

## Case # 4595: Low Back

A male high school patient entered the office in early September reporting sharp severe pain in the lower back as a result of playing football. He had been treating with his team chiropractor who told him that he would have to be unable to play football for the rest of the season. It was the first game of his senior year so you can understand how devastating this was for the athlete.

The patient reported sharp pain that was located in the lower back with pain radiating into his lower leg. The patient reported that when he bent forward he experienced increase pain in the back and leg that was extremely painful. He also reported difficulty sleeping and the pain is worse in the morning. The patient had difficulty walking and at time difficulty getting up and down out of chairs.

The patient was treated with aggressive manual medicine and chiropractic treatments followed by newly tested rehabilitation maneuvers. He was advised to miss one game so that we would have enough time to produce a healing effect that would give him the rest of the season. The patient was safely returned to playing football the very next week and went on to complete the rest of the season.

The patient ended up having a successful year and was given a scholarship to a major university where is playing today.