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.

\[ \downarrow 27\% \]

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

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

- 77% men
- 23% women
- 20% black
- 68% white
- 12% other

Low-back pain duration
- 38% acute (< 1 month)
- 11% subacute (1-3 months)
- 51% chronic (> 3 months)

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

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