

CASE STUDY

GP Referral

Gillian is an active lady who worked part-time and walked every day. She was referred to motive8 by her GP after complaining of pain in her lower back and also of secondary pain in her left and right Scapula. Gillian's pain began after she had lifted a heavy object, three months prior to attending motive8's rehabilitation clinic.

Gillian's pain increased when she was sitting and standing. Simple activities such as lifting shopping and standing up from a seated position were painful and her sleep pattern was also disturbed.

Our initial assessment showed that side bending was painful to both sides and rotating the trunk was painful. Gillian's mid and lower spine was out of alignment.



Gillian's treatment consisted of soft tissue work, spinal mobilisations and a home exercise programme which initially consisted of muscle stretches, nerve stretches, gentle mobilisation and strengthening exercises such as pelvic tilts and single leg to chest. Her programme was progressed to include gentle abdominal strengthening exercises and Pilates-based exercise.

After four weeks, Gillian's sleep was no longer disrupted by pain, transferring from sitting to standing was much easier and pain free. Pain when sitting had decreased and only occurred when sitting for a long time on the bus. Gillian was able to stand for longer periods without soreness and the mid and lower spine was back in correct alignment. The upper and lower back muscles and surrounding Scapular muscles were much looser too.

Following treatment from motive8's therapists, Gillian was able to return to daily walks while socialising with friends became hassle free as her functional movements were no longer painful.