



## Whose Fault Is It When Your Back Is Still Killing You After 6 Visits To The Doctor? I Say It's Your Doctor's Fault! fpWhat do the experts say?

The results published in 1994 by the United States Agency for Health Care Policy Research, reviewed the many treatments for acute low back pain in adults. The panel consisted of medical doctors, osteopaths, nurses, physical therapists, and others familiar with the treatment of low back pain. The results of their five year study concluded that relief "can be accomplished most safely with

nonprescription medication and/or spinal manipulation."

### What Works — What Doesn't

The panel screened over one hundred published studies relating to spinal manipulation. Using the criteria of symptomatic and functional improvement, the researchers concluded that spinal manipulation is helpful for patients with acute low back pain.

Perhaps more significant were treatments found to be ineffective and of unproven value. The panel found no evidence of benefit from:

Physical therapy  
Massage  
Traction  
Ultra-Sound  
Laser treatment  
Transcutaneous electrical nerve stimulation  
Biofeedback techniques

More invasive procedures were dismissed as well. There was little evidence to support the use of:

- o Injections
- o Muscle relaxers
- o Steroids
- o Acupuncture
- o Early surgical intervention

The panel found that even prolonged bed rest (more than 4 days), should be avoided.

Upon review of countless controlled randomized clinical trials, the panel concluded that restoration of spinal biomechanics, using methods like those used by chiropractic doctors, to be helpful and highly recommended.

To find out more about how Chiropractic can relieve back pain, we've produced a guide available right now that addresses many concerns people have. It's titled: "**Answers To The Questions Patients Ask About Chiropractic**": A Step-by-Step Guide To What The Chiropractic Process Is and the benefits a Chiropractor can provide for you. It will reveal how Chiropractic works and why it is your best choice.

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