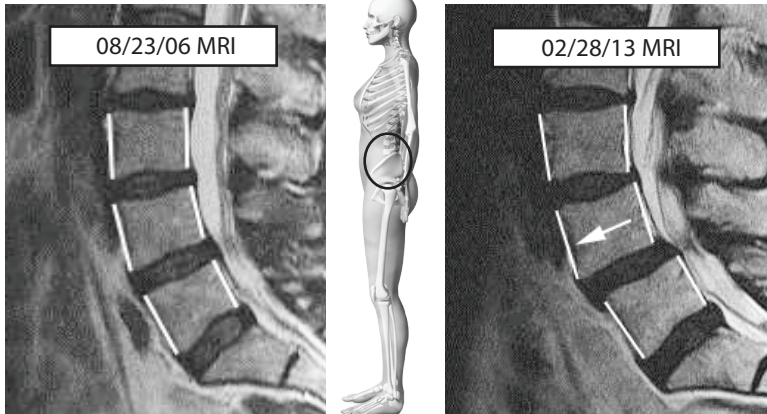


DMR Method™ Case Study



Post-Operative Degeneration and Slippage of Spine (Spondylolisthesis)

Sally had surgery on her lower back in 2006 (L4-5 laminectomy). She had recurrent incidental back pain post-surgery, but in 2012 her back pain and right leg pain became constant and severe; she couldn't walk without pain. Her doctor recommended injections and surgery. She was referred by a friend for a DMR Method consult.

DIAGNOSIS

A lumbar MRI done on 2/28/13 revealed post-operative forward slippage of the L4 vertebra with advanced joint degeneration and compression of the nerves in the lumbar spine. DMR Method Evaluation revealed severe restricted motion and compression of the lumbar spine with severe distortion and misalignment causing muscle, ligament, and joint capsule distortion.

TREATMENT

Chronic Lumbar DMR Protocol with a focus on joint mobilization, Decompression, and Progressive Muscle Technique.

OUTCOME

Due to the severity of her condition and her post-operative challenges, Sally's DMR Method progression was more gradual. In time, however, her symptoms resolved and she can now walk and be active without pain, which prevented the need for a second, more invasive back surgery. She prevents recurrence and maintains her pain-free lifestyle with stabilization exercises and periodic preventative care.