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.**

**Increased perceived improvement for low-back pain.**

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

About the study

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

Study demographics
- 18 to 50 years old
- Average age: 31

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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