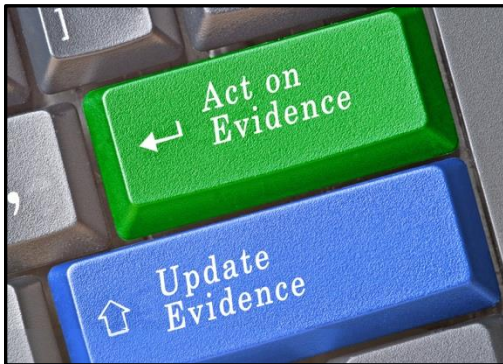


# Interprofessional Spine Care Report

## Primary Spine Care

### **Guidelines RECOMMEND INCLUSION of Chiropractic Care**

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The scientific literature continues to show that the addition of chiropractic care for mechanical spine pain to Primary Care is safe, effective and a response to a condition that the majority of patients have at some point in their lives. In a recent study titled ***“Effect of Usual Medical Care Plus Chiropractic Care vs Usual Medical Care Alone on Pain and Disability Among US Service Members With Low Back Pain A Comparative Effectiveness Clinical Trial”*** published in JAMA Network Open, Goertz et al (2018) stated, “Musculoskeletal disorders are the second leading cause of disability worldwide, led by low back pain (LBP), with an estimated LBP prevalence among US adults of 20%. The direct costs of back pain in the United States in 2010 were \$34 billion,<sup>4</sup> with additional indirect costs including lost workplace productivity estimated at \$200 billion. In the US

military, LBP is one of the most common reasons members seek medical care<sup>6</sup> and one of the most likely conditions to interrupt combat duty. [page 1]

The authors continued by stating, “The US opioid crisis creates an urgent need to evaluate cost-effective and low-risk nonpharmacological treatments. One option is chiropractic care. Doctors of chiropractic provide conservative care focused on diagnosis, treatment, co-management, or referral for musculoskeletal conditions, including LBP.” [page 2] The paper continues by reporting, ***“The changes in patient-reported pain intensity and disability as well as satisfaction with care and low risk of harms favoring UMC [Usual Medical Care] with chiropractic care found in this pragmatic clinical trial are consistent with the existing literature on spinal manipulative therapy in both military and civilian populations.”*** [page 9]

Additionally, the authors state “This trial supports the inclusion of chiropractic care as a component of multidisciplinary health care for low back pain, as currently recommended in existing guidelines.” [page 1] They continue to state “Adjusted mean differences in scores at week 6 were statistically significant in favor of usual medical care plus chiropractic care compared with usual medical care alone overall for low back pain intensity.” [page 1]

In conclusion “Chiropractic care, when added to usual medical care, resulted in moderate short-term improvements in low back pain intensity and disability in active-duty military personnel. ***This trial provides additional support for the inclusion of chiropractic care as a component of multidisciplinary health care for low back pain, as currently recommended in existing guidelines.***” [page 12]

#### **Reference:**

1. Goertz, C. M., Long, C. R., Vining, R. D., Pohlman, K. A., Walter, J., & Coulter, I. (2018). Effect of usual medical care plus chiropractic care vs usual medical care alone on pain and disability among US service members with low back pain: a comparative effectiveness clinical trial. *JAMA Network Open*, 1(1), e180105-e180105.