

PAIN RELIEF PROGRAM

A PATIENT'S EXPERIENCE OF CHIROPRACTIC
TREATMENT FOR PAIN RELIEF



RIN SPINE CLINIC

CASE STUDY

Area: Acute Lower Back Pain

Duration: 3 Days

Goal: Pain Relief

Practitioner: Dr Rin Park

PATIENT



Sex: Male

Age: 63 years

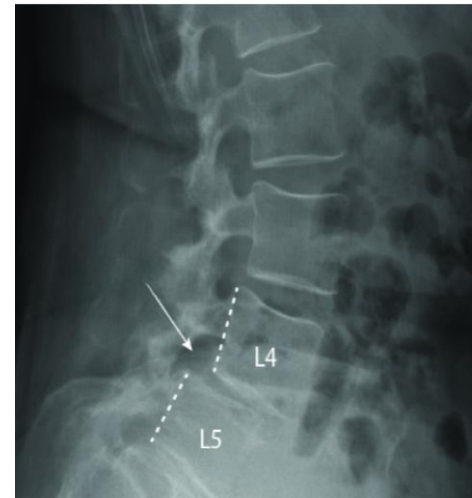
Industry: Corporate

CASE

In this case study, we tracked the progress of a patient with **Acute Lower Back Pain in a 63-Year-Old Male** undertaking the **pain relief program** at Rin Spine Centre.

ABOUT PATIENT

A 63-year-old male presented to the clinic with acute lower back pain that began three days prior to the consultation. The patient described the pain as severe, with an intensity of 7 to 8 on a scale of 10, where 10 represents the most severe pain. The pain was predominantly localized in the lower back and radiated through the right gluteal muscles, indicating a possible involvement of the sciatic nerve.



EXAMINATION FINDING

Upon physical examination, signs consistent with sciatica were observed. The patient exhibited:

- Pain radiating along the pathway of the sciatic nerve, specifically through the right gluteal region.
- Increased pain intensity when performing movements that placed stress on the lower lumbar spine.
- Limited range of motion in the lower back due to pain.
- Positive straight leg raise (SLR) test on the right side, further suggesting nerve impingement.

Neurological examination revealed no significant motor deficits, but there was tenderness and muscle spasm in the lower back, particularly in the L4-L5 region. The pain was likely due to nerve impingement at this level.

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DIAGNOSIS

The clinical presentation and examination findings were consistent with lumbar radiculopathy (sciatica), likely caused by impingement of the L4-L5 nerve root.

TREATMENT PLAN

A treatment plan was initiated, consisting of six sessions of targeted therapy. The treatment included:

- **Manual therapy:** Gentle spinal mobilization techniques to relieve nerve impingement and reduce pain.
- **Physical therapy:** Focused exercises to strengthen the core muscles and improve spinal stability.
- **Electrotherapy:** Application of TENS (Transcutaneous Electrical Nerve Stimulation) to alleviate pain.
- **G5 Vibration therapy:** To relax the muscles and reduce spasms.

Patient education: Guidance on proper posture, body mechanics, and avoid any stretching or exercises.

Outcome

After six treatment sessions, the patient reported significant improvement. The intensity of the pain reduced from 7-8/10 to 3/10. The patient was able to walk without difficulty and reported a substantial decrease in pain during daily activities.

Before Treatment Pain:



7-8/10

After Treatment Pain:



3/10

RESIDUAL SYMPTOMS

Despite the overall improvement, the patient experienced several episodes of muscle spasms, which he described as "unbearable" at times. These spasms were likely due to the muscle's response to nerve irritation and the body's protective mechanism against further injury.

FOLLOW-UP AND PROGNOSIS

The patient was reassured that the muscle spasms would likely resolve with continued therapy and adherence to the recommendation of OTC ibuprofen. A follow-up was scheduled to monitor progress and adjust the treatment plan as necessary. The prognosis is positive, with expectations of full recovery with ongoing management.

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CONCLUSION

This case highlights the importance of a comprehensive treatment approach in managing acute lower back pain with associated sciatica. Early intervention and a combination of therapies can lead to significant pain relief and functional improvement, even in older adults. Continued monitoring and patient education are crucial to prevent recurrence and ensure long-term well-being.

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