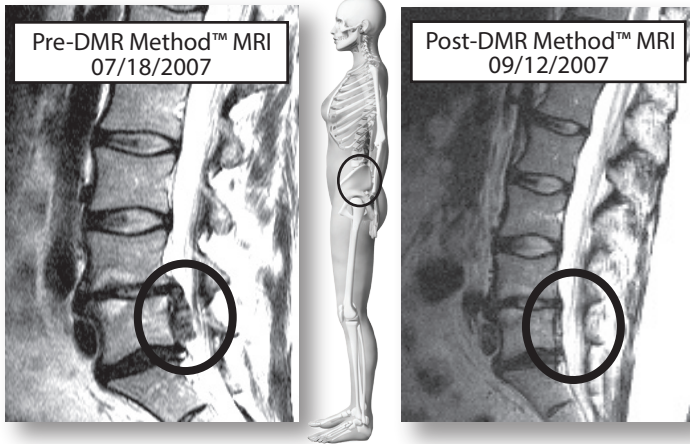


DMR Method™ Case Study



Severe Disc Herniation Lumbar Spine

Amy was loading her washing machine when she bent over to pick up a laundry basket. She felt something “go out” in her lower back and experienced an intense pain that began radiating down her left leg. Her leg pain soon progressed to numbness and weakness and she began to have difficulty walking. Based on MRI findings, medical radiologists recommended emergency surgery.

DIAGNOSIS

The MRI confirmed a severe extruded disc herniation at L4-5, causing nerve compression. DMR Method Evaluation revealed severe misalignment and immobility in the lower lumbar spine and pelvis, with severe muscle spasm and inflammation.

TREATMENT

Due to the severity of Amy’s condition, her case was closely monitored. Her treatment following the completion of the Acute Lumbar DMR Protocol was focused on oscillating decompression traction, cold laser therapy and Integrated Progressive Mobilization (IPM).

OUTCOME

Amy experienced a resolution of all symptoms without needing surgery. Her extruded disc was entirely reabsorbed and she has been able to resume normal daily activities without pain. After seven years, Amy reports continued symptoms resolution and normal physical abilities.

NOTE: Amy was the very first DMR Method patient!