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Volume 24, Issue 6, Pages 407-424 (July 2001)

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Chiropractic technique procedures for specific low back conditions: Characterizing the literature ☆☆☆☆☆

Robert Cooperstein, DC^a, Stephen M. Perle, DC^b, Meridel I. Gatterman, DC^c, Charles Lantz, DC, PhD^d, Michael J. Schneider, DC^e

Received 12 July 2000

Abstract

Background: Many original clinical trials and several review papers have come to the conclusion that manipulation is safe and effective for the treatment of low back pain. However, it is necessary to determine which specific types of manipulation and nonmanipulative types of chiropractic adjustive care are most effective for particular types of low back pain across both tissue-specific and functional classifications. **Objective:** To characterize the quantity and quality of literature gathered for an Expert Panel that was convened to rate various specific chiropractic adjustive procedures for the treatment of common types of low back pain, drawing on the clinical expertise of the panel members and the relevant literature. **Study Design:** Systematic review of treatment-specific, condition-specific trials, studies, and case reports of chiropractic care for low back pain. **Methods:** Computerized searching and hand searching were used to identify references in the medical and chiropractic literature pertaining to the chiropractic treatment of low back pain in which both the condition and specific treatment procedures were adequately described. This literature was then categorized according to a variety of characteristics and used by a panel to evaluate the specific procedures. **Results:** The 3 most studied adjustive procedures are side-posture high-velocity, low-amplitude; distraction (mostly flexion distraction); and mobilization, respectively. The clinical condition most commonly addressed by the included studies is low back pain. The procedure with the widest base of evidence support is side posture manipulation for low back pain. (J Manipulative Physiol Ther 2001;24:407-24)

Keywords: Chiropractic Manipulation, Low Back Pain, Practice Guidelines, Reviews of the Literature

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^a Palmer Chiropractic College West, San Jose, Calif.

☆ ^bUniversity of Bridgeport, Bridgeport, Conn.

☆☆ ^cChiropractic Physicians and Consultants Group.

★ ^dLife Chiropractic University, Marietta, Ga.

★★ ^ePrivate practice of chiropractic, Pittsburgh, Pa.

administered by the Foundation for Chiropractic Education and Research, grant number 96-03-09.

◆◆ Submit reprint requests to: Dr Robert Cooperstein, Palmer Chiropractic College West, 90 E Tasman Ave, San Jose CA 95134.

PII: S0161-4754(01)27037-7

doi:10.1067/mmt.2001.116422

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