

# **LOW BACK PAIN (II)**

By Drs. Boyd & Cindy Williams

In recent years, numerous independent researchers and various government agencies have conducted studies which focus on the efficacy, appropriateness and cost-effectiveness of chiropractic treatment. Several of these important studies are listed below.

## **U.S. GOVERNMENT AGENCY REPORT**

A 1994 study published by the U.S. Agency for Health Care Policy and Research (AHCPR) and the U.S. Department of Health and Human Services endorses spinal manipulation for acute low back pain in adults. One statement cited, relief of discomfort (low back pain) can be accomplished most safely with spinal manipulation, and/or nonprescription medication.

## **THE MANGA REPORT**

A study was funded by the Ontario Ministry of Health and conducted to determine the most effective forms of low back treatment and ways to reduce the incidence of work-related injuries. The Manga Report overwhelmingly supported the efficacy, safety, scientific validity, and cost-effectiveness of chiropractic for low-back pain. Additionally, it found that higher patient satisfaction levels were associated with chiropractic care that with medical treatment alternatives.

## **RAND STUDY ON LOW-BACK PAIN**

One of America's most prestigious centers for research, RAND, stated after a study in 1990, "Patients treated by manipulation improved faster than those treated with medication."

## **GALLUP POLL**

A 1991 demographic poll conducted by the Gallup Organization revealed that 90% of chiropractic patients felt their treatment was effective.

For more information on this or other health topics, including information about our services, go to [www.creatingfamilywellness.com](http://www.creatingfamilywellness.com) or call us at 507-281-4878.