

Grade three anterolisthesis L5/S1 of a 28 year old female: A case report

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Introduction: A 28 year old female patient presented for chiropractic care secondary to having a side posture lumbar adjustment to her lumbar spine causing her severe lower extremity radicular syndrome and weakness. She was scheduled for a surgical intervention but was encouraged to be seen at this office for a second opinion.

Methods/Intervention: The patient was treated with sacro occipital technique orthopedic blocking procedures specific for anterolisthesis, release of *psoas* muscle tension to L5, suction cupping to draw L5 in a posterior direction, and a series of exercises seeking to encourage directing abdominal muscles to stabilise L5 in a posterior direction on all body movements.

Results: After 2 weeks of care the patient cancelled her surgery and after 2 months of care at 1-2 times per week she was fully functional with no limitations or pain of movement or lifting heavy objects. At the three month mark she was being seen once a month for supportive care. A follow-up x-ray was taken which revealed no change in the grade three anterolisthesis. A 10-year follow up MRI also revealed no change in the anterolisthesis, suggesting that her condition was stable.

Conclusion: The majority of anterolisthesis presentations are stable and this case illustrated a patient's positive response to conservative chiropractic care directed at reducing stress on the anterior 'pull' of the vertebra and improving the posterior stabiliser muscle function. With some anterolisthesis cases it is important to focus more on improving function and less on whether or not a structural change will occur.

Indexing terms: Chiropractic; sacro-occipital technique; SOT; anterolisthesis; lumbar

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