

Effectiveness of Acupuncture and Herbal Treatment for Auto accident case

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Subjective

Chief Complaints: Patient P an 81-year-old Asian male came to our clinic due to a right sided auto accident related injury. The injury occurred on October 11, 201X. He complained of dizziness, neck pain and lower back pain. He stated that he did not lose consciousness during the accident, nor did he seek treatment at the hospital. He stated more stiffness on the right side of the body. He also mentioned that he had difficulty walking due to dizziness and “a heavy feeling”. There was no blood found in the patient’s stool or urine after accident.

Medical History: Patient P does not have any significant past medical history such as diabetes, hepatitis, HIV, seizures, or cancer. P is currently taking medications for hyperthyroidism, and hypertension. Patient wears a hearing aid for hearing difficulties, related to age.

Social History: Patient has good social relationships with friends and family. He has no history of smoking.

Objective

Physical Examination for main complaint: Upon physical examination, it revealed palpable tenderness over bilateral cervical para-spinals, upper trapezius (T1-T7), levator scapulae, erector spinae(L2-L5) bilaterally. Patient complained of pain when palpating his neck and lower back. (grade 2) Examination of decreased cervical lordosis is visible. Patient wears hearing aid.

Current Pain Level, Aggravating Factors

Neck Pain: Patient stated that on a scale of 0-10, his pain was 7-8, which is aggravated by turning and side bending of the neck.

Low Back Pain: Patient states that bending/sitting/standing makes pain more aggravated.

Cervical ROM

Motion	Measurement	Normal
Flexion	25°	50°
Extension	20°	60°
Rt. Lateral Flexion	20°	45°
Lt. Lateral Flexion	20°	45°
Rt. Rotation	30°	80°

Lt. Rotation	35°	80°
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Lumbar ROM

Motion	Measurement	Normal
Flexion	30	60
Extension	15	25
Right Lateral Flexion	15	25
Left Lateral Flexion	15	25
Right Rotation	15	25
Left Rotation	15	25

Extended Elements of Examination:

(1), Constitutional: Well developed, well nourished, no acute distress.

(2), Eyes: Sclera white, conjunctive clear, Lids are without lag.

*Ears, Nose, Mouth, and Throat: (3), Hearing impaired. (4), Lips pink and symmetrical, gums pink, good dentition.

(5), Respiratory: Respiration even and un-labored.

*Cardiovascular: (6), Blood Pressure:135/80 (7), Heart Rate:80/min.

(8), Chest: No lumps, masses, discharge or tenderness.

*Skin: (9), no rashes, lesions or ulcers, (10), Warm and dry, normal turgor. (11) Cold limbs noticed.

*Psychiatric: (11), Judgement and insight are within normal limits. (12), Recent and remote memory intact.

*Height: 5'8" *Weight:185lb

Observation

Patient P is medium in appearance. His speech is normal as well. Most of his pain comes from the neck and low back area. Patient describes the pain as throbbing and constant. Noticed unnatural position adopted by the body to lessen pain. Patient also complains of dizziness.

Assessment:

1. Cervicalgia 2. Dizziness 3. Low Back Pain 4. Myalgia

TCM Diagnosis (Traditional Chinese Medicine Diagnosis)

Tongue Diagnosis: Patient's tongue is pale. Coating of the tongue is thin and has a white color.

Pulse Diagnosis: Patients pulse is 80/min, and normal in depth. He has normal strength in his pulse, and degree of fluency is normal. Shape is wiry and tight. Rhythm is regular. Patient has a liver tightness which indicates internal stress.

Plan/Procedures

Treatment Plan: 3 times a week for 4 weeks then follow up re-evaluation.

Modalities: Acupuncture as well as E-stim (Cont. 6hz-10hz) for pain management, myofascial release, heat lamp.

Goal: Reduce pain level, decrease medication needs, improve ROM, increase lumbar strength and improve level of function in activities of daily living.

Acupoints that are selected were: B) UB10, GB20, GB21, SI13-15, Ashi, ST36, Liv3, LI4, Yong Gol, UB18, UB23-25, Yao Yan, UB66,67, PE6, and SP6.

Herbal formula for the patient is, modified Du Huo Ji Sheng Tang + Shen Tong Zhu Yu Tang; Main function of Du Huo Ji Sheng Tang is wind-cold-damp Bi-pain with underlying deficiencies of the Liver and Kidneys, and Qi and Blood. Main function of Shen Tong Zhu Yu Tang is invigorates the blood, moves qi, dispels blood stasis, unblocks the channels and collaterals, and alleviates pain, upon wind-cold-damp Bi -pain. Therefore, combination of two formulas would fit for the patient's conditions.

Ingredients of formula: Tao ren, Hong hua, Dang gui, Chun niu xi, Chun xiong, Mo yao, Ru xiang, Di long, Gan cao, Qin jiao, Qiang huo, Xiang fu, Sang ji sheng, Rou gui, Shu di huang, Bai shao, Ren shen, Bu gu zhi.

Progress:

Patient P mentioned that his daily activities such as sitting, walking and driving have improved at least 90% compared to the treatment before. He also mentioned that the condition of dizziness and right hand stiffness are recovered 90%.

Objective/Functional Improvement

Patient has been compliant with the treatment plan and tolerated treatment well. Low Back Pain was improved during first 10 treatments. Neck Pain, Dizziness, Shoulder Pain, Right Hand Stiffness, Myalgia pain level decreased 90%. Neck ROM improved. Noticed significant improvement of extension and flexion of his neck.

Cervical ROM

Motion	Measurement	Normal
Flexion	45°	50°
Extension	55°	60°
Rt. Lateral Flexion	40°	45°
Lt. Lateral Flexion	40°	45°
Rt. Rotation	70°	80°
Lt. Rotation	70°	80°

Cervical Neurological Evaluation:

Sensory: Dermatomes of upper extremities are normal

Motor: Upper extremities motor are normal

Reflexes: Upper extremity reflexes are normal

Lumbar ROM

Motion	Measurement	Normal
Flexion	50	60
Extension	20	25
Right Lateral Flexion	20	25
Left Lateral Flexion	20	25
Right Rotation	20	25
Left Rotation	20	25

Pain Level

Neck Pain: Patient stated that on a scale of 0-10, his pain was a 0-1.

Shoulder Pain: Patient stated that on a scale of 0-10, his pain was a 0-1.

Hand stiffness: Patient stated that on a scale of 0-10, his pain was a 0-1.

Back Pain: Patient stated that on a scale of 0-10, his pain was a 0-1.

Assessment

Patient P received a total of 19 acupuncture treatments and took modified herbal decoction during October 12-December 21, 2016. Noticed at least 90% of ROM improvement for Neck/Back/Shoulder movement. Noticed that the condition of dizziness and right hand stiffness are recovered at last 95%.

All treatments were performed to the highest standards, and within the scope of practice. We recommend that he exercise regularly. Some of his other complaints will take more time to heal. It is in his best interest to have a good recovery.

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