

Case Study

#1 18-year-old male involved in a motor vehicle accident suffering from significant neck pain, headaches, and bilateral parathesia.

Upon examination, he had a positive cervical compression test, restricted ROM in the cervical spine with significant trigger point pain identified at multiple sites in the cervical and upper thoracic spine. X-rays revealed a reversal of the normal cervical lordosis, paradoxical motion at the posterior, indicative of a sprain/strain or whiplash injury. Pain indices were noted at an 8-9 out of 10 for neck pain and a 5-6 out of 10 for headaches. The bilateral numbness was noted as intermittent and mild to slight.



Pre-Treatment



Post-Treatment

A 6-8 week treatment plan of chiropractic adjustment or CMT, exercise therapy or muscle rehab, and 8-10 visits of non-surgical axial spinal decompression using the Hill DT Decompression Table.

Results

All of his symptoms abated within 4-6 weeks. Due to the significant level of improvement, a follow-up lateral cervical film was ordered to determine if additional rehabilitation would be indicated as ongoing support for postural improvement of the loss of the cervical curve. Upon re-evaluation it was noted however, that the patient had fully recovered from his symptoms. His ROM was normal, he had no positive orthopedic or neurological signs, and on x-ray his cervical spine had returned to the normal lordosis. Pre and post cervical films confirm the patient's structural correction.

Summary

The Hill DT Decompression Table played a significant role in the patient's treatment plan. Complete restoration of a cervical lordosis after treatment can take months of rehabilitation in conjunction with CMT. The recovery time was greatly reduced by treatment with the HillDT.

Case study authored by Timothy Burkhart, DC, BCIM