

Low Back Pain and Chiropractic

In 1992, the widely respected RAND Corporation, a health care think tank, released a study on the appropriateness of spinal manipulation for lower back pain.

Authored by a multidisciplinary panel headed by Paul Shekelle, M.D., the study marked the first time that representatives of this prestigious group had officially recognized spinal manipulation as an appropriate treatment for some patients with lower back pain.

"For patients with acute low-back symptoms without radiculopathy, the scientific evidence suggests spinal manipulation is effective in reducing pain and perhaps speeding recovery within the first month of symptoms." - **Clinical Practice Guidelines, AHCPR (1994)**

"There is strong evidence that manipulation is more effective than a placebo treatment for chronic low-back pain or than usual care by the general practitioner, bed rest, analgesics and massage." - **Spine, Van Tulder and Bouter et al. (1997)**

"...improvement in all patients at three years was about 29% more in those treated by chiropractors than in those treated by the hospitals. The beneficial effect of chiropractic on pain was particularly clear." - **British Medical Journal, Meade et al. (1995)**

"Manipulative therapy and physiotherapy are better than general practitioner and placebo treatment. Furthermore, manipulative therapy is slightly better than physiotherapy after 12 months." - **British Medical Journal, Koes et al. (1992)**

If you know someone that would like to be healthier, please give this information to them –
I can help!

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