

Case studies for pain management

CASE STUDY 1-1

OL is a 48-year-old man with complaints of low back pain following a lifting injury that occurred 6 months ago at his job as a meat packer. OL reports that his pain has progressively gotten worse, and he has had to take more pain medication to control the pain.

He was referred to physical therapy with a diagnosis of lumbar sprain/strain and lumbago. His x-rays were normal.

OL used to play tennis and go hiking but has stopped these activities because of pain with twisting during tennis and pain with lifting and carrying when hiking. He is moderately overweight. He has returned to work but only in a limited capacity, with lifting limited to 10 lb. OL has no history of heart problems, does not have a pace maker, and does not have a cancerous tumor.

Target tissue affected

Suggested medical diagnosis

Stage of medical conditions

Problem list(s)

Goals of treatment (s)

List five indications for use with this suggested E-stimulation	List five contraindication/precautions for this suggested E-stimulation

Suggested electrical stimulation intervention:

Justification (rational) for use of E-stim for pain relief:

Electrical stimulation parameters

Practical Procedures to apply suggested current in the selected case

CASE STUDY 1-2

A 58-year-old female patient presents with knee pain, stiffness and swelling associated with Osteoarthritis, 6 months ago at his job.

Patient is starting to have difficulty performing daily tasks; specifically walking, getting in and out of her car, and standing for longer periods of time (i.e. showering, washing dishes, etc.)

Target tissue affected

Suggested medical diagnosis

Stage of medical conditions

Problem list(s)

Goals of treatment (s)

List five indications for use with this suggested E-stimulation	List five contraindication/precautions for this suggested E-stimulation

Suggested electrical stimulation intervention:

Justification (rational) for use of E-stim for pain relief:

Electrical stimulation parameters

Practical Procedures to apply suggested current in the selected case

CASE STUDY 1-2

MP is a 45-year-old woman who has been referred to physical therapy with a diagnosis of low back pain and a physician's order to evaluate and treat.

MP complains of severe central low back pain that is aggravated by any movement, particularly forward bending. She reports radiation of pain into her right extremity to her foot. Pain disturbs her sleep, and she is unable to work at her usual secretarial job or perform her usual household tasks such as grocery shopping and cleaning. She reports that the pain started about 4 days ago, when she reached to pick up a suitcase, and has gradually decreased since its initial onset from a severity of 8, on a scale of 1 to 10, to a severity of 5 or 6. Her only current treatment is 600 mg of ibuprofen, which she is taking 3 times a day.

Target tissue affected

Suggested medical diagnosis

Stage of medical conditions

Problem list(s)

Goals of treatment (s)

List five indications for use with this suggested E-stimulation	List five contraindication/precautions for this suggested E-stimulation

Suggested electrical stimulation intervention:

Justification (rational) for use of E-stim for pain relief:

Electrical stimulation parameters

Practical Procedures to apply suggested current in the selected case

