

Sacro-occipital technique for foot hyperpronation pain in a 55-year-old female: A case report

Bridget Abbott

Abstract

Objective: To investigate and report the effects of Sacro-Occipital Technique (SOT) chiropractic care, extremity adjustments, low-level laser therapy (LLLT), and at-home recommendations on a 55-year-old female patient with foot hyperpronation pain.

Methods: SOT was provided nearly weekly over 19 visits in 5 months. Lower extremity adjusting and LLLT was incorporated, while at-home recommendations included exercise, stretching, and supportive shoes and orthotics.

Results: The patient's Visual Analog Scale (VAS) score decreased from 2/10 to 1/10. Pain frequency decreased from 2 hours to 30 minutes per day and timing from 4-5 days per week to 2-3 days per week. At re-evaluation, the patient self-reported some pain reduction, the Lower Extremity Functional Scale (LEFS) increased from 70/80 to 77/80, and the RAND-36 questionnaire indicated improvements in physical functioning and a decrease in pain severity. While the VAS and LEFS showed only relatively slight improvement the patient expressed that this slight improvement had a significant improvement on the quality of her life and activities of daily living.

Conclusion: The analysis of SOT and lower extremity adjustments appeared to show an association between chiropractic care, a decrease in pain, and an increase in function. Adjunctive therapy and at-home recommendations were also beneficial. The care plan provided remediation of foot hyperpronation pain and increased function for this patient.

Indexing terms: Chiropractic; SOT; hyperpronation; laser therapy.





Bridget Abbott

DC

Private practice

San Ramon, CA

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About the Chiropractor



Bridget Abbott, DC, graduated from Life Chiropractic College West, Hayward, California in December 2023. She is interested in researching the impact of combining Sacro Occipital Technique and the Activator Method on patient outcomes. Dr. Abbott works at The Modern Doc Chiropractic in San Ramon, California.

