Three Level Spinal Surgery with Severe Stenosis Prevented with Cox® Technic

presented by:

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at

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Lutheran Hospital, Kachmann Auditorium

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Doug

Patient History

- Injured Cement Worker – slipped in shower and twisted back
- 46 years old
- Patient scheduled for surgery to stabilize two discs
- 4 days prior to scheduled surgery he comes to Dr. Unruh for second opinion
- They want to do decompressive laminectomy L4, hemilaminectomy L3 and microdiscectomy L4-5

Orthopedic examination

- Patient comes to office:
  - Flexed 30 degrees.
  - Splinting muscle spasm throughout lumbar spine.
  - SLR grossly positive 40 degrees left, reproducing pain on the right for positive opposite straight leg raise.
  - SLR right positive at 20 degrees.
  - DTR = trace at knees and ankles.
- Difficulty getting in and out of a chair.
- Difficulty ambulating.
- Can't stand over 5 minutes as pain progressively worse in his lower back.

MRI Images
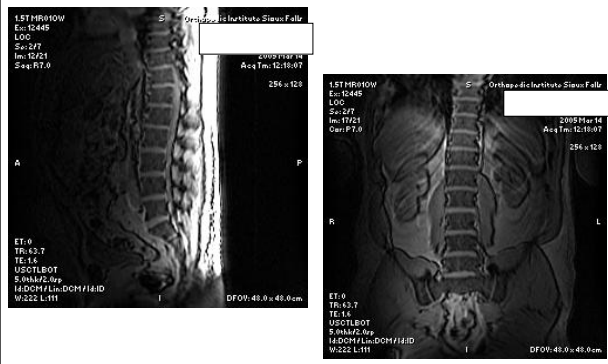
MRI

- MRI showed:
  - L3-4 moderate stenosis, L4-5 severe stenosis, L5-S1 facet arthrosis, and DJD with SI DJD
  - Congenital stenosis at L3-4 and L4-5, and to a slight degree L5-S1.
  - Disc herniation at L4-5, central and paracentral to the right which causes severe spinal stenosis.
  - He has moderate stenosis at 3-4 above this level.
  - There are degenerative changes of the L4-5 disc and L1-2 disc.

Treatment & Outcome

- First adjustment –
  - Doug had to lay on his side
  - Myofascial work, Trigger point work, and E-stim.
  - Got enough relief to cancel surgery
- 2 weeks of daily care and one week 3x/week
- Antalgic posture is was gone and was able to sleep in his bed after a week
- Back to work (light duty) after 3 weeks
- 5 weeks- went back to full duty work driving cement truck
- No recurrent problems now in 3 years- does heavy lifting

Treatment cont.

- Within 3 visits patient supine with Cox instrument – using body cushion.
- Increased distraction to tolerance each visit.
- Cold packs, Interferential current
- Home care = Gymball, analgesic, Discat, stretching and exercise to tolerance.
- Utilized MedX rehab strengthening when leg pain gone– isolating lumbar extensor muscles.
- Results =
  - Initial Rom 0-60 degrees.
  - In 30 days 0-72 degrees.
  - Extension strength from 61 ft lbs. to 281 ft lbs.
  - Flexion strength from 279 ft lbs. to 451 ft lbs.

- **Med-X Rehab results**

  Initial test

  4-week test

  8-week test