

Case Studies Involving Ambulatory Spinal Decompression Orthosis

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Overview: The five case studies in this booklet involved patients with low back pain due to intervertebral disc disorder of mechanical low back pain syndrome. The Orthotrac Pneumatic Vest offered these patients a conservative, low-cost, convenient treatment option. Patients considered the vest easy to use, resulting in excellent patient compliance for a protocol that involved wearing the vest: 20 to 30 minutes per session, 2 to 3 sessions a day, 5 to 7 days a week for 8 weeks. After the standard 8-week protocol of wearing the ambulatory Orthotrac Pneumatic Vest, all five patients reported complete or partial pain relief and returned to many of their activities of daily living. Of the four patients who completed follow-up testing, three patients showed objective improvement in the forward bend and straight leg raise tests and functional improvement based on Oswestry Scoring. All patients kept their vest for potential self-treatment.

These case studies demonstrate that the Orthotrac Pneumatic Vest can achieve spinal decompression and medical improvement (documented by physiologic changes demonstrated on MRI), alleviate pain symptoms, and improve daily function and quality of life. In addition, this conservative, non-invasive treatment can be used at various times in the treatment continuum.

Case Study 1: Bulging disc at L5-S1 and radicular pain.

Case Study 2: Herniated disc at L3-L4 and L4-L5, lateral spinal stenosis, and radicular pain.

Case Study 3: Herniated disc at L4-L5 impinging on thecal sac, and radicular pain.

Case Study 4: Multiple herniated discs at L3-L4 and L4-L5, chronic degenerative disease, and radicular pain.

Case Study 5: Herniated disc at L5-S1 and radicular pain.