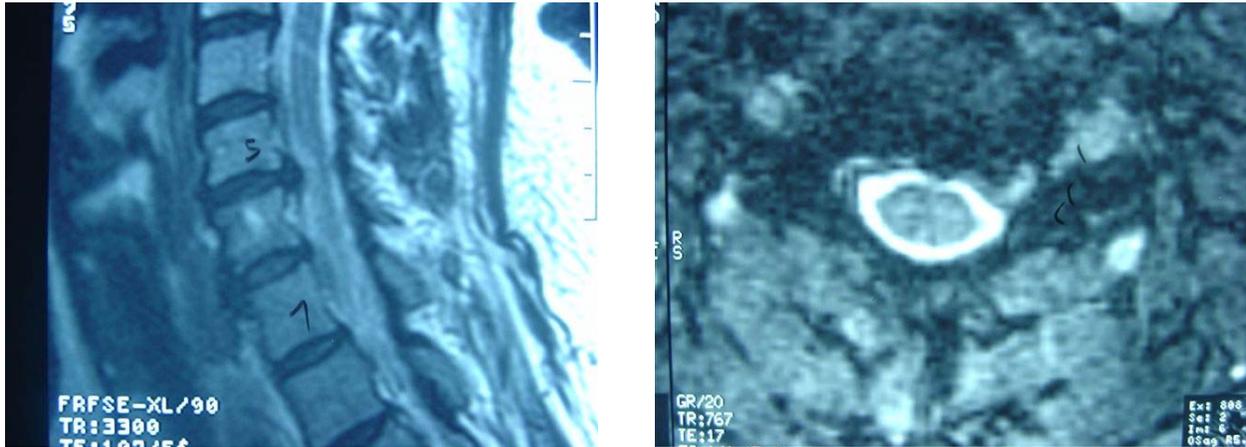


## C5-C6 Disc Herniation



A 55-year-old, white, single female is seen for the chief complaint of neck and left upper extremity arm pain which started following placing a canopy on a shore station, and reaching overhead. She consulted her medical doctor who gave her medications with no help. She then was sent to physical therapy for traction, which gave no help.

The MRI above shows a C5-C6 left postero-lateral disc herniation.

Vital signs are normal. Range of motion of the cervical spine shows much pain on extension, which extends the pain into the left arm. Pinwheel examination is normal. The deep tendon reflexes of the upper extremities are plus 2 bilaterally. No thoracic outlet signs are present. The strength of the right hand on dynamometer is 90 lbs. and the left is 55 lbs. The patient does note this weakness.

The diagnosis is a C5-C6 disc herniation resulting in C6 left arm radiculopathy.

Treatment consisted of long Y-axis distraction with the Cox cervical headpiece, consisting of three 20-second long Y-axis distraction applications. Each 20-seconds consisted of five 4-second pumps. This was followed with positive galvanism to the C5-C6 disc extending down to the left C6 dermatome. After ten minutes of positive galvanism, ten minutes of tetanizing current was applied to the same areas. This patient received massage of the cervical spine, left shoulder, and deep tissue stretching into the left arm and forearm. This treatment resulted in progressive relief of the left arm pain with 60% relief of the pain within one month of care in which eleven treatments were given. Within two months of care, the only symptom remaining was numbness of the left thumb. The patient could sleep well and had complete return of motor power.

This is an example of conservative distraction manipulation of cervical disc herniations. As author I mention that I have not had any iatrogenesis or increasing of patient pain with the procedures outlined here.

Respectfully submitted, James M. Cox, DC, DACBR