

Case Study

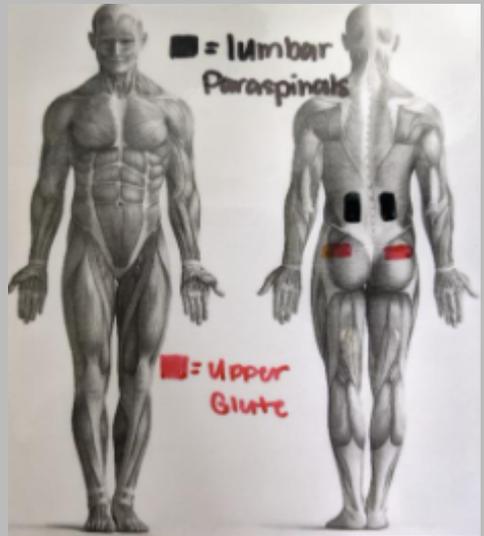
NEUBIE low back loosening for acute low back pain

PERFORMED AT:

Performance PT and Wellness

DIAGNOSIS:

61 year old male presents with acute low back pain following working out and working in his yard. No specific MOI, as he woke up with intense pain mostly along his left side (L QL and paraspinal region).



TREATMENT AND OUTCOME:

The patient presented with acute onset of low back pain which limited his overall functional mobility, including his ability to board a flight home. The initial evaluation consisted of a muscle energy technique (MET) for a non-neutral rotation of his lumbar spine, followed by NEUBIE for the standard low back loosening protocol with movements aimed to promote improved range of motion and functional mobility. He reported immediate relief with full, pain free ROM demonstrated. He returned the next day for a follow up visit with report of 0/10 pain with all functional activity allowing him to keep his original flight home.

CLINICAL FINDINGS:

Process: MMT, ROM, lumbar and pelvic alignment, special testing for lumbar pathology

Findings:

-ROM: Unable to stand fully erect (approx. 10 degrees from neutral), Flexion to 50 degrees with increased pain, Side bend right to proximal thigh with increased pain, rotation right to 25 degrees with increased pain.

-Weakness: Patient demonstrated generalized weakness (grossly 4-/5) in bilateral hips due to concordant low back pain. Bilateral knee strength was 4+/5 with mild concordant pain

-Alignment: Patient demonstrated FRS L L3/4

-Special testing: Negative for the following: SLR, Slump test, Figure 4, Scour

DISCUSSION:

The patient responded very well to the NEUBIE as he was able to keep his flight to return home. The only limitation would be not being able to map for hot spots with the NEUBIE due to his poor tolerance to positioning, however, using the standard low back loosening pad placement provided a positive response for the patient. Applying a MET did provide mild relief, however, the muscle's were still strongly engaged causing discomfort with gross mobility. With the loosening protocol, the muscles were able to relax, allowing full mobility of his lumbar spine. Overall, using the NEUBIE allowed for a significant decrease in sessions required to completely resolve acute onset of low back pain.

PATIENT PERSPECTIVE:

Both the patient and his spouse were very skeptical of the NEUBIE as they were unsure if they wanted to go through with the treatment. Following the evaluation, they both could not believe how well he was able to move around the treatment room. They were ecstatic as they were able to keep their flights to return home.