and the iliolumbar ligaments.

Static Posture: This client presents with a kyphotic spine and hyperlordosis in both the cervical and lumbar regions.

Range of Motion: Lumbar range of motion was less than optimal as the client self limited due to pain. Lumbosacral motion was less than optimal and the right sacroiliac was fixed at the superior aspect.

Observations/Palpation: Tissue bogginess and local heat was palpated. Lumbar paraspinal muscles were hypertonic and tender to the touch

Treatment

This client has had bouts of acute low back pain specifically over the right sacroiliac joint and accessory joint. With palpation it was determined that the sacroiliac ligaments were sprained and chronically inflamed. Using Low Intensity Laser Therapy initially due to the level of tenderness experienced, this client appreciated significant reduction in pain within 2 hours of this treatment. A second treatment session was administered with 24 hours of the initial treatment. The residual pain was eliminated and therapeutic massage was then employed to address the protective muscle spasming in the low back, buttock and upper legs.

Outcome

Greater pain free range of motion of lumbar vertebrae, sacroiliac and accessory joints was achieved following 2 therapeutic laser treatment each less than 15 minutes in duration. Palpation of the previously inflamed sacroiliac joint revealed no significant congestion or heat. An absence of pain and spasming facilitated greater joint movement.

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