

Twelve Research Studies Every DC Should Read

Have you ever wondered which research articles scientists and chiropractic policymakers turn to again and again when writing or speaking about chiropractic? This is the annually updated list of articles Dr. Christine Goertz relies upon when discussing chiropractic with researchers, payers, federal officials and multidisciplinary health care teams.

- > Goertz CM, Salsbury SA, Long CR, Vining RD, Andresen AA, Hondras MA, Lyons KJ, Killinger LZ, Wolinsky FD, Wallace RB. Patient-centered professional practice models for managing low back pain in older adults: a pilot randomized controlled trial. *BMC Geriatr* 2017;17(1):235. <https://www.ncbi.nlm.nih.gov/pubmed/29029606>
- > Chou R, Deyo R, Friedly J et al. Nonpharmacologic Therapies for Low Back Pain: A Systematic Review for an American College of Physicians Clinical Practice Guideline. *Ann Intern Med* 2017;166(7):493-505. <https://www.ncbi.nlm.nih.gov/pubmed/28192793>
- > Paige NM, Miake-Lye IM, Booth MS et al. Association of Spinal Manipulative Therapy With Clinical Benefit and Harm for Acute Low Back Pain: Systematic Review and Meta-analysis. *JAMA* 2017;317(14):1451-1460. <https://www.ncbi.nlm.nih.gov/pubmed/28399251>
- > Church EW, Sieg EP, Zalatimo O, et al. Systematic Review and Meta-analysis of Chiropractic Care and Cervical Artery Dissection: No Evidence for Causation. *Cureus* 2016;8(2):e498. <https://www.ncbi.nlm.nih.gov/pubmed/27014532>
- > Wong JJ, Shearer HM, Mior S et al. Are manual therapies, passive physical modalities, or acupuncture effective for the management of patients with whiplash-associated disorders or neck pain and associated disorders? An update of the Bone and Joint Decade Task Force on Neck Pain and Its Associated Disorders by the OPTIMa collaboration. *Spine J* 2016;16(12):1598-1630. <https://www.ncbi.nlm.nih.gov/pubmed/26707074>
- > Bronfort G, Hondras MA, Schulz CA, et al. Spinal manipulation and home exercise with advice for subacute and chronic back-related leg pain: a trial with adaptive allocation. *Ann Intern Med* 2014;161(6):381–391. <https://www.ncbi.nlm.nih.gov/pubmed/25222385>

- > Haas M, Vavrek D, Peterson D, Polissar N, Neradilek MB. Dose-response and efficacy of spinal manipulation for care of chronic low back pain: a randomized controlled trial. *Spine J* 2014;14(7):1106-1116. <https://www.ncbi.nlm.nih.gov/pubmed/24139233>
- > Weigel PA, Hockenberry J, Bentler SE, Wolinsky FD. The comparative effect of episodes of chiropractic and medical treatment on the health of older adults. *J Manipulative Physiol Ther* 2014;37(3):143-154. <https://www.ncbi.nlm.nih.gov/pubmed/24636108>
- > Goertz CM, Long CR, Hondras MA, Petri R, Delgado R, Lawrence DJ, Owens EF, Meeker WC. Adding chiropractic manipulative therapy to standard medical care for patients with acute low back pain. *Spine* 2013;38(8):627-634. <https://www.ncbi.nlm.nih.gov/pubmed/23060056>
- > Vining R, Potocki E, Seidman M, Morgenthal AP. An evidence-based diagnostic classification system for low back pain. *J Can Chiropr Assoc* 2013;57(3):189-204. <https://www.ncbi.nlm.nih.gov/pubmed/23997245>
- > Martin BI, Gerkovich MM, Deyo RA, Sherman KJ, Cherkin DC, Lind BK, Goertz CM, Lafferty WE. The Association of Complementary and Alternative Medicine Use and Health Care Expenditures for Back and Neck Problems. *Med Care* 2012;50(12):1029-1036. <https://www.ncbi.nlm.nih.gov/pubmed/23132198>
- > Meeker WC, Haldeman S. Chiropractic: A Profession at the Crossroads of Mainstream and Alternative Medicine. *Ann Intern Med* 2002;136(3):216-227. <https://www.ncbi.nlm.nih.gov/pubmed/11827498>