

**Mersky JA, Blum CL. SOT and ART treatment of a 73-year-old male post stroke with L4/L5 foraminal stenosis: A case report. 2nd Annual Sacro Occipital Technique Research Conference Proceedings: New Orleans, LA. 2010:113-6.**

**Introduction:** A 73-year-old male presented with subjective complaint of acute lower back pain with bilateral (grade one) upper thigh and gluteal radicular pain. Radiographs of the lumbar spine revealed osteoarthritic degenerative changes at the L4/5 and L5/S1 disc spaces, with significant bilateral foraminal stenosis at the L4/5 level.

**Methods/Treatment:** Patient was analyzed and treated utilizing sacro occipital technique (SOT) and determined to be a category three with a bilateral psoas contracture and piriformis muscle syndrome. Active release technique (ART) was utilized in conjunction to his superior hamstring origin, superior gluteal origin, latissimus dorsi, and psoas iliacus.

**Results:** Following the first treatment the patient's low back pain and disability had reduced approximately 75%, with elimination of bilateral gluteal/thigh pain and anterior antalgia. He was seen twice the first-week and then once-a-week for two weeks and then two weeks later for a total of five treatments. By the 5th-office visit he was 95% improved based on pain reduction, body function, and activities of daily living.

**Conclusion:** Integrative chiropractic care may a chiropractor's capability to treat various patient presentations as demonstrated by this case report utilizing a combination of ART and SOT to treat a patient with severe low back pain and stiffness

