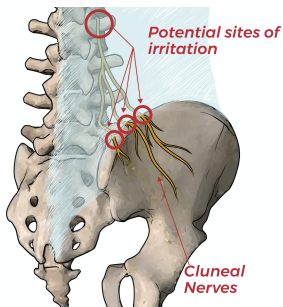


ABOUT YOUR CONDITION

sample Patient 06/30/2022

WHAT'S WRONG?



Maigne Syndrome

Maigne syndrome is an often-overlooked cause of discomfort in the low back, hip, and buttock. This problem affects the "cluneal nerves," which originate from your mid-to-lower spine, then travel downward toward your hip. Inflammation or irritation in your spine or anywhere along the course of these nerves can cause unwanted pain, tingling, or numbness. The condition has been nicknamed "sciatica of the mid-back."

This problem can strike anyone but is most common in young seniors and females. Patients often describe their discomfort as "chronic and nagging." Symptoms can sometimes radiate into your groin. Prolonged walking, or sitting in a slouched position probably increase your symptoms. You may also notice increased discomfort when squatting, bending, twisting, arising from a chair, or rolling from side to side in bed. Be sure to tell your provider if you notice a fever, flu-like symptoms, or any urinary changes, including increased frequency or cloudiness.

You should try to avoid wearing excessively tight clothes or belts over the crest of your hip. Be sure to maintain an upright posture when sitting and take frequent breaks. Fortunately, Maigne syndrome and cluneal nerve irritation rarely require surgery and are usually amenable to the type of care we provide.

THINGS WE CAN DO TO HELP YOU



Joint Manipulation

Your provider has found joints in your body that are not moving freely. This can cause tightness and discomfort and can accelerate unwanted degeneration i.e. arthritis. Your provider will apply a gentle force with their hands, or with handheld instruments, in order to restore motion to any "restricted" joints. Sometimes a specialized table will be used to assist with these safe and effective "adjustments". Joint manipulation improves flexibility, relieves pain, and helps maintain healthy joints.



Therapy Modalities

We may apply electrotherapy modalities that produce light electrical pulses transmitted through electrodes placed over your specific sites of concern. These comfortable modalities work to decrease your pain, limit inflammation and ease muscle spasms. Hot or cold packs are often used in conjunction, to enhance the effect of these modalities.

Another available option is therapeutic ultrasound. Ultrasound pushes sound vibrations into tissues. When these vibrations reach your deep tissues, heat develops, and unwanted waste products are dispersed.



Myofascial Release

Overworked muscles often become tight and develop knots or "trigger points". Chronic tightness produces inflammation and swelling that ultimately leads to the formation of "adhesions" between tissues. Your provider will apply pressure with their hands, or with specialized tools, in order to release muscle tightness and soft-tissue adhesions. This will help to improve your circulation, relieve pain and restore flexibility.



Therapeutic Exercise

Muscle tightness or weakness causes discomfort and alters normal joint function, leading to additional problems. Your chiropractor will target tight or weak muscles with specific therapeutic stretching and strengthening to help increase tissue flexibility, build strength, and ease the pain. Healthy, strong, and flexible muscles may help prevent re-injury.

THINGS YOU CAN DO TO HELP YOURSELF



Sleep Posture

Your mattress and the position you sleep in may affect your condition.

- Choose a mattress that provides medium or firm support, such as a traditional coil spring or adjustable airbed. Avoid waterbeds, thick pillow tops, and soft, sagging mattresses.
- Keep your neck and back covered while sleeping to avoid drafts that could cause potential muscle spasms.
- Since each presentation is unique with endless variability, there is no one-size-fits-all sleeping position. Research suggests that the *optimal* sleep position is the one that allows you to rest most comfortably without after-effects. Finding your ideal sleep position usually takes some experimentation, but two of the most popular are sleeping on your side with a pillow between your knees, or on your back with a pillow either underneath your knees.
- While many patients with neck pain or low back pain will want to avoid sleeping on their stomach, some people, particularly younger patients with sciatica, might find stomach sleeping is most comfortable.
- If possible, progressively test to see if your symptoms increase or decrease before spending a full night in any new position.



Workstation Ergonomics

Ergonomics is the science of adjusting your workstation to minimize strain in the following ways:

- Monitors should be visible without leaning or straining and the top line of type should be 15 degrees below eye level.
- Use audio equipment that keeps you from bending your neck (i.e., Bluetooth, speakerphones, headsets).
- Keep your shoulders relaxed and elbows bent to 90 degrees.
- Wrists should not be bent while at the keyboard. Forearms and wrists should not be leaning on a hard edge.
- Keep frequently used objects, like your telephone, close to your body to prevent excessive reaching.
- Take a 10-second break every 20 minutes: Micro activities include: walking, stretching, or moving your head in a "plus sign" fashion.
- Periodically, perform the "Brugger relief position" - Position your body at a chair's edge, feet pointed outward. Weight should be on your legs and your abdomen should be relaxed. Tilt your pelvis forward, lift your sternum, arch your back, drop your arms, and roll out your palms while squeezing your shoulders together. Take a few deep cleansing breaths.

Sitting Workstations

- Hips and knees bent 90 degrees, feet flat on floor or footrest.
- Use a lumbar roll for lower back support.
- Avoid sitting on anything that would create an imbalance or uneven pressure (like your wallet).

Standing Workstations

- Keep your head, neck, torso, and legs vertically aligned.
- Wear shoes that provide proper arch support.
- Use a footrest to shift your weight from foot to foot.
- Adjust the footrest to approximately 10% of your total body height.



Standing

To avoid extra stress on your spine while standing:

- Avoid high-heeled shoes or boots.
- Use a footrest measuring 10% of your height.
- To decrease stress on your back and feet consider leaning on a tall chair.
- If excessive standing can't be avoided, consider shock-absorbent shoes or an anti-fatigue mat.
- When transitioning from a sitting workstation to a standing desk, begin gradually by standing 20 minutes per hour and not necessarily in a continuous period. Add an extra 10 minutes per hour each day as long as there is no prolonged stiffness or discomfort.



Arising From a Chair

The simple act of arising from a chair improperly can injure your low back. The following tips can help you minimize strain when you stand up.

- First, slide forward so that only your tailbone is on the front of the chair.
- Spread your feet slightly more than shoulder-width.
- Lean forward, but be sure not to bend your back, as you tighten your abdominal muscles.
- Thrust your hips forward and stand up.
- When available, use armrests to help push up.

EXERCISES AT HOME

The following exercises have been specifically selected to assist with your recovery and help minimize future problems. Exercises should be performed slowly and within a relatively comfortable range. Maintain good posture and breathe naturally. Do not hold your breath. Unless otherwise instructed, stop any exercises that cause pain, or radiating symptoms.

Access your exercise videos

<p>Scan me</p> 	OR	 <p>Visit HealthCom.io</p>
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Username: **spatient32** | Password: **Current Password**

CURRENT EXERCISES

Bretzel

Perform 3 sets of 5 reps, 2 times per day



Begin lying on your side with your affected knee bent to 90 degrees and crossed over the opposite leg. Grasp your crossed leg with your opposite arm, pulling it toward your chest. Next, grasp your unaffected ankle and pull it back toward your buttock with your other hand. Take in a deep breath and as you exhale, slowly rotate your body attempting to allow both shoulder blades to touch the floor. Each exhalation should relax your body further, allowing you to ultimately end with your back flat on the floor while still holding both hips in the start position. This may take several inhalation/exhalation attempts.

Seated Cluneal Nerve Floss

Perform 3 sets of 10 reps, 3 times per day



Begin seated with your affected leg crossed over the unaffected side. Slowly flex your neck by bringing your chin to your chest. Then, bend from the waist to approximate your head to your knee. Continue flexing forward until you reproduce symptoms in the lower back, hip, or leg. Upon eliciting symptoms, return to the starting position. Repeat for ten repetitions, each time attempting to achieve greater range of motion without increasing pain in your back or leg.

Posterior Pelvic Tilt - Supine

Perform 3 sets of 10 reps, 2 times per day



Begin lying on your back with your knees bent and feet flat on the floor. Maintain a slight gap between your lower back and the floor. Inhale, then as you breathe out, allow your abdomen to drop towards the floor. Pull in with your trunk to rotate your lower pelvis upward toward your ribs, as you press your lower back into the floor. Keep your hips and the rest of your body relaxed throughout this exercise. Relax and inhale as you return to the starting position. Repeat as directed.

UPCOMING EXERCISES

Stop!

The following upcoming exercises will be started at a later date as you progress. Do not begin upcoming exercises until you are directed to do so by our office. You will continue your current exercises until otherwise directed.

Floor Plank

Perform 1 set of 10 contractions, 1 times per day



Begin lying face down with your upper body propped up on your elbows. Raise your hips up to a "plank" position while keeping your feet, hips, shoulders, and head aligned. Be sure not to allow your hips to sag or stick up. Tense all the muscles in your arms and legs for seven seconds, then release. Perform as directed. To advance, perform a "sawing" motion by rocking your body forward and backward, using your elbow as a fulcrum.



Posterior Pelvic Tilt Standing

Perform 3 sets of 10 reps, 2 times per day

Begin standing flat against a wall so that your heels, buttocks, shoulders, and head are touching the wall. Maintain a slight gap between your lower back and the wall. Inhale, then as you breathe out, pull in with your trunk to rotate your lower pelvis upward toward your ribs, as you press your lower back into the wall. Keep your hips and the rest of your body relaxed throughout this exercise. Relax and inhale as you return to the starting position. Repeat as directed.

Foam Roller- Spine

Perform 1 set of 1 minute, 2 times per day



While seated on the floor with a foam roller positioned directly behind you, lie back onto the foam roller. Elevate your pelvis and begin gently rolling back and forth over the roller. If less pressure is desired, this exercise may be performed upright, against a wall. Perform as directed.

Additionally, laying on the foam roller with your tailbone, spine, and head resting on the roller is a great relaxation exercise. Allow your arms fall to the side with elbows touching the ground as you relax on the roller for 1 minute.