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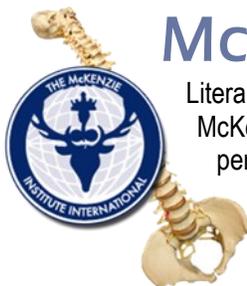
## Adding Oregon State Guidelines to the List Majority of Guidelines Now Recommend Spinal Manipulation for Acute LBP

The new State of Oregon *Evidence-Based Clinical Guidelines for the Evaluation and Management of Low Back Pain* recommend spinal manipulation during the acute phase (<4 weeks).<sup>1</sup> The recommendation comes with the highest level of recommendation achieved by any of the interventions listed - B. These new recommendations are a reversal of previous Oregon drafts that sent many patients to surgery without trying any form of physical therapy. Those lobbying for changes to previous versions argued that the analysis needs to look beyond short-term pain control to functional improvement and longer-term outcomes. When this new way of thinking was added to the process, spinal manipulation during the acute phase of low back pain (LBP) and exercise therapy during the sub-acute phase were adopted.



Concerns about failure of guidelines to consider outcomes beyond singular reports of pain-free living have been a feature of the evolution LBP guidelines. Josep Arnau and colleagues analyzed 17 LBP guidelines from various countries including national level guidelines from the U.S., and they observed that none “contained a process to determine the relative value of different outcomes.”<sup>2</sup> However, today 73% of major, national guidelines recommend spinal manipulation as a treatment option during the acute phase of LBP, and 58% recommend exercise.<sup>2</sup> This gives spinal manipulation and exercise the third and fourth strongest consensus of all acute-phase interventions (with analgesics [NSAIDs and non-opioid] and physical activity having the strongest consensus).

Spinal manipulation and other physical therapy interventions require additional patient effort and additional expense in the short-term. What is to gain from adding manipulation and active treatment to pharmacological intervention and patient advice? Research now demonstrates in a number of trials and in a number of ways that these types of interventions produce greater patient satisfaction, improved function, less time off-work, and reduced use of rescue medications compared to placebo and to medical treatment alone.<sup>3</sup> The earlier physical interventions begin, the better the long-term outcomes. When you see patients in any phase of spinal dysfunction, please consider a referral to the physical therapy services of Enfield Health & Wellness Center.



## McKenzie Certified Care

Literally hundreds of peer-reviewed research papers now support the use of McKenzie Method. McKenzie Method is a therapy approach proven to produce faster, longer lasting, and less expensive results.<sup>4-6</sup> This has been demonstrated repeatedly in journals such as *Spine*, the *Journal of Neurology*, *JMPT*, *Physiotherapy*, and the *New England Journal of Medicine*. McKenzie Certified care is one of the many therapy options available at Enfield Health & Wellness Center.

**Please refer your patients to Enfield Health & Wellness Center**

## References

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