

# **Barral Institute Case Study**

## **Visceral Manipulation – Lower Back Pain**

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#### **Introduction**

51 year old, married, computer operator, mother of two children presents with pain in the low back and groin. This started 2 weeks ago while driving and hitting a pot hole, which was described as 'quite violent'. One week after the accident the patient visited the GP for right groin pain and feeling tired. GP prescribed antibiotics. Symptoms have been getting better but still very sore in right groin region, VAS 6/10.

#### **Examination**

Kyphotic and anterior posture. GL below diaph, anterior right. Below abdomen with draw right side bending and left rotation. LL inferior pole of right kidney inferior with extended listening along right 12<sup>th</sup> rib to thoracolumbar junction. Tenderness on right Grynfeltt's space and 12<sup>th</sup> rib. No motility of right kidney detected. Hip flexor power test weaker on right.

#### **Diagnosis and Management**

Axial whiplash leading to first degree ptosis of right kidney with right subcostal nerve irritation.

#### **Treatment**

Direct Manipulation, supine of the right kidney utilizing Grynfeltt's space. Induction into inspiration/expiration of right kidney followed by supine, bilateral kidney motility balancing. Upper lumbar plexus, subcostal release.

#### **Outcomes**

Directly after treatment improved right hip flexor power, VAS 2/10.

2 weeks later resolution of all symptoms, no pain in groin or tiredness reported. No tenderness in right Grynfeltt's space. Hip flexor power returned to equal and present. Patient felt more energetic.