

Combined chiropractic interventions for low-back pain (2010)

Bruce F Walker, Simon D French, William Grant, Sally Green



COCHRANE BACK REVIEW GROUP
The best evidence in back and neck pain care

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Overview of the study

Objectives

- To determine the effects of combined chiropractic interventions on low-back pain

Methods

- Evidence current up to 31 May 2009
- Participants: Adults (age ≥ 18) with non-specific low-back pain
- Intervention: a combination of therapies*; excluded studies of spinal manipulative therapy only
- Outcomes measured: Pain, disability, back-related function, overall improvement, patient satisfaction, adverse effects

* Therapies such as spinal manipulative therapy or adjustment, massage, thermotherapies, electrotherapies, the use of mechanical devices, exercise programs, nutritional advice, orthotics, lifestyle modification and patient education

Results & Conclusion

- 12 studies (2887 participants) included

Treatment	Evidence	Risk of bias
Combined chiropractic interventions	The treatment improved short- and medium-term pain compared to other treatments, but no significant difference in long-term pain	High
	Short-term improvement in disability was greater in the treatment group compared to the other therapy group, but no difference in medium and long-term disability	High

⇒ No evidence supported or refuted that combined chiropractic interventions have a clinically meaningful effect for pain and disability in people with low-back pain