

Barral Institute Case Study

Visceral Manipulation – Acute back pain/Unable to walk and stand

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Therapist: Joanne Enslin de Wet, BSc Physiotherapy (Wits), BSc (Med) (Hons) Sport Science UCT, MSc Exercise Physiology Boston University USA

Patient: 53-year-old female with own business referred by her sister

Reason for coming: Acute back pain and was unable to walk and stand

Evaluation: The patient had chronic back pain for some time but had ignored the pain. She has seen numerous neurologists, therapists. Her MRI had shown “nothing specific”. She had a sudden onset of pain and was now on valium and anti-inflammatories. The episodes of inability to walk and stand and severe pain were becoming more frequent. She has severe pain at night around 3am.

General Listening: fwd bend and slightly to the right

Local Listening: Right kidney third degree ptosis. Right ureter. Cecum, right broad ligament uterus. The patient then remembered she had a right ovcotomy previously as well as a MVA 20 years previously

Treatment: The tissue tension around the cecum and broad ligament and ovcotomy was first normalized before treating the kidney. The patient was placed in left side lying as she was unable to lie on her back. Her right kidney was mobilized via Grenfeldts triangle as well as the ilioinguinal and iliohypogastric nerves. The L2/L3 was also involved. As well as the right crus of the diaphragm. The right ureter was manipulated at the junction of the bladder. The listening then attracted me to the sacro coccygeal ligament and nerves.

The treatment was completed with a combined treatment with both kidneys

Results and Follow-up:

The patient was able to stand up straight after the treatment and bear weight on her legs. Her lumbar lordosis had returned. I applied tape to maintain her lumbar curve and give her more stability and recommended postural corrections and to avoid sitting.

She was meant to return for a follow-up in a weeks' time but only returned one month later. She reported that her pain had gradually diminished over the month, but she had just had a reoccurrence because of a long trip in the car. General listening then took me to left triangular ligament, tail of pancreas and left kidney. She has had 3 treatments and reports to feel the best she has felt in a long time. She has also enrolled in an exercise program.