

Adding Chiropractic Manipulative Therapy to Standard Medical Care for Patients with Acute Low Back Pain: The Results of a Pragmatic Randomized Comparative Effectiveness Study

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Treating low back pain in the primary care/internal medicine setting can be extremely challenging. We strive to provide the best evidence based care for these patients by working directly with offices such as yours. The SPINE study featured here shows Standard Medical Care combined with Chiropractic Care provides clear advantages for patients suffering from acute low back pain (43% had radicular symptoms).

Additionally, the average satisfaction with “overall results of care” was 8.9/10 for the SMC+Chiro group compared to 5/10 for the SMC group. Working together through interdisciplinary care seems to not only yield better outcomes, but also greater satisfaction for the patients which we serve.

“The results of this trial suggest that Chiropractic Manipulative Therapy in conjunction with standard medical care offer a significant advantage for decreasing pain and improving physical functioning when compared to standard care alone, for men and women between the ages of 18-35 with acute low back pain.”

“There was a statistically and clinically significant benefit to those patients receiving chiropractic manipulative treatment...”

“The majority of systematic reviews find that chiropractic manipulative therapy appears to reduce pain and disability at least moderately for many low back pain patients.”

“73% of participants in the SMC plus CMT group rated their global improvement as pain completely gone, much better, or moderately better, compared with 17% in the SMC group.”

