

CASE STUDY

Resolving Low Back Pain and Lower Extremity Symptoms: A Combined Approach of AuraWell and Physical Therapy

Challenge

A 30-year-old male sales consultant developed insidious-onset low back pain with radiating symptoms down his right lower extremity. His active lifestyle was hindered by discomfort and limited mobility. This case study explores the combination of AuraWell neuromagnetic therapy and Physical Therapy as a treatment strategy.

The goal was to alleviate the client's low back pain, address the radiating symptoms, improve lumbar extension, and enhance overall functionality. The objective was to achieve rapid relief and restore his ability to perform daily activities without pain.

Solution

The treatment plan involved AuraWell PEMF therapy combined with specific physical therapy techniques. The client received targeted PEMF sessions using the AuraWell Semi 10 device, focusing on the right lumbar paraspinals and glutes. Additionally, he performed press-ups during the treatment to promote lumbar extension.

Get AuraWell Today. Experience the transformative benefits of AuraWell PEMF. Start your journey to a faster recovery by acquiring AuraWell today. Regain full functionality with this innovative technology.

Results

- **Visit #1:** Significant improvement in lumbar extension (60%), centralized symptoms to the lumbar area (pain reduced to 2/10), improved walking quality, and reduced pain during bending movements.
- **Visit #2:** Walking without pain, stiffness remaining in the lumbar spine and glutes during prolonged sitting and driving. Treatment abolished all pain.
- **Visit #3:** Intermittent stiffness in the right glutes and lumbar area after prolonged sitting, but overall pain levels reduced to 3/10. Full lumbar extension achieved without pain.
- **Visit #4:** Client reported being 90% better, experiencing only mild discomfort after prolonged sitting or sleeping. Full lumbar extension and excellent glute strength (5/5) restored, with no pain during walking or stairs.

By combining AuraWell PEMF therapy with the McKenzie method for treating low back pain, optimal results were achieved. Inflammation and pain were effectively reduced, facilitating quicker achievement of end-range lumbar extension. The combination of AuraWell therapy and dynamic movement (press-ups) demonstrated improved outcomes, significantly reducing the time required for recovery.

Within the first few months of working with Aura,
we were able to:



Decrease Pain



Provide a seamless
experience to our clients



Accelerated Recovery

Get AuraWell Today. Unleash the power of integrated treatments with AuraWell and Physical Therapy. Reclaim a pain-free life and rediscover the joy of movement. Experience the transformative potential of AuraWell today.