

### III. Category III Lumbar Disc correction:

Category III may or may not be present. Category III represents significant lumbar imbrication and or lumbar disc involvement with indicators as described previously (bilateral pelvic lesion ...blocking of pelvis).

**Screening:** Supine: during Category II screening if a bilateral body pelvis is present (bilateral first rib head lesion) then Category III is indicated.

Prone: Two point therapy positive localization from top of sacral base each spinous process of lumbar vertebrae.

Additional knife-edge therapy localization will assist in identifying disc level if present.



#### Correction (Lumbar Imbrication):

- Prone blocks are placed under pelvis.  
~ block under right trochanter and left ilium angling toward each other. If one places the blocks in the wrong direction, a global weakness will be elicited via hamstrings.
- With thumb contact on spinous process of lumbar spine, starting from L-5 continue up to L-1 with a cephalad pumping action on inspiration for 4-6 respirations. Repeat process on cervical spine (Lovett vertebrae).



#### Correction (Disc Involvement):

- Use knife-edge therapy localization to identify lumbar disc lesions starting from L-4, traction cephalad above lesion with inspiration while maintaining a solid hold on lower vertebrae /sacral base. L-4 is the most common level of involvement, then proceed to L-5, L-3, L-2, L-1 if found. Repeat process on cervical spine (Lovett vertebrae).
- Have patient place thumb on hard palate and press firmly (2-3 lbs. pressure) on inspiration and release pressure on expiration while practitioner lifts affected vertebrae as performed above. Repeat 3-4 times as need per vertebral level. One can repeat procedure with right and left head rotation and repeat again in weight bearing mode (with patient standing and leaning against the wall with one hand ).
- Rub Lumbar and Cervical righting reflexes.

**Comments:** \_\_\_\_\_

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### Completes Neurological Unit Four