

Single Case: **Acute Low Back Pain Relieved with Laser Therapy**

Abstract: A 50+ yr man presented with low back pain seeking treatment. Examination revealed bone bruising, disc irritation and accessory joint inflammation. Combining low intensity laser therapy and therapeutic massage reduced his pain significantly after 3 –1 hour treatment sessions.

Keywords: Bone bruising, accessory joints.

Examination

History: This client reported that he suffered with bouts of acute low back pain off and on for years. He typically would not seek out treatment and would live with the pain until it passed.

Static Posture: With standing posture the client was antalgically side bent to the right away from the side of pain.

Range of Motion: Active free range of motion in the cardinal planes of flexion, extension, side bending and rotation were a limited by pain.

Observation/Palpation: With palpation bone bruising (microtrabecular fractures) were apparent on the sacrum and left posterior ilia. Challenge of the accessory joints bilaterally revealed a fixation of the left side and one of the focal points of pain. Sacral torsion with compression of the L5-S1 disc was also present.

Treatment

Low Intensity Laser therapy and therapeutic massage was administered. The goal of this treatment plan was to eliminate the bone bruising, irritation of the effected disc and reduce the inflammation of the left accessory joint with laser therapy. Therapeutic massage was used to address the paraspinal muscle spasming. Correction of the sacral torsion and fixed accessory joint was then conducted.

Outcome

This client noticed moderate improvement after 2 treatment sessions and significant improvement after the third session. This client challenged the integrity of the positive improvements by walking approximately 30 kilometers over a two day period without any relapse of symptoms.

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