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Aurora GME

Coordination of care between a primary care physician and chiropractic resident for the management of meralgia paresthetica: A case report

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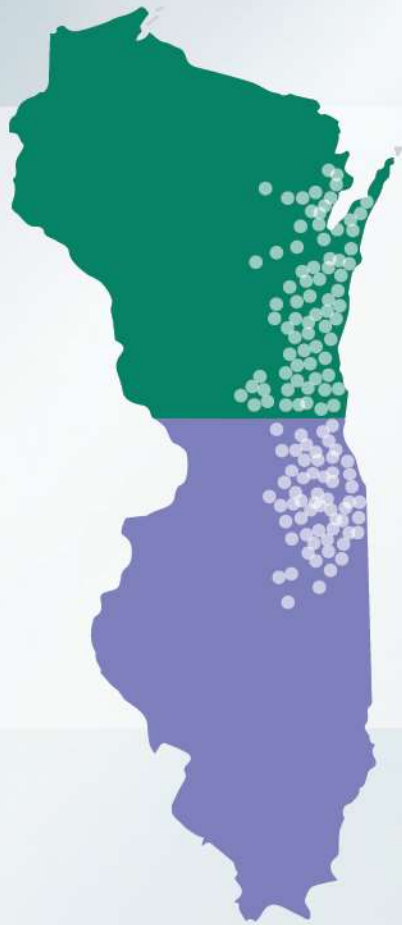
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Coordination of Care between a Primary Care Physician and a Chiropractic Resident for the Management of Meralgia Paresthetica: A Case Report

Platform Presentation for ACC-RAC

March 25, 2023 – Braden Sims, DC

Eric Kirk, DC DACO, Supervising Clinician

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We are **AdvocateAuroraHealth**

Healthcare Collaboration

- Key Themes

- Understanding roles and responsibilities (Brashers et al., Bridges et al.)
- Coordinating Care (Davidson et al., Penney et al.)
- Interprofessional Communication (Brashers et al., Davidson et al., Penney et al.)

Clinical Presentation

- Family Medicine Rotation
- Localized area of paresthesia on anterolateral aspect of left thigh
- Ipsilateral hip pain



History/Evaluation/Diagnosis

- Recent increase in time spent driving in his truck
- Worse with standing/walking
- BMI – 35
- No Motor Deficits
- Absent low back pain
- Absent centralization
- Tender and hypertonic hip musculature (left adductors, left quadriceps)
- Dx: Meralgia Paresthetica

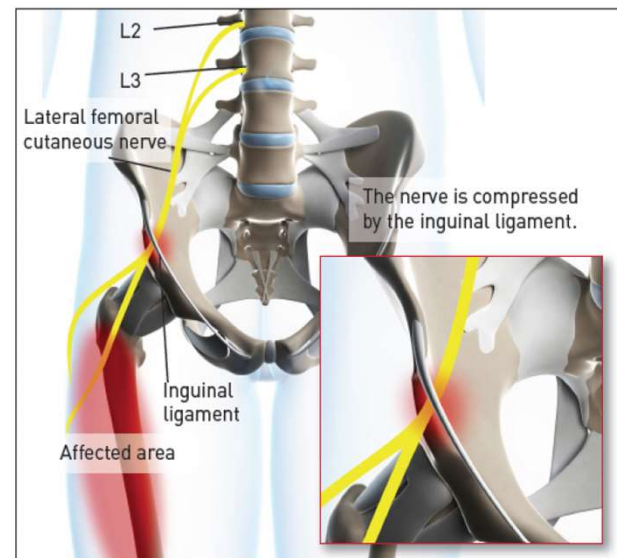


Figure 1. Distribution of symptoms in meralgia paresthetica.

Treatment/Outcomes

- Patient Education
 - Reassurance, favorable natural history
- Manual Therapy
 - Post-isometric relaxation, Two-person myofascial release technique
- Behavioral Modification Strategies
 - Minimize compression

- Pre-Treatment: 4/10 on a numeric pain scale for both paresthesia and pain
- 7 visits over 8 weeks
- Post-Treatment: pain resolved after first treatment; paresthesia progressively improved following each subsequent visit to full resolution

Coordination of Care

- Understanding roles and responsibilities
 - Observational rotation(s)
- Coordinating Care
 - Referral – Service to Chiropractic
- Interprofessional Communication
 - Via in-person and electronic medical record
- **Effective Collaborative Management of MP**



Epic

Aurora Integrated Clinical Practice Chiropractic Residency Program



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