

Beck C, Blum, CL. Vision induced chronic low back pain: A case report. 3rd Annual Sacro Occipital Technique Research Conference Proceedings: Nashville, TN. 2011: 16-24.

**Introduction** : A 34-year-old female patient presented with a history of low back pain (dull, achy, non-radiating) that has been present for nearly two-years.

**Methods** : The patient reported complete relief of her chronic low back pain with her eyes closed or in a darkened room, whereas the pain would return when opening her eyes and particularly in a lightened room, with or without eyeglasses.

**Treatment** : Osteopathic manipulative therapy (OMT) to the full body and cranium was applied with the patient's eyes opened, closed, and eyeglasses on and off. Modifications were made to the optometric prescription and eyeglasses to optimize body and cranial function as well as to reduce her low back pain.

**Results** : The patient noted considerable relief in her low back pain with the new eyeglass prescription, and this relief was sustained regardless of eyes open or closed, and particularly with her eyeglasses on.

**Conclusion** : This case study illustrates that a subset of patients may present with a clinical condition that either affects vision or the vision affects the condition called a visual somatic strain. This demonstrates how collaborative efforts might be made to develop co-treatment opportunities between osteopaths, chiropractors, ophthalmologists, and other allied professionals.