

# Spinal manipulative therapy for chronic low-back pain (2011)

Sidney M Rubinstein, Marienke van Middelkoop, Willem JJ Assendelft, Michiel R de Boer, Maurits W van Tulder



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## Overview of the study

### Objectives

- To assess the effects of spinal manipulative therapy (SMT) for chronic low-back pain

### Methods

- Evidence current up to 8 June 2009
- Participants: Adults ( $\geq 18$  years of age) with low back pain with a mean duration for the current episode longer than 12 weeks
- Intervention: Spinal manipulation and mobilization for chronic low back pain
- Outcomes measured
  - Primary outcomes: pain, functional status, global improvement, perceived recovery
  - Secondary outcomes: health related QOL, return-to-work

## Results & Conclusion

- 26 RCTs ( total 6070 participants) included.

Treatment	Evidence	Quality of evidence
SMT	A small, statistically significant but not clinically relevant short term effect on pain relief and functional status	High
	A statistically significant short-term effect on pain relief and functional status when added to another intervention	Low to high
	No more effective than inert interventions or sham SMT for short-term pain relief or functional status.	Very low

⇒ No clinically relevant difference between SMT and other interventions for reducing pain and improving function in patients with CLBP