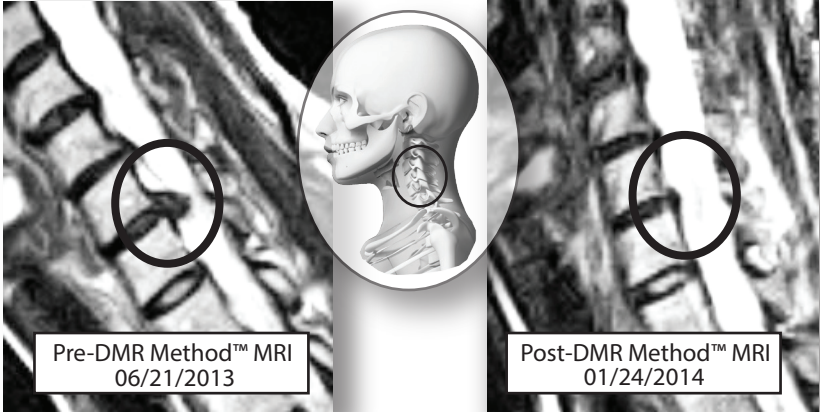


## DMR Method™ Case Study



### Disc Herniation Cervical Spine

Sarah developed severe upper back pain after sleeping the wrong way on a hotel pillow. The pain progressed into her neck; over the next few days she began experiencing severe/constant tingling in her right hand. She had a difficult time sleeping because the pain and numbness worsened when she laid down.

#### DIAGNOSIS

An MRI scan on 6/21/13 revealed a severe C6-C7 disc herniation causing compression of the right C7 nerve. DMR Method Evaluation revealed severe fixation/subluxation and degeneration in the lower cervical and upper thoracic spine. Sarah also experienced extensive muscle spasm as well as ligament and joint capsule restriction.

#### TREATMENT

Acute Cervical DMR Method protocol with medical pain management, including epidural steroid injection to decrease pain and inflammation so Sarah could proceed with the DMR Method Protocol. One of the keys to her progression was the combination of Oscilating Decompression Traction (ODT) and Dynamic Muscle Technique (DMT).

#### OUTCOME

Sarah's neck, upper back and arm symptoms were completely resolved. A follow-up MRI on 1/24/14 revealed a marked reabsorption of the C6-C7 disc herniation (see enhanced pre- and post-MRI images above). She has resumed normal physical activity, including aggressive fitness training.