



Case Study - No. 3

Introduction and Presenting Condition

Mrs. W presented with back and hip and knee pain. Mrs. W has had surgery for herniated disc L4 L5 and still has on going pain into legs, mostly at night.

Treatment Plan

Postural analysis shows Mrs. W to have a high right ilium (hip) and right up slip (SI Joint closed). Use muscles energy techniques I corrected Mrs. W postural deviations and began the massage using general and advanced Swedish massage techniques and trigger point therapy. Side lying trigger pointing quadratus lumborum and gluteal muscles concentration around the greater trochanter (hip joint). Prone (face down) working deep into the hamstring and calves using trigger point therapy, moving into gluteal muscles erector spinae, up along the back into the shoulders and neck muscles. Supine (on the back) I work Mrs. W's legs with deep massage as she suffered with lot of leg pain during the night releasing the quads and anterior muscles of the legs.

Outcomes

Mrs. W finds great relief from the massage as she has nerve damage to L4 L5 this is an ongoing problem and Mrs. W has a weekly massage to help with the pain into her legs and help her go about her day. Without the massage Mrs. W feels she would not be able to go about her work as a driver. Mrs. W tries to do non weight bearing exercise in the pool under the supervision of a physiotherapist