

**Patient:** 47-year-old male equipment rental service technician, with a lifting injury. Acute, immediate onsets of lower back, right leg and foot numbness (right L5 dermatome pattern) and pain.

**Date of onset:** October 21, 2004

**Date of first visit:** November 15, 2004

**Date of last visit:** March 3, 2005.

**Presenting Symptoms prior to EXTENTRAC® Elite:**

Low back pain, right lumbar radiculopathy to the right lateral thigh, leg and foot. Condition progressively getting worse. Standing and walking increases pain

**Prior Treatment:** NSIDS, with surgical recommendation.

**Examination Findings:**

**Pre Treatment Sensory Examination:** Right leg paraesthesia (Hypoesthesia), dorsum of right foot.

**Pre Treatment Muscle Testing:** Right lower extremity: 4/5 dorsi-flexion, 4/5 great toe extension, 4/5-foot eversion.

**VAS (Visual Analogue Scale):** 9/10

**Pre-Treatment Functional Index Score:** 82/100

**SLR:** 30 degrees.

**Sensory Examination:** Hypoesthesia - dorsum of right foot.

**Provocative Testing:** Lumbar flexion decreased right radicular pain, Left lateral flexion decreased radicular pain.

**Diagnosis:** Sciatica (right lumbar radiculopathy).

**Imaging Studies:** MRI of lumbar spine obtained without contrast on November 6, 2004 revealed the following:

1. Straightening of the Normal Lordosis.
2. Multilevel Degenerative Changes.
3. L5-S1 Diffuse degenerative bulge. There is a right paracentral broad-based herniation which flattens the sac and effaces the right L5 root within the lateral recess. There is additional right foraminal herniation, which effaces the existing right L5 nerve root.
4. L4-5 Diffuse degenerative bulge with central herniation. There is facet and ligamentum hypertrophy with mass effect on both L5 nerve roots within the lateral recesses.
5. L3-L5 Degenerative bulge with touches the exiting left L3 root.

**EXTENTRAC® Elite Treatment Protocol:**

**1st Protocol** - Prone Vertical Gravitational/Postural traction without Foot Support.

**2nd Protocol** – Horizontal decompression, prone position, automated intermittent cycle, ankle straps – leg mediated Y axial decompression. Leg assembly deviated 15 degrees to the left (into antagia).

**3rd Protocol** - Direct patient contact therapeutic procedures include facet/joint mobilization/passive range of motion utilizing leg assembly X-Axis lateral motion and Z-Axis (up/down) motion.

**Automated Powered Horizontal Decompression Setting:** Maximum Load - 90 lbs. Delay at Max – 30 seconds. Delay at minimum - 10 sec. Procedure was preceded or followed by electric muscle stimulation and moist heat.

**Treatment Outcome:**

**Presenting Symptoms post EXTENTRAC® Elite:**

Marked decrease in right hip, leg and foot pain. Improved gait.

**Post Treatment Muscle Testing:** Right lower extremity: + 4/5 dorsi-flexion, 5/5 great toe extension, 5/5-foot eversion.

**Post SLR:** 60 degrees.

**Post Treatment Sensory Examination:** Normal sensation, dorsum of right foot.

**Post Treatment Functional Index Score:** 20/100

**Number of Treatments:** 23 total, with initial 9 sessions required to achieve neurological deficit improvement.

