

Findings for Subject #3

Results suggest Self-limiting behavior

- Fall while lifting at work resulted in pain in back radiating down left leg.
- MRI followed by nerve blocks, therapy, and finally laminectomy x2 .
- Complains of constant LBP radiating to left leg, and numbness in left foot.
- Measured deficiencies in evaluation:
 - Positive for non-organic pain signs
 - Avoidance of trunk and leg movement in exam, but normal hip flexion during dynamic bending/reaching activity
 - Decreased lumbar ROM – all directions
 - Balance deficit on left leg
 - Push/pull weakness, but high CoV
 - Gait kinematics: significant decrease in velocity, but normal patterns and no presence of compensatory strategies
- Subject failed several reliability and consistency tests during evaluation.



Unreliable performance with lack of appropriate compensatory mechanics suggests self-limiting behavior in regard to gait, posture and strength activities. Work restrictions may be appropriate for excessive bending, climbing and single leg support.