

A NECK OF AN 80 YEAR OLD,

.....BUT DOC I AM ONLY 45.

The signs of misalignment were there over the last few years. Pain and aches were mostly dismissed as old age, arthritis and over use of muscles. When the nerves in the arm tingle, go numb, just ache in general, the picture is clear.

There are issues that need to be addressed. This is a story of my diagnosis and treatment. Hopefully someone else who reads this may benefit.

History:

At 45 years old your body has a history, both genetic, and the acquired injuries from sports, and falling.

I played football, lacrosse and was pretty active as a kid. As an adult I participate in ski racing and practical shooting. First issue with neck trauma was December 8, 1980. An explosion blew my head back. Second issue was a rear end car accident and whiplash 1995. About 8 months later my left index finger and part of my left arm became numb.

Doctors two orthopedists were consulted, one said Physical therapy, and fusion. The other chose Physical therapy, NSAID Daypro, and chiropractic care. During the next few months I did traction in PT, single axial pulling the neck/head back. I learned to lift weights correctly and worked on posture. Keep in mind I have been using computers for 12 years by then and always in bad posture.

Fast forward spring / summer of 2006:

My left arm, back traps in spasm, and what appeared to be tendonitis. This was treated as a tendon issue, NSAID, and 2 shots of cortisone. Eight months later everything appeared fine.

The present:

January 2008, everything was well until 3rd week of the month. Woke up, in pain, thinking I slept on something the wrong way. I applied bio-freeze, took NSAIDS and went off to ski race. Few days after that the pain became nagging in my right arm. This is my mouse / money arm. My sleep was barely lasting three hours at night. I am really hurting physically and mentally.

Accessibility:

Who you gonna call?

All I wanted was the nagging to go away. I tried my internist but I could not get an appointment for a week. I called many pain management Doctors, all booked a month in advance. This is not looking good. If I go to the ER they just give narcotics.

My mom goes to Chiropractic Works. This practice is in the same location as my old chiropractor. Dr. Adolph. Chiropractic works fit me in right away. First visit the Xray, evaluation and history.

The Second visit was to go over Xray and treatment options. You have a neck of an 80 year old, I was told. I am not a radiologist or doctor but I could see the issues in the xray.

- My C1-C7 center of alignment was forward by 55mm (2.25 inches)
- This causes the weight distribution to put pressure on C5-C6 causing degenerative affects. Bone/calcification
- C5-C7 no space/ discs compressed
- C1 – Angle was negative

Treatment options:

1st Phase (Pain Level at 10 max)

- Electro Stim / Heat
- Manipulation subluxation
- Exercises
- I added Daypro NSAID 15 days.

2nd Phase

- Electro Stim / Heat
- Manipulation subluxation
- Exercises
- Single axial traction
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3rd Phase

- Manipulation subluxation
- Exercises / 3 to 5 lb weight
- Dual axial (pope) traction
- Xray and review / evaluation

RESULTS:

Phase 1:

Pain Index at beginning was at max 10
At end of phase 1 the pain index was at 8 to 9

Phase 2:

Beginning 8 to 9
End of phase 2 pain index 7
Range of motion 70%

Phase 3:

Beginning 7
Mid way pain index 5
Sleeping well
Range of motion 80%
End of phase 3
Pain Index (0 to 1)
Range of motion 95%

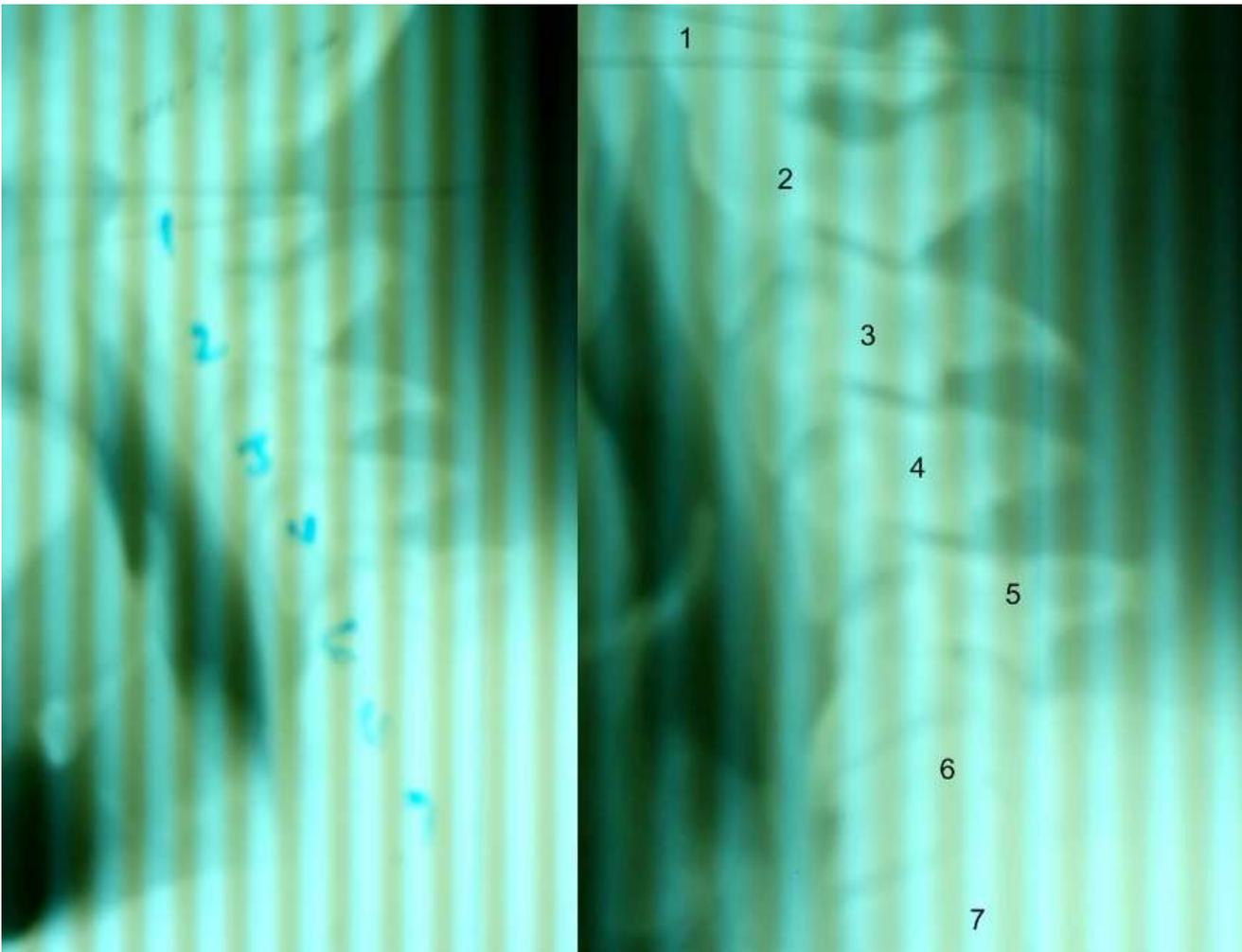
Review and Evaluation:

Xray results

- My C1-C7 center of alignment was forward by 55mm (2.25 inches)
 - **Now moved 16 mm to 39 mm**
- This causes the weight distribution to put pressure on C5-C6 causing degenerative affects. Bone/calcification, lack / loss of space.
- C5-C7 no space/ discs compressed
 - **Spaces now evident in C5-C7**
- C1 – Angle was negative
 - **Angle is now positive.**

Xray- Left Initial

Right – at 2.5 months



I now sleep through the night. I do not have any pain or muscles spasms.
After 4 more weeks I will update this information.

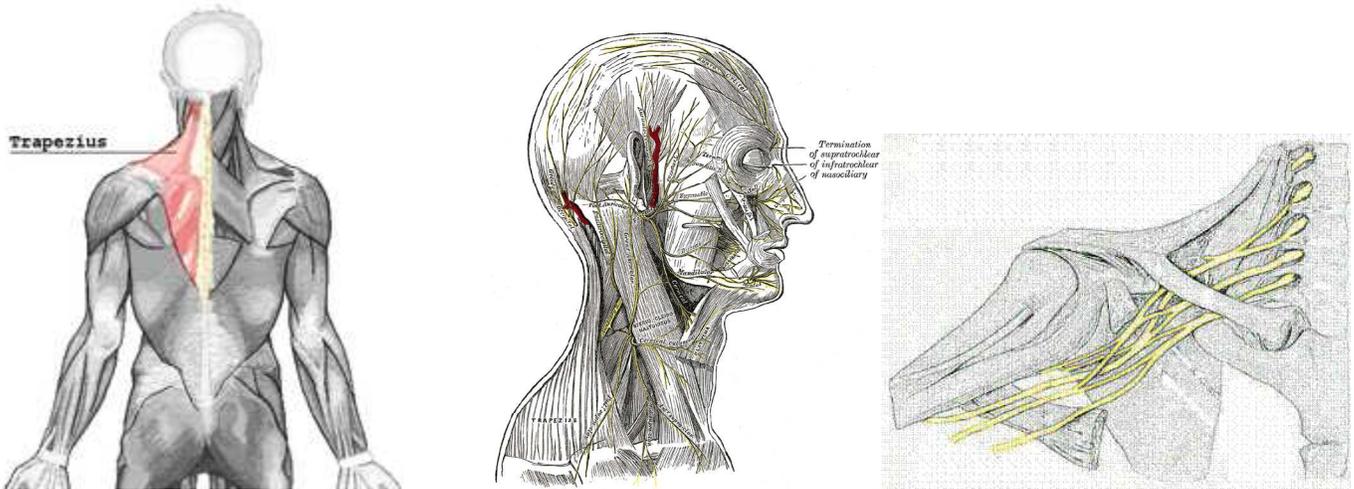
The next phase 4 goal will be:

- Continue to move the neck from 39 mm out to 31 mm
 - Increase weight lifting to full body, and increase arm weight from 5lb to 10lb
- To be continued.

APPENDIX:

Anatomy

Trapezius: Muscle down neck, over to shoulder, down back along spine.



Nerve Affecting: spinal accessory nerve

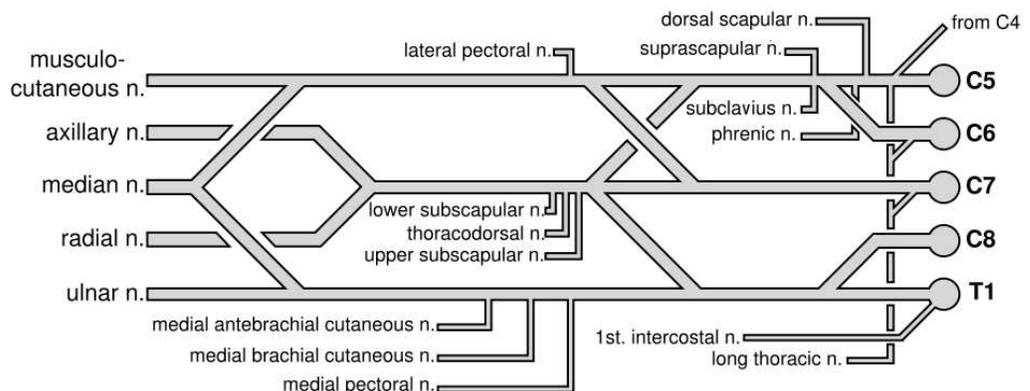
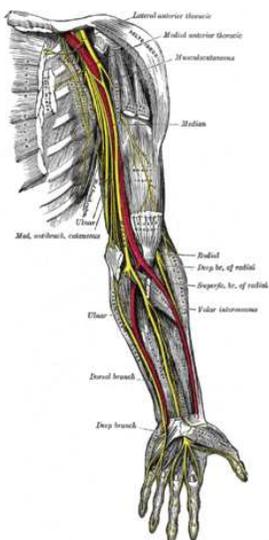
Arm:

Nerve that runs down the back of tricep, around elbow, and to the top of the forearm.

Nerve Affecting:

Most cervical pathology will lead to pinching of either C6 or C7 nerve roots in the neck, although sometimes the C5 or C8 nerves may be pinched. Depending on which nerve root is pinched, the following symptoms are likely:

- **Pinched nerve at C6.** This can cause weakness in the biceps and wrist extensors, and pain/numbness that runs down the arm to the thumb. On physical exam, the brachioradialis reflex (mid-forearm) may be diminished.
- **Pinched nerve at C7.** This can cause pain/numbness that runs down the arm to the middle finger. On physical exam, the triceps reflex may be diminished.



Arm nerves from back, in yellow
My middle nerve was affected.