

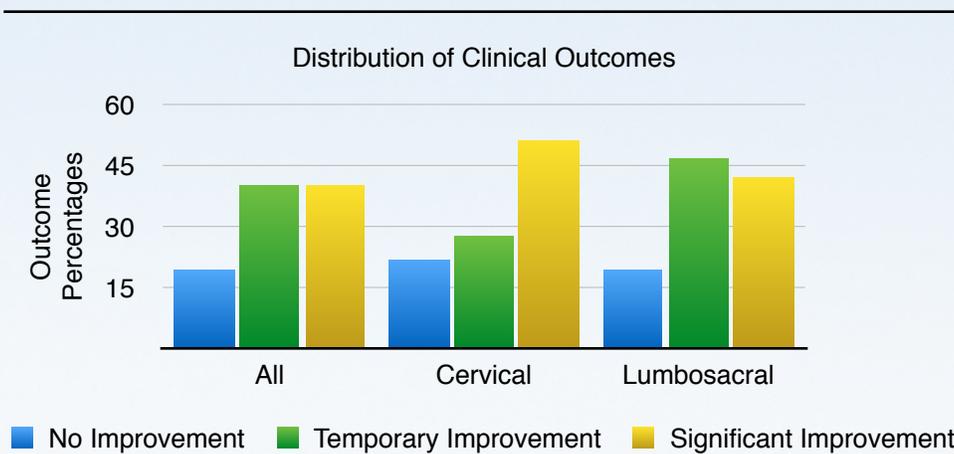


# WHITE MOUNTAIN

## Chiropractic & Rehabilitation

### Spinal Manipulation Postepidural Injection for Lumbar and Cervical Radiculopathy: A Retrospective Case Series

*Journal of Manipulative and Physiological Therapeutics. September 2004. Volume 27. Number 7*



Cervical and lumbar radiculopathy are often multi-factorial in nature. Mechanically compressive forces commonly lead to inflammatory response and eventual nervous system sensitization. A combination of conservative care options may provide the best solution for patients who are unresponsive to single treatment protocols. A multi-modal approach can address the full spectrum of pain mechanisms (inflammatory, mechanical, etc.).

Research has shown spinal manipulation to be a safe and effective option for patients with radicular pain. Nervous tissue stimulation, facet joint gapping, and decreasing intra-discal pressure all can occur during a spinal manipulation and provide the basis for its mechanism of action.

Clinically, it's important to consider that patients suffering from radicular pain may benefit from a combination of spinal manipulation post-epidural injection.

*"The clinical rationale for the use of spinal manipulation is to increase the range of motion of the functional spinal unit and also to modulate sensory input to the central nervous system."*

*"The majority of the patients showed a positive response with only 1 treatment procedure (76%)."*

*"Theoretically, epidural injections are proposed to address the inflammatory and central components of spinal pain, whereas spinal manipulation is proposed to address the mechanical and neural aspects of the pain syndrome."*

*"These data suggest that spinal manipulation postepidural injection is a safe nonsurgical procedure to use in the treatment of the patient with radiculopathy of spinal origin."*

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together.  
Let's build a healthier tomorrow.