

[IMAGE]

Chiropractic + Exercise = LBP Relief

Numerous studies have long praised chiropractic care in the treatment of low back pain (LBP); however, 11 national guidelines still recommend the "stay-active," or exercise, approach to treating LBP.

A 10-week study investigated the benefit of manipulative therapy and stay-active care vs. stay-active care alone in 160 patients with LBP of three months or less duration. The authors defined "stay-active" as an approach to patient care whereby patients are encouraged to take part in physical and other activities to stay fit.

Results showed that manipulation combined with stay-active care "improved pain measured as pain during the last week and everyday function in acute and subacute cases of low back pain better than stay active treatment only." Moreover, at five and 10 weeks, patients in the experimental group had less pain and lower disability rating indices than members of the reference group.

In addition to treating LBP, regular chiropractic care has a host of other benefits, including pain and stress relief, while regular exercise is necessary for maintaining total health and wellness. Imagine what the two combined can do for you! Make an appointment with your doctor of chiropractic today.

Reference:

Grunnesjö MI, Bogefeldt JP, Svärdsudd KF, Blomberg SIE. A randomized controlled clinical trial of stay-active care versus manual therapy in addition to stay-active care: functional variables and pain. *Journal of Manipulative and Physiological Therapeutics* September 2004;27(7):431-41. www.mosby.com/jmpt

For more information on back pain, go to <http://www.chiroweb.com/find/tellmeabout/backpain.html>

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