

LOW BACK PAIN

Which treatments are scientifically proven?



ACETAMINOPHEN

A drug used to relieve pain and reduce fever. Proprietary names include Tylenol.

"[Acetaminophen] is ineffective for acute low back pain even for patients who comply with treatment." (1)

Pain Journal

NSAIDS

Pain-relieving drugs such as aspirin, naproxen, and ibuprofen.

A large research review of more than 5000 patients concluded:
"the magnitude of [NSAID] effects is small and probably not clinically relevant." (2)

Cochrane Database of Systematic Reviews

ANTISPASMODIC/ MUSCLE RELAXANTS

A drug used to prevent or relieve spasms.

A large research review of more than 3300 patients reported:
"There is no evidence for the efficacy of benzodiazepines in low back pain." (3)

European Journal of Pain

ANTICONVULSANTS

A drug for treating convulsions or nerve problems.

"anticonvulsants like gabapentin are not an effective treatment for low back pain...and are associated with an increased risk of adverse events." (4)

American Family Physician

OPIOIDS

A highly addictive substance used to treat moderate to severe pain.

"[prescribing] opioids were associated with slightly worse functioning in back pain patients at 6-month follow-up." (5)

Pain Journal

While some of these chemicals may be used as an alternative to temporarily relieve symptoms, low back pain is generally a mechanical problem that responds best to a mechanical solution.

CHIROPRACTIC MANUAL THERAPY

"Patients with chronic low-back pain treated by chiropractors showed greater improvement and satisfaction at one month than patients treated by family physicians. A higher proportion of chiropractic patients (56% vs. 13%) reported that their low-back pain was better or much better, whereas nearly one-third of medical patients reported their low-back pain was worse or much worse." (6)

JMPT

"Manipulation provides greater short-term reductions in self-reported disability and pain compared with usual medical care. 94% of the manipulation group achieved greater than 30% reduction in pain compared with 69% of usual medical care." (7)

Spine Journal



MEDICAL AUTHORITIES RECOMMEND CONSERVATIVE CARE

AMERICAN COLLEGE OF PHYSICIANS

The American College of Physicians Clinical Practice Guideline recommends that *"for acute, subacute, or chronic low back pain, physicians and patients initially utilize spinal manipulation and delay pharmacologic management." (8)*

FDA

"Non-pharmacologic therapies, including chiropractic, should be used" (9)

CDC

"Non-pharmacologic therapy and nonopioid pharmacologic therapy are preferred" (10)

TRUST THE EVIDENCE.

Choose the safe, effective,
and natural option first.

References



SCAN ME