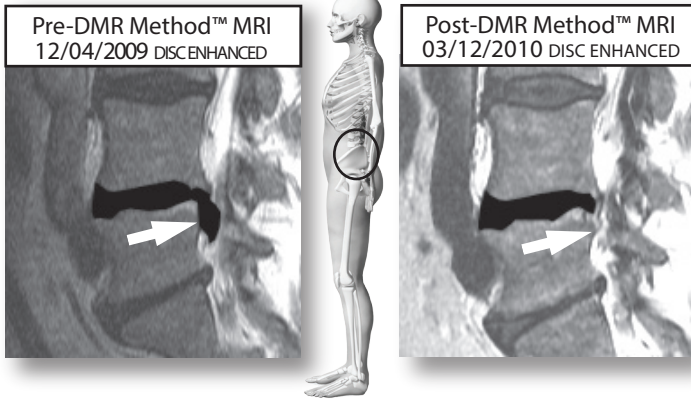


DMR Method™ Case Study



L4 Disc Herniation Lumbar Spine

Joe developed a disc herniation in the lower lumbar spine and was referred by his doctor for orthopedic spine surgery. After a difficult recovery, his painful leg symptoms were gone but his back still didn't feel normal. While bending and lifting, he re-herniated the same disc; in addition to lower back pain, he developed disabling left leg pain. Instead of a second surgery, he decided to try the DMR Method.

DIAGNOSIS

MRI confirmed a large L4-5 extruded disc herniation causing left L5 nerve root compression. DMR Method Evaluation revealed misalignment/subluxation of lumbar spine and pelvis. Also noted were severe immobility, muscle spasm and ligament contracture.

TREATMENT

Joe completed the Acute Lumbar DMR Method Protocol, including restrictions, self-care instructions, a supportive nutrition program, Integrated Progressive Mobilization (IPM) and Dynamic Muscle Technique (DMT) to restore mobility, alignment and stability. He progressed to a self-care exercise and stretching program.

OUTCOME

Resolution of all symptoms, restored functional abilities and restored mobility, alignment and stability. A follow-up MRI revealed complete reabsorption of L4-5 disc herniation (see enhanced pre- and post-MRI images above). After four years, Joe reports continued symptom resolution and normal physical abilities.