



NutraDisc® Case History Of A Disc Bulge Patient Using NutraDisc®

by Dr. Vicki Cunningham, D.C.

PRODUCT:
NutraDisc®

INTRODUCTION

A 59 year old attorney, Mr. X, presented with right hip pain radiating down the posterior thigh, lateral calf and deep into the plantar surface of the right foot. Low back pain was a chronic issue progressing over approximately four years. Mr. X has had a lifetime aversion to chiropractic adjusting and first consulted me regarding an orthopedic referral.

PATIENT HISTORY AND EXAMINATION

Mr. X is only slightly overweight but has no other noted health issues and is involved in a consistent exercise regime as pain permits.

Examination revealed hypertonicity and tenderness of the gluteals, TFL, hamstrings, soleus and gastrocnemius with significantly enlarged right calf circumference. Mr. X admitted that this has been gradual since September 2012 and has become more and more uncomfortable. Leg and foot pain were noted most often when standing or walking for any length of time and Mr. X noted that the burning in his foot was nearly unbearable at times. Symptoms were rated at 6 of 10 and constant with episodes of 8 of 10 in the foot.

DIAGNOSIS AND TREATMENT

Diagnostic tests were positive for disc protrusion/herniation and he was referred to an orthopedic physician for further studies and treatment. Mr. X received an MRI and was diagnosed with a right L5-S1 disc bulge. Patient was injected at the L5 – S1 nerve root and returned home. After getting very little improvement over the next three weeks, Mr. X returned to me for further consult. I then suggested he try a new nutritional supplement of which I had recently become aware, NutraDisc®. He agreed and has been taking the supplement since December 26th, 2013. In six weeks, Mr. X has had a decrease of back and leg pain to a 2 of 10 levels and foot pain to a 3 of 10. He has also had a 60% decrease in swelling of the right calf with no aching and a restoration to a more normal gait. Obviously, Mr. X is very happy with NutraDisc®, as am I.

RESPONSE TO CARE

Most recent examinations reveal that improvement has been sustained with less pain in both the foot and low back. However, due to the degree of impingement upon the nerve root, Mr. X still experiences numbness in the ball of the foot. He has completed the initial treatment protocol with NutraDisc® and because of his success with it, he has agreed to chiropractic treatment in addition to ongoing nutritional supplementation with NutraDisc®.



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