“Yes I have Parkinson’s, but I still have Low Back Pain”
Logan Rodgers SPT and Anne Boddy PT, DPT, NCS

BACKGROUND PURPOSE:
Parkinson’s disease is a progressive neurodegenerative disorder affecting approximately 1% of the population, predominately over the age of 60.1
- Current gold standard for Parkinson’s disease treatment is pharmacological in nature
- Secondary musculoskeletal impairments patients experience due to the progression of this disease are often disregarded

The purpose of this case report is to describe the efficacy of physical therapy manipulation to the lumbar spine of a Parkinson’s patient suffering from low back pain. Further, this case report seeks to demonstrate the importance of treating musculoskeletal injuries in a neurologically compromised population for the purposes of restoring them to their prior level of activity and participation.

DISCUSSION:
Evidence has shown that 68-85% of patients with Parkinson’s disease have complaints of musculoskeletal pain and 66.3% of patients with Parkinson’s disease report problems such as joint pain, joint stiffness, and limited movement.2,3 With the improvement in body structure and function impairments, we saw an increase in the patient’s abilities to perform activities of daily living and participating in life roles. Ultimately this served to fulfill the patient’s goal of taking part in the LSVT Big program.

CLINICAL RELEVANCE
In neurologically compromised populations, treating neurological symptoms alone is no longer adequate when utilizing the current ICF model. Treating musculoskeletal injuries to allow patients to begin restoring activity and participation limitations is a necessary and safe component to a sophisticated plan of care. Therefore, when indicated, manual therapy manipulation could be an effective adjuvant to treating a patient with Parkinson’s disease who is suffering from an episode of low back pain.

For References Please SCAN

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