

Abstract 14: Chronic Lower Back Pain (CLBP), two cases report, Chiren Therapy Centre, Limerick, Ireland.

Objectives:

1. To present two case studies via video testimonials illustrating the initial assessment, treatment modalities, and resulting outcomes in patients with CLBP.

Background:


Chronic lower back pain (CLBP) is a multifaceted condition persisting for more than three months, significantly impacting one's quality of life, and involving diverse factors such as biomechanical issues, altered pain processing, and psychosocial stressors. Our treatment approach, based on the "Chiren" protocols, primarily utilizes the "Ramirez Key," a three-point combination. These points, including Chong zi 22.01 and Yintang (EX-HN 3), were selected based on observed outcomes, with patients frequently reporting immediate sensations of clarity, relaxation, and reduced pain levels post-needle insertion. Through two video testimonials published on Facebook in 2017 and 2021, we aim to provide insights into the initial assessment and treatment reaction of CLBP patients, highlighting their experiences and treatment outcomes.

Methods:

In this abstract, two testimonials from chronic lower back pain (CLBP) patients were included, highlighting their individual experiences and treatment outcomes. These videos were carefully edited to provide clear and impactful insights into the effectiveness of the treatment approach for CLBP. Additionally, the study utilized Stress-Anxiety Spectrum (SAS) scores, derived from a comprehensive list of 41 symptoms rated on a scale of 0 to 10, along with the Visual Analogue Scale (VAS) to assess pain intensity. Furthermore, patients self-reported their experiences using the Patient Perceived Energy Scale (PE), which ranged from 0 to 100, contributing to a comprehensive evaluation of treatment efficacy.

Findings:

Enda, now 51 years old, experienced remarkable improvement in his chronic lower back pain (CLBP) after undergoing treatment. His initial pain level, rated at VAS 8, completely disappeared following the first treatment session. Over the course of nine treatments, his Stress-Anxiety Spectrum (SAS) score significantly decreased from 61 to 4, indicating a substantial reduction in stress and anxiety symptoms. Moreover, his Patient Perceived Energy (PE) scale increased from 70 to 85, reflecting enhanced energy levels and overall well-being. For a visual representation of his progress, please refer to Figure 1 from the Trauma Stress Relief Software. To watch Enda's testimonial, click on the provided link <https://www.dropbox.com/scl/fi/91oiho6srhhuif68qrpqz/enda-chronic-pain.mp4?rlkey=t1hgdssaxjusv45jkk3mqebbd&dl=0>



Chantelle, now 36 years old, exhibited remarkable improvement after undergoing four treatment sessions. Her positive response to the treatment resulted in her maintaining good overall health and well-being. However, we have not had the opportunity to see her again since 2017. To watch Chantelle's testimonial, please click on the provided link. <https://www.dropbox.com/scl/fi/8zz6hzfi2w2rkxd4zss4m/chantelle-chronic-pain-depression.mp4?rlkey=jqgg44t395je9vqf56i5k4xtd&dl=0>

Interpretation

This testimonial highlights the therapy's immediate efficacy in alleviating trauma-related symptoms among CLBP patients. However, our ongoing observations suggest that individual responses may vary in the medium to long term, influenced by subsequent exposure to trauma or stressors. To advance our understanding and treatment approaches, addressing limitations through thorough biomarker analysis, longitudinal assessments, and comparative effectiveness research is imperative. By doing so, we can refine interventions and enhance outcomes for those managing CLBP, ultimately improving their quality of life.




Figure 1: Enda, Trauma Stress Relief chart, Chiren Therapy Centre, Limerick, Ireland (March 3rd to May 15th 2021).

