

Case Study

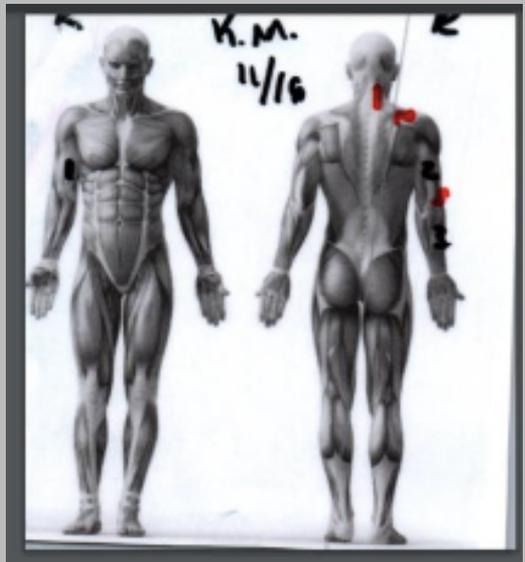
Parsonage Turner Syndrome and The Use of The Neubie

PERFORMED AT:

Performance PT and Wellness

DIAGNOSIS:

Patient is a 72 year old male with referring dx of chronic neck pain/strain and severe cervical stenosis. Patient has recently seen a spine specialist who completed an MRI of the neck showing stenosis and was then referred on to physical therapy. Patient notes gradually worsening neck pain and sudden onset of R arm pain. Pt stated noticing pain starting in his R shoulder about 1 month ago that started getting worse daily and causing difficulty with sleeping very quickly.



TREATMENT AND OUTCOME:

Initially we started pt on mechanical traction and manual treatment for cervical spine and nerve glides. The next session (with more time), we used the Neubie to map at 500hz for his RUE and completed loosening with AAROM for shoulder, elbow and wrist as well as CKC exercises to improve pt's proprioceptive input. We also used a hand bath up to the elbow and cervical loosening with the addition of nerve glides with the Neubie was on. After 1-2 sessions with traction, we decided to d/c traction as no beneficial changes were being made. We then added in the use of FSM for nerve scarring while pt was on the hand bath and strengthening on the Neubie at 55Hz for elbow flexion to allow pt to successfully drink from a glass. The most interesting thing to happen in the case was that the patient had immediate relief of symptoms while he was on the Neubie and then for at least 3-4 hours after treatment. While in PT, the patient was able to see a neurologist who thought that the patient had Parsonage-Turner Syndrome and recommended he continue PT.

He also received an epidural which helped quite a bit with his neck pain. The patient is still receiving PT at this time but after 8 full treatment visits, he is now able to complete active shoulder flexion to 145 degrees prior to compensation and perform 3 full repetitions of elbow flexion prior to fatigue.

DISCUSSION:

At this time the patient is still limited with active elbow flexion reporting that he fatigues the most with bicep curls and is only able to complete 3 in full ROM (however at the initial evaluation he was unable to actively complete any). We have not yet re-tested his grip strength but he continues to note longer relief of symptoms between therapy sessions and has improved overall strength. His shoulder girdle strength as a whole is still limited as he frequently compensates with his upper traps with attempting to reach overhead and complete functional tasks such as donning/doffing a coat but he has less neck pain and R shoulder pain and less radicular symptoms into his R elbow and hand. He has not had any adverse responses to treatment and is tolerating the sessions very well.

Patient is still a patient at this time so we do not yet know the full extent of his recovery and/or any other treatments from neurologist but he has already made great progress and he has had less than 10 visits.

PATIENT PERSPECTIVE:

The patient reports that he is so surprised that his symptoms could be relieved almost immediately every time he uses the Neubie. He is happy that his strength is starting to improve and he is optimistic that he will continue to improve and notice gains in strength, ROM and overall function of his R arm.