

Chiropractic management of a 71-year-old Veteran with chronic Low Back Pain & Grade 1 Spondylolisthesis utilising Low-Force Sacral-Occipital-Technique (SOT): A case report

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Narrative: Techniques within SOT can be effective in managing elderly patients with chronic LBP. In this case a complicating factor was the presence of a grade 1 spondylolisthesis.

The care plan was 10 sessions over a 6 week period. Pain at entry was rated 9 out of 10, and after 6 weeks, had resolved to a '0 on 10'.

Indexing terms: Chiropractic; chronic LBP; elderly; spondylolisthesis.

Introduction

The purpose of this case report was to present the treatment of a geriatric patient with chronic lower back pain due to grade 1 spondylolisthesis, utilising SOT as a primary intervention for pain management.

Clinical Features

A 71-year-old veteran was enrolled in a research study for lower back pain that was coordinated between Palmer College of Chiropractic, NIH, and VA. He presented to the clinic for consultation. He stated the lower back pain was constant and it began after an injury from being a paratrooper decades ago and was discharged due to medical reason.

The patient's imaging demonstrated with grade 1 spondylolisthesis. Patient had no prior chiropractic intervention for this condition.

Intervention and Outcome

A trial of conservative care with SOT utilising anterior dorsal block was applied as a primary intervention for pain management.

... Chiropractic management is best applied for a short period of time with patients new to the discipline, with a plan of outcomes. In this case pain resolution in an elderly male with chronic LBP was achieved in 10 visits over 6 weeks ...'



Outcome assessment at the initial consultation was 9/10 with VAS scale at the worst; following the phase I of ten treatments with outcome assessment at 0/10 with VAS scale. The veteran reported after ten sessions over a 6-week period that the pain had subsided.

Conclusion

SOT was a beneficial chiropractic approach to the management of a geriatric veteran with chronic low back pain with grade 1 spondylolisthesis.

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