Adding chiropractic care to usual medical care (UMC) provides greater relief for low-back pain than UMC alone.

Decreased low-back pain disability.

Decreased low-back pain intensity.

Decreased pain medication use.

UMC+CC were 27% less likely to take pain medications at 6 weeks.

27%

Increased perceived improvement for low-back pain.

About the study

Sites
- Bethesda, MD
- Pensacola, FL
- San Diego, CA

Study Demographics
- 18 to 50 years old
- Average age: 31
- 27% men, 23% women
- 20% black, 68% white, 12% other
- Low-back pain duration:
  - 38% acute (< 1 month)
  - 31% subacute (1-3 months)
  - 31% chronic (> 3 months)

Funding Source
Department of Defense Office of Congressionally Directed Medical Research Programs, Defense Health Program Chiropractic Clinical Trial Award (W81XWH-11-2-0107).

806 individuals assessed
750 assigned to treatment group
375 assigned to Usual Medical Care (UMC)
375 assigned to UMC + chiropractic
6-wk assessment: 90%
6-wk assessment: 91%
12-wk assessment: 84%
12-wk assessment: 82%

Study Flowchart