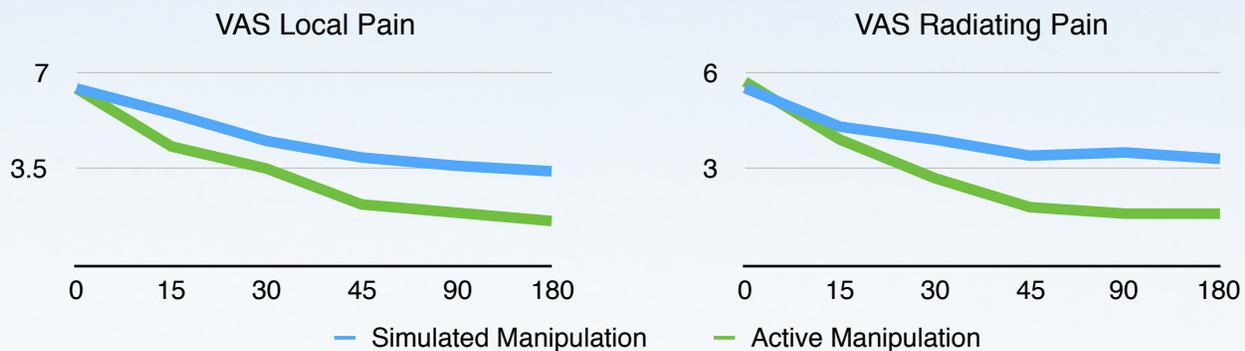




Chiropractic manipulation in the treatment of acute back pain and sciatica with disc protrusion: a randomized double-blind clinical trial of active and simulated spinal manipulations

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Acute low back pain with sciatica is a disabling condition which can result in a sharp decline of functional capacity. Often, these patients are treated pharmacologically in an effort to reduce the acute inflammatory response. While spinal manipulation and chiropractic care have been proven to reduce pain and increase function for patients suffering from chronic low back pain; this study examines patients in an acute state.

The results provide unequivocal support for the use of spinal manipulation to not only decrease local pain, but also reduce the radiating component of acute low back pain with sciatica. Additionally, the results show that the improvement is maintained up to 6 months after treatment. We are grateful to work with offices such as yours to help patients reduce pain and improve function with conservative care.

“The rationale for manipulation includes reduction of a bulging disc, correction of disc displacement, release of adhesive fibrosis surrounding prolapsed discs or facet joints and entrapped synovial folds or plicae, inhibition of nociceptive impulses, relaxation of hypertonic muscles, and unbuckling displaced motion segments.”

“At first follow up (day 15), patients receiving manipulation had a lower mean VAS1 (local pain) score than patients given simulated manipulation.”

“Patients receiving active manipulations enjoyed significantly greater relief of local and radiating acute LBP, spent fewer days with moderate-to-severe pain, and consumed fewer drugs for the control of pain.”

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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