

By Dr. Derek Conte

You will recall my article in the November, 2020 issue of the Brightside where Roger, a 58 year-old man had suffered a serious fall down the basement stairs, fracturing his orbital bone around the eye and the 4th, 5th, and 6th vertebrae of the neck. The passages in quotes are from November, 2020:

"...Roger developed extreme neck pain, with electrical radiations from the neck, down the left upper back, shoulder, upper arm, lower arm and left hand. The pain included a burning, pins & needles sensation and finally numbness. He did physical therapy for seven months and made progress. It was at this point on 8/7/2020 that Roger returned to me for help."

"Our exam showed significant loss of range of motion of the neck and wasting of the muscles in the left arm. Usually, Roger has a grip strength that can hurt you. Now his grip strength was significantly reduced as well as in the forearm, wrist and triceps muscle in the back of the left arm, which was a very low 2-out-of-5 on the strength scale. All of these clinical findings related directly to the nerves conveyed by cervical levels that sustained damage in the fall."

"We began with very light instrument adjustments to the injured area and the proper manual adjustments to other areas as appropriate because Roger's fall affected his entire structure. We decided that a regimen of one visit per week would be optimal. We gave him light calisthenics and dumbbell exercises to do in the interims. By the second visit there was improvement in the grip and forearm strength. By the third visit we felt confident enough to carefully adjust the cervical spine manually."

Since then, Roger has averaged two visits a month and made steady progress. When he was reexamined in early August of 2021 his muscle tests on he left arm were a full 5-out-of-5 on the strength scale and equal to the right, the muscle wasting was no longer palpably different, and the numbness and pins and needles were absent from the skin. It seems Roger has made a great recovery from a serious accident due in large part to his excellent general health, his discipline, and his diligence.

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