

Recent Research by the American College of Physicians States that Low Back Pain Should Be Treated with Non-Drug Therapies, Such As Superficial Heat, Massage and Spinal Manipulations



This study - an evidence-based clinical practice guideline published today in “Annals of Internal Medicine” on February 14, 2017, was conducted by the American College of Physicians in Philadelphia. Their internal medicine physicians are specialists, who apply scientific knowledge and clinical expertise to the diagnosis, treatment, and compassionate care of adults across the spectrum from health to complex illness.

Introduction

The American College of Physicians is the largest medical specialty organization in the United States. ACP members include 148,000 internal medicine physicians (internists), related subspecialists, and medical students.

Results from the Study

The results from the study recommends that physicians and patients should treat acute or subacute low back pain with non-drug therapies, such as superficial heat, massage, acupuncture, or spinal manipulation. If drug therapy is desired, physicians and patients should select nonsteroidal anti-inflammatory drugs (NSAIDs), or skeletal muscle relaxants.

Low back pain is one of the most common reasons for all physician visits in the U.S. Most Americans have experienced low back pain at some point in their life. Approximately one quarter of U.S. adults reported having low back pain lasting at least one day in the past three months.

Pain is categorized as acute (lasting less than four weeks), subacute (lasting four to 12 weeks, and chronic (lasting more than 12 weeks).

“Physicians should reassure their patients that acute and subacute low back pain usually improves over time regardless of treatment,” said Nitin S. Damle, MD, MS, MACP, president, ACP. “Physicians should avoid prescribing unnecessary tests and costly and potentially harmful drugs, especially narcotics, for these patients.”

The evidence showed that acetaminophen was not effective at improving pain outcomes versus placebo. Low-quality evidence showed that systemic steroids were not effective in treating acute, or subacute low back pain.

For patients with chronic low back pain, ACP recommends that physicians and patients initially select non-drug therapy with exercise, multidisciplinary rehabilitation, acupuncture, mindfulness-based stress reduction, tai chi, yoga, motor control exercise (MCE), progressive relaxation, electromyography biofeedback, low level laser therapy, operant therapy, cognitive behavioral therapy, or **spinal manipulation** (source: <https://www.acponline.org/acp-newsroom/american-college-of-physicians-issues-guideline-for-treating-nonradicular-low-back-pain>).

Nachmias Chiropractic supports this study fully and wants to take the opportunity to remind you to contact us whenever you are in pain. We know how difficult it is to live with pain and how it can turn chronic if untreated.

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In honor of this study we will extend our promotion to April 1, 2017, so even more people have the chance to find out how chiropractic can help. Get an exam/consultation and 3 chiropractic adjustments for only \$75. Just show the ad upon arrival to the office. Follow this link, or find it on our social medias’: <http://calldradam.com/chiropractic-deals/>

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