

[IMAGE]

Have Some Exercise With That Adjustment

In the interest of whole body wellness, many chiropractors offer their patients a range of options to help relieve back pain in addition to spinal manipulation, including advice about diet, lifestyle and exercise.

Now, a recent study has found that patients given a combination of spinal manipulation and exercise experienced greater improvements in back function and greater reductions in pain compared to those treated with spinal manipulation or exercise only, and that improvements lasted longer in patients receiving both manipulation and exercise than those who received only one type of intervention. The study included more than 1,300 patients randomized into four groups: a control group that did not receive any intervention, and three groups that each received one of three forms of care - spinal manipulation, exercise, or both.

Results: Compared to the control group, patients in all three intervention groups experienced "small to moderate" benefits in the treatment of back pain, with the greatest improvements in the group that received spinal manipulation followed by exercise. In an accompanying study, researchers examined the cost-effectiveness of adding manipulation, exercise, or both to the usual "best care" practice for back pain. They found that, depending on the total cost of treating a patient with back pain, spinal manipulation would be "a cost-effective addition to 'best care' for back pain in general practice" and that "manipulation alone probably gives better value for money than manipulation followed by exercise."

Together, these papers provide new evidence that manipulation of the spine, either alone or in conjunction with an exercise program, is an efficacious and cost-effective form of care for people suffering from back pain. If you suffer from back pain, talk to your doctor of chiropractic about a treatment plan that includes regular exercise. For more information about the benefits of chiropractic, visit www.chiroweb.com/find.

References:

1. UK BEAM Trial Team. United Kingdom back pain exercise and manipulation (UK BEAM) randomised trial: effectiveness of physical treatments for back pain in primary care. BMJ Online First, Nov. 29, 2004.
2. UK BEAM Trial Team. UK BEAM Trial Team. United Kingdom back pain exercise and manipulation (UK BEAM) randomised trial: cost-effectiveness of physical treatments for back pain in primary care. BMJ Online First, Nov. 29, 2004.

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

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