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.

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
- 27% 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

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