

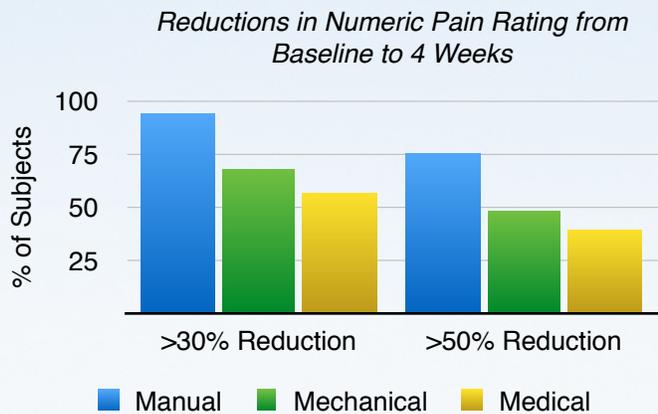


# WHITE MOUNTAIN

## Chiropractic & Rehabilitation

### Comparison of Spinal Manipulation Methods and Usual Medical Care for Acute and Subacute Low Back Pain

*SPINE Volume 40, Number 4, pp 209-217. February 2015*



*Mean Pain Scale Outcomes (0-10)*

	Baseline	4 wk	3 mo
Manual	5.5	1.9	2.7
Mechanical	6.0	3.3	3.9
Medical	5.7	3.8	3.9

This recent article from *SPINE* compared the effectiveness of manual thrust manipulation (MTM) against mechanical assisted manipulation (MAM) and usual medical care (UMC). The patients selected to participate reported non-radicular, acute or sub-acute low back pain. Additionally, the patients all reported at least a minimum pain rating score of 3 (on a 0-10 scale).

The results emphasized earlier research in which spinal manipulative therapy displayed superior outcomes when compared to usual medical care. While NSAID's (described as UMC in this study) have long been prescribed for back pain; they do not provide the tactile stimulation, muscle spindle stretch response, or physiological advantages typically associated with spinal adjusting.

While manipulation provided statistically significant and clinically meaningful outcomes in this study; we believe co-management of these patients may create even better results.

*"Participants who achieved at least 30% or 50% decreases in an outcome were considered to be responders with "moderate" or "substantial" improvement respectively."*

*"Our primary analysis shows that the MTM group achieved a statistically significant short-term reduction in disability compared with the UMC group."*

*"Significantly more patients in the manual thrust manipulation group achieved moderate (>30%) or substantial (>50%) reductions in self-reported disability and pain scores at 4 weeks."*

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together. Let's build a healthier tomorrow.