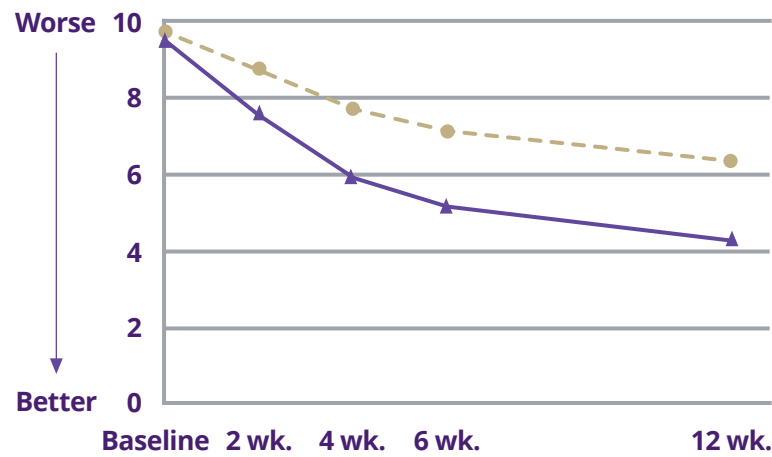


Adding chiropractic care

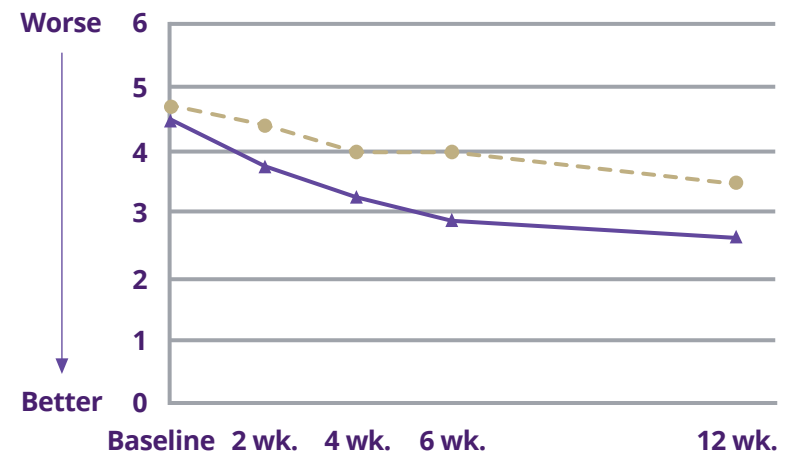
to usual medical care (UMC) provides greater relief for low-back pain than UMC alone



Decreased low-back pain **disability**.



Decreased low-back pain **intensity**.



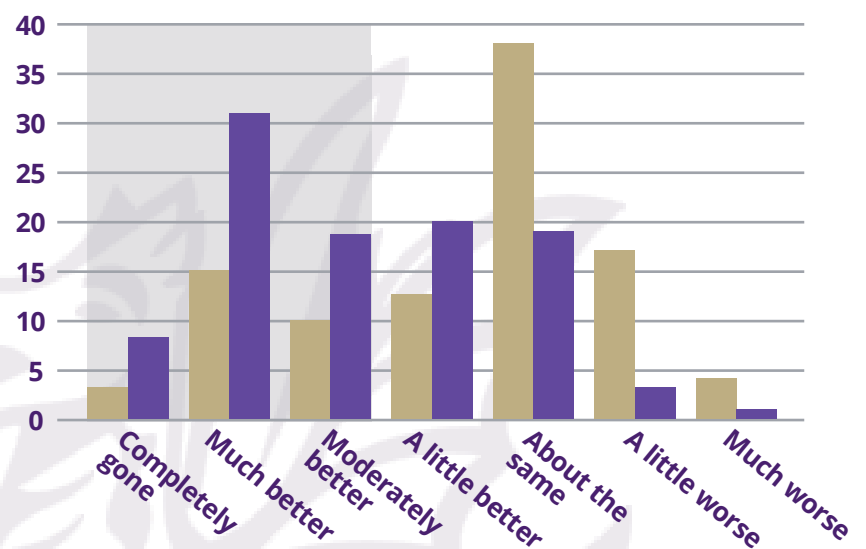
■ UMC
■ UMC + Chiropractic Care

Decreased pain **medication** use.

↓ 27%

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

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



About the study

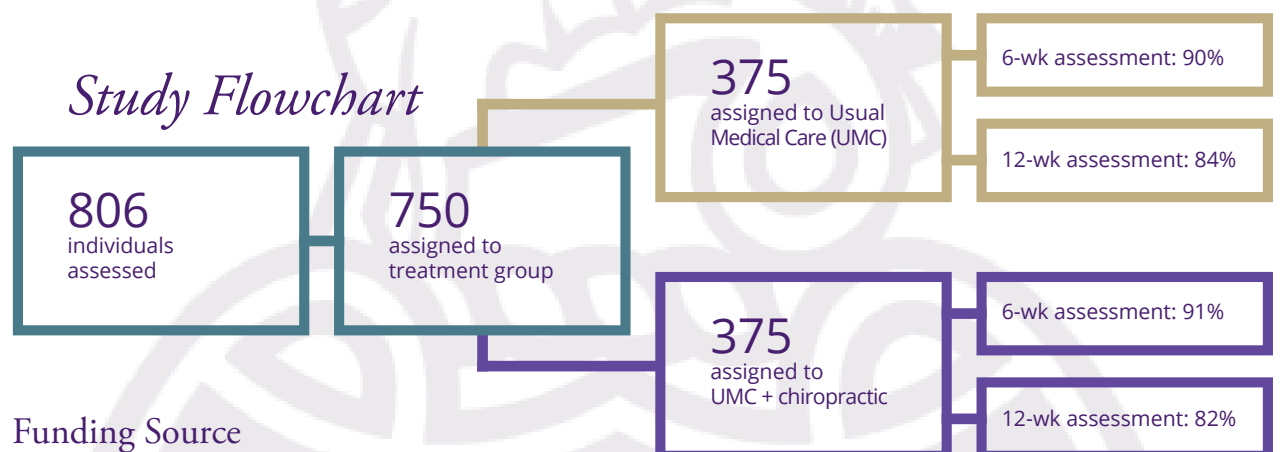
Sites

- 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



Funding Source

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



PALMER

Center for Chiropractic Research