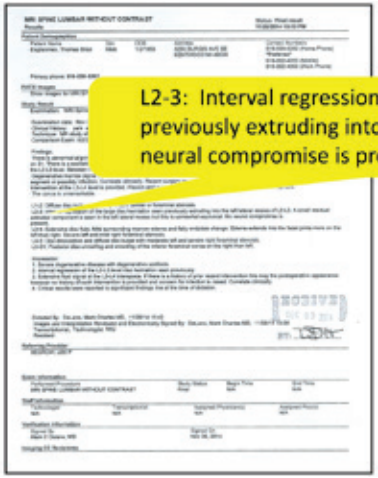
Case **Study**

#2 **57-year-old male patient involved in a work related injury from repetitive lifting. The patient presented with severe mid to lower back pain and pain down the left leg.**

MRI confirmed a significant disc herniation at L2/L3 and was recommended surgery. However, the patient declined to do the spinal surgery due to known adverse effects and sought spinal decompression therapy as his first option. Pain reduced from an 8 out of 10 to a 4 in 12 visits. After 24 visits, the patient returned to work with an average pain level of 1-2. After 36 decompression treatments in a several month period, a second MRI revealed a complete regression of the previously diagnosed disc herniation. The patient returned to work pain free and required no surgery.

Results



L2-3: Interval regression of the large disc herniation seen previously extruding into the left lateral recess of L2-L3. No neural compromise is present.

Summary

Results of spinal decompression were verified by the MRI.

Case study authored by Timothy Burkhart, DC, BCIM