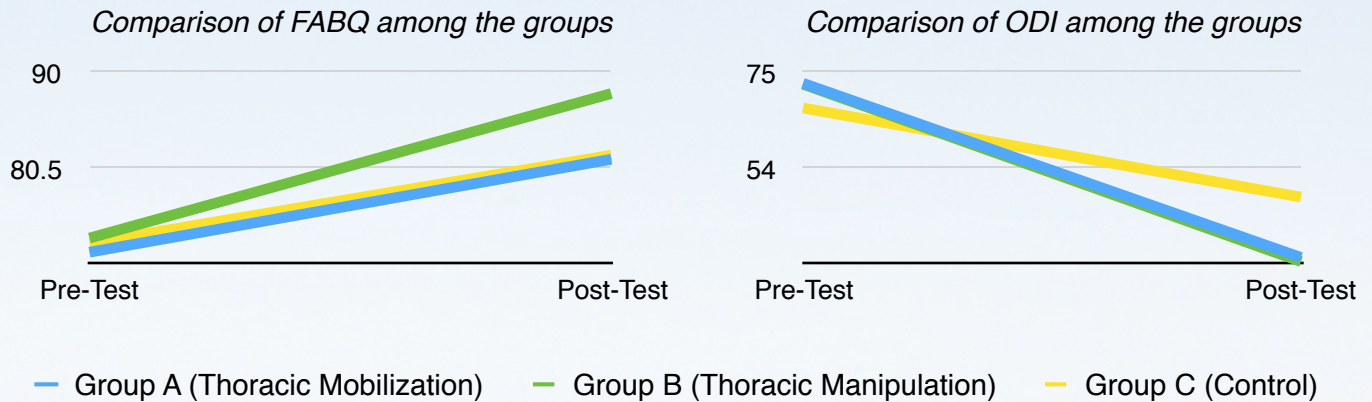




Effects of Thoracic Mobilization and Manipulation on Function and Mental State in Chronic Lower Back Pain

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Chronic low back pain presents clinical challenges to all health care providers. The psychological effects, decreases in quality of life, economic strains, and sometimes enigmatic clinical presentation make it difficult to fully treat.

Top-tier research has continued to support the use of spinal manipulation and chiropractic care to treat this debilitating condition. This paper goes one step further and showcases the positive effects of thoracic manipulation when performed on patients with chronic low back pain.

The researchers found increased ROM and decreased ODI in patients receiving manipulation. Most importantly, they found a positive effect on the fear-avoidance belief questionnaire. This research strongly indicates that the thoracic spine should be examined and perhaps treated when patients present with chronic low back pain.

“Furthermore, increased kyphosis reduces the mobility of the trunk, and as a result, abnormal movement of the lumbar vertebrae appears as a compensation movement.”

“In this study, there was a significant decrease in FABQ (Fear-Avoidance Beliefs Questionnaire) only in B (manipulation) group.”

“...when lumbar stabilization exercise is combined with thoracic manual therapy, the increase in ODI, FABQ, and ROM of trunk extension would be enhanced.”

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

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