

Leg and Hip Pain and CranioSacral Therapy

By: Brian Calderon

Personal Information: 53yo, Female

History: Patient was referred for therapy by her treating chiropractor. Patient was complaining of high-severe back, hip and (L) leg pain onset 1 year. She states that her back pain is chronic and has had pain throughout her life. She did have an auto accident 10 years ago. She has three kids and is divorced. She states she has been seeing her chiropractor for 6 months 1-2 times per week. She feels that the chiropractor care is helping her condition. She is not on any medication and did not have any other type of therapy in the past year.

Evaluation: Pain and limitations were mod-high in her ADLS, work and leisure areas. She had mod pain in her shoulders, neck and upper/mid back. She has high pain in her hip, lower back and (L) lower extremities. Pain frequency was at 100%. She stated she does not have any good days per week. She has trouble sleeping through the night, wakes up 3-4 times and sore and stiff in am. She has active trigger points; jump signs and muscle spasms in her lower back, hip and lower extremities. She had an extreme head forward position, asymmetric shoulders and pelvis. She has limited AROM in her trunk and lower back. She has high pain with all trunk, hip, back and (L) lower extremity movements.

Modalities: Treatment consisted of CST, SER, Co-Treatments, Lymph, and movement.

Results

Objective: Pain and limitations were mild with her ADLS, work and leisure areas. She was able to walk for 1 hour without pain. She is sleeping through the night and feeling refreshed in the morning. She had decreased trigger point activity in all areas and decreased her asymmetric posture. Her AROM improved and had min pain with all movement. Patient now attends a health club to continue with her exercise program.

Subjective: Her pain levels were reduced to min-mild in all areas and her pain frequency reduced to 20%. She is now feeling more relaxed, having 5 good days per week and able to focus better.

Treatment Length: Sixteen sessions, one-hour sessions