

Nonsurgical Management of Acute and Chronic Low Back Pain

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Abstract

A variety of nonsurgical treatment alternatives exists for acute and chronic low back pain. Patients should receive appropriate education about the favorable natural history of low back pain, basic body mechanics, and methods (e.g. exercises, activity modification, behavioral modification) that can reduce symptoms. Nonprescription medication is efficacious for mild to moderate pain. Nonsteroidal anti-inflammatory drugs, alone or in combination with muscle relaxants, relieve pain and improve overall symptoms of acute low back pain. Exercise therapy has limited value for acute low back pain, but strong evidence supports exercise therapy in the management of chronic low back pain. Moderately strong evidence supports the use of manipulation in acute back pain. Evidence is weak for the use of epidural corticosteroid injections in patients with acute low back pain, strong for short-term relief of chronic low back pain, and limited for long-term relief of chronic low back pain. The use of facet injections in the management of acute low back pain is not supported by evidence, nor is the effectiveness of orthoses, traction, magnets, or acupuncture. Trigger point injections are not indicated for nonspecific acute or chronic low back pain, and sacroiliac joint injections are not indicated in the routine management of low back pain. Conflicting evidence exists regarding the use of transcutaneous electrical nerve stimulation.

Low back pain is a common occurrence in the general population, affecting both sexes and all age groups, ethnic groups, and socioeconomic classes.^{1,2} Most patients recover quickly and without residual loss of function, however, recurrence is part of the natural history.^{3,4} Furthermore, chronic symptoms develop in 5% to 10% of patients.² As a result, the cost to the individual and to society is enormous.

Treatment of low back pain is

challenging. A variety of therapeutic interventions is available, but no single modality appears to be superior, and evaluations vary depending on the cause of pain and on individual, social, and occupational factors.^{5,6} Scientific evidence supports the use of some nonsurgical treatment alternatives in patients with acute and chronic low back pain.

In reviewing these nonsurgical treatment alternatives, we present evidence-based information; how-

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**Donna D. Ignatavicius, Nicole M.
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Pain Management: A Multidisciplinary Approach, 1e (Clinics Collections) Joel J. Heidelbaugh, 2015-10-15 Clinics Collections Pain Management draws from Elsevier's robust Clinics Review Articles database to provide multidisciplinary teams including general practitioners orthopedists obstetricians neurologists gastroenterologists nurses and other healthcare professionals with practical clinical advice and insights on this highly prevalent disease and its comorbidities Clinics Collections Pain Management guides readers on how to apply current primary research findings on pain management to everyday practice to help overcome challenges and complications keep up with new and improved treatment methods and improve patient outcomes Areas of focus include physiology and general management musculoskeletal pain of the head neck upper body and lower body as well as neurologic disorders psychologic disorders and special considerations Each article begins with keywords and key points for immediate access to the most critical information Articles are presented in an easy to digest and concisely worded format Elsevier Clinics Collections provide concise reviews of today's most prevalent conditions and significant medical developments Other Clinics Collections titles available include Type II Diabetes Mellitus Asthma and Obesity

Pain Medicine Siu Lun TSUI, Phoon Ping CHEN, Kwok Fu Jacobus Ng, 2010-08-01 This is designed as a textbook for medical practitioners preparing for higher qualification examinations in pain medicine as well as a reference book for other medical and allied healthcare workers A unique feature of the book is its multidisciplinary approach to manage pain This is reflected by the contributors' multi-national cultural origin and the diversity in their medical background anaesthesiology neurosurgery orthopaedic surgery internal medicine clinical oncology clinical psychology nursing physiotherapy and occupational therapy Essential topics in pain medicine are grouped under five sections scientific basis of pain medicine common clinical pain conditions pain pharmacology interventional procedures and multidisciplinary approach Different aspects and approaches in modern pain medicine are covered including advances in research on pain mechanism pain psychology epidemiology diagnosis pain assessment patient evaluation pain medications up to date interventional procedures cognitive behavioral therapy and other specialized therapeutic modalities Besides the above topics which assist the patient in fighting acute chronic and cancer pain there are two chapters dedicated to paediatric and geriatric patients respectively as special consideration is needed for these age groups

Sports Medicine, An Issue of Primary Care Clinics in Office Practice Vincent Morelli, Andrew Gregory, 2013-06-28 This issue of Primary Care Clinics in Office Practice features expert clinical reviews on Sports Medicine which includes current information on updates advances and controversies on topics such as the evaluation and treatment of head injuries neck injuries back injuries in the adult and pediatric athletic population foot and ankle injuries knee injuries hip and groin injuries shoulder injuries elbow injuries hand and wrist injuries overuse injuries sports nutrition and ergogenic aids

DeLisa's Physical Medicine and Rehabilitation: Principles and Practice Walter R. Frontera, Joel A. DeLisa, Bruce M. Gans, Lawrence R.

Robinson,2019-05-30 DeLisa's Physical Medicine and Rehabilitation Principles and Practice presents the most comprehensive review of the state of the art evidence based clinical recommendations for physiatric management of disorders affecting the brain spinal cord nerves bones joints ligaments muscles and tendons **Ferri's Clinical Advisor 2016 E-Book** Fred F. Ferri,2015-05-28 Ferri's Clinical Advisor 2016 is simply the fastest most effective way to access up to date diagnostic and treatment information on more than 700 common medical conditions The popular 5 books in 1 format provides quick guidance on diseases and disorders differential diagnoses medical algorithms laboratory tests and clinical practice guidelines An easy to use format with cross references outlines bullets tables boxes and algorithms to expedite your search More than 200 lab tests help hone your skills in reviewing normal values and interpreting results Electronic access to additional algorithms new images and tables EBM boxes patient teaching guides and extra topics Links between each section allow you to navigate easily from a selected topic to relevant associated material and back again DeLee & Drez's Orthopaedic Sports Medicine E-Book Mark D. Miller,Stephen R. Thompson,2014-04-04 The revised streamlined and reorganized DeLee important non orthopaedic conditions involved in the management of the athlete rapidly evolving techniques and sports related fractures Understand rehabilitation and other therapeutic modalities in the context of return to play Take advantage of in depth coverage of arthroscopic techniques including ACL reconstruction allograft cartilage transplantation rotator cuff repair and complications in athletes as well as injury prevention nutrition pharmacology and psychology in sports Equip yourself with the most current information surrounding hot topics such as hip pain in the athlete hip arthroscopy concussions and medical management of the athlete Remain at the forefront of the field with content that addresses the latest changes in orthopaedics including advances in sports medicine community knowledge evidence based medicine ultrasound guided injections biologic therapies and principles of injury prevention Enhance your understanding with fully updated figures throughout Take a global view of orthopaedic sports medicine with the addition of two new international section editors and supplemental international content Access even more expert content in new Author's Preferred Technique sections Find the information you need more quickly with this completely reorganized text The back pain manual — A guide to treatment Thanthullu Vasu,Shyam Balasubramanian,2024-10-01 Back pain is the single leading cause of disability worldwide the World Health Organization regards back pain as a condition for which the greatest number of people may benefit from rehabilitation It is estimated that low back pain alone affects 619 million people globally and this is estimated to rise to 843 million people by 2050 Up to 60% of the adult population will have low back pain at some point in their lifetime 5 7% of adults over 45 years of age are estimated to have chronic low back pain Healthcare professionals see people with back pain routinely in their clinical practice and so education and awareness of back pain and the various treatment options are vital for an effective outcome in these situations Research has shown that healthcare professionals have a considerable and enduring influence upon the attitudes and beliefs of people with back pain This book helps clinicians to positively influence

the outcome of people suffering from back pain This book discusses back pain in great detail and is written in an easy to understand style while keeping an evidence based approach Doctors nurses physiotherapists occupational therapists medical students and other healthcare professionals find this book informative People who suffer with back pain also find the information useful to expand their knowledge in order to successfully manage the condition This book is of immense use to candidates preparing for examinations conducted by the Faculty of Pain Medicine of the Royal College of Anaesthetists UK FFPMRCA American Board of Anesthesiology ABA Royal College of General Practitioners UK MRCGP College of Anaesthesiologists of Ireland FFPMCAI American Board of Pain Medicine ABPM European Pain Federation EFIC European Diploma in Pain Medicine EDPM Faculty of Pain Medicine of the Australian and New Zealand College of Anaesthetists FPM and the World Institute of Pain FIPP CIPS The authors are both senior consultants in pain medicine practising in the United Kingdom and are consulted by thousands of patients every year They have lectured at many international national and regional meetings and are invited lecturers to public and patient groups on various health topics They have organised workshops meetings and seminars for the national anaesthetic and pain societies They have published many articles research and textbooks on pain medicine Their aim is to create an awareness of chronic pain conditions among other healthcare professionals and the public

Evidence-based Management of Low Back Pain Simon Dagenais, Scott Haldeman, 2011-01-01 An interdisciplinary approach enables health care providers to work together A logical easy to follow organization covers information by intervention type from least invasive to most invasive Integration of interventions provides information in a clinically useful way so it is easier to consider more than one type of treatment or intervention for low back pain and easier to see which methods should be tried first 155 illustrations include x rays photos and drawings Tables and boxes summarize key information Evidence based content allows you to make clinical decisions based on the ranking the best available scientific studies from strongest to weakest Patient history and examination chapters help in assessing the patient's condition and in ruling out serious pathology before making decisions about specific interventions

Youmans and Winn Neurological Surgery E-Book H. Richard Winn, 2022-01-21 Widely regarded as the definitive reference in the field Youmans and Winn Neurological Surgery offers unparalleled multimedia coverage of the entirety of this complex specialty Fully updated to reflect recent advances in the basic and clinical neurosciences the 8th Edition covers everything you need to know about functional and restorative neurosurgery deep brain stimulation stem cell biology radiological and nuclear imaging and neuro oncology as well as minimally invasive surgeries in spine and peripheral nerve surgery and endoscopic and other approaches for cranial procedures and cerebrovascular diseases In four comprehensive volumes Dr H Richard Winn and his expert team of editors and authors provide updated content a significantly expanded video library and hundreds of new video lectures that help you master new procedures new technologies and essential anatomic knowledge in neurosurgery Discusses current topics such as diffusion tensor imaging brain and spine robotic

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Devlin,2020-05-23 For more than 30 years the highly regarded Secrets Series has provided students and practitioners in all areas of health care with concise focused and engaging resources for quick reference and exam review Spine Secrets Plus 3rd Edition by Dr Vincent J Devlin features the Secrets popular question and answer format that also includes lists tables pearls memory aids and an easy to read style making inquiry reference and review quick easy and enjoyable The proven Secrets Series format gives you the most return for your time succinct easy to read engaging and highly effective Fully revised and updated throughout including protocols and guidelines that are continuously evolving and that increasingly dictate best practices Expanded PLUS format includes extended coverage a larger format colorful visual elements and larger

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