

50y male overweight veteran presenting with acute LBP, discopathy, and PTSD treated with SOT and myofascial techniques: A case report

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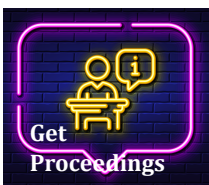
Introduction: A mid-50s male overweight (> 136kg, 300lbs) 183cm (6 feet) tall veteran presented to the clinic for evaluation and treatment of acute lower back pain radiating down the posterior leg to the foot. As a veteran he also suffered from post-traumatic stress disorder (PTSD) and was on complete disability. Examination findings were consistent with disc pathology with radicular syndrome.

Methods/Intervention: The focus of care was on pain reduction and he was initially treated as a sacro occipital technique (SOT) category three using blocks under his pelvis while prone. While on the blocks myofascial release techniques were applied to his lumbar paravertebral muscles until he noted more ease. A large myofascial contracture was found on one side of L3 that he reported was significantly painful but the trigger point was goaded until relaxation was noted. Next the lumbar spine was tractioned in rhythm with with his breathing.

Results: He returned in 2 days with more than 50% resolution of pain. He was seen 2 times a week for 6 weeks, however after the third visit he experienced a complete resolution of his pain. Care continued for 12 visits since he began exercising and fairly quickly dropped some weight. By the 6-week mark he increased his activity and during that time his condition stabilised and his pain had not returned.

Conclusion: A 50 year old male overweight veteran presenting with acute low back pain, discopathy, and PTSD was successfully treated with SOT and myofascial techniques. Further research is needed to determine if other challenging cases with patients suffering from acute low back pain, overweight, and PTSD might benefit from this type of care. As a practitioner working with veterans it is very rare that someone actually puts their hands on them and actually touches the areas that hurt.

Indexing terms: Chiropractic; sacro-occipital technique; SOT; PTSD; Veteran



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