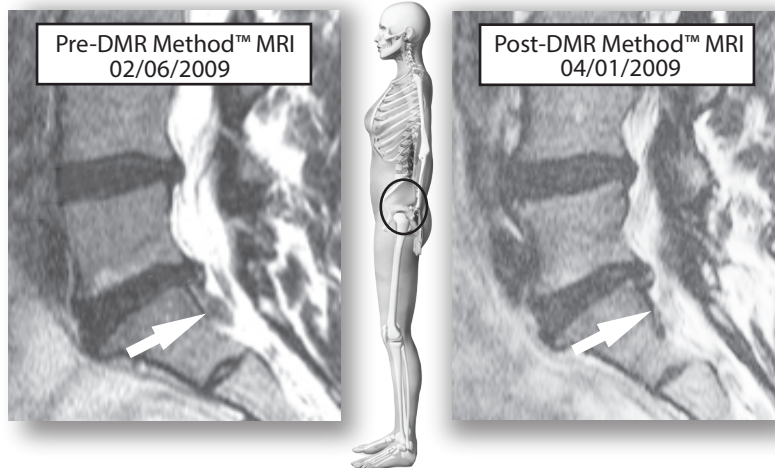


DMR Method™ Case Study



Moderate Disc Herniation Lumbar Spine

Laura, who has a history of rheumatoid arthritis, was in an exercise class when she felt her back give out. The pain worsened over the next few hours and began causing numbness and weakness in her left leg. She couldn't bear weight on her left leg and couldn't sit, stand or walk without severe lower back and leg pain.

DIAGNOSIS

An MRI scan revealed a moderate left-sided L5-S1 disc herniation with nerve root compression. DMR Method Evaluation revealed severe immobility and misalignment of the lower lumbar spine and pelvis, plus muscle spasm, swelling, and remodeling/constriction of the muscles and ligaments in the lower lumbar spine and pelvis.

TREATMENT

Acute Lumbar DMR Protocol. Laura was also referred for a lumbar epidural injection to decrease acute pain and inflammation.

OUTCOME

Laura attained complete resolution of back and leg symptoms and returned to aggressive fitness activities. A follow-up MRI eight weeks after her initial MRI revealed complete reabsorption of the disc herniation. Her five-year follow-up revealed continued symptom resolution. Her arthritis-related back pain has been managed with stretching and periodic care. She maintains a very active lifestyle and manages her rheumatoid arthritis well.