

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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Vincent Morelli, Andrew Gregory



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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

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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

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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

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Cuccurullo, 2014-11-25 Doody's Core Title 2013 This third edition of the incomparable review bible for the Physical Medicine and Rehabilitation Board Examination has been completely updated to reflect current practice and the core knowledge tested on the exam Known for its organization consistency and clarity the book distills the essentials and provides focused reviews of all major topics Coverage is expanded in the third edition to include dedicated sections on pain management medical ethics and ultrasound that reflect new board requirements Written in outline format for readability and easy access

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Authored by physicians with special interest and expertise in their respective areas and reviewed by senior specialists in those areas Organizes information in outline format and by topic for easy reference Includes over 500 detailed illustrations to clarify concepts Provides updated epidemiologic and statistical data throughout **Evidence-Based Management of Low Back Pain - E-Book** Simon Dagenais, Scott Haldeman, 2011-01-31 Covering all commonly used interventions for acute and chronic low back pain conditions Evidence Based Management of Low Back Pain consolidates current scientific studies and research evidence into a single practical resource Its multidisciplinary approach covers a wide scope of treatments from manual therapies to medical interventions to surgery organizing interventions from least to most invasive Editors Simon Dagenais and Scott Haldeman along with expert contributors from a variety of clinical and academic institutions throughout the world focus on the best available scientific evidence summarizing the results from the strongest to the weakest types of studies No other book makes it so easy to compare the different interventions and treatment approaches giving you the tools to make better more informed clinical decisions A multidisciplinary approach covers treatments from manual therapies to medical interventions to surgery and many others in between 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 s 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 Experienced editors and contributors are proven authors researchers and teachers and practitioners well known in the areas of orthopedics pain management chiropractic physical therapy and behavioral medicine as well as complementary and alternative medicine the book s contributors include some of the leading clinical and research experts in the field of low back pain Coverage based on The Spine Journal special issue on low back pain ensures that topics are relevant and up to date A systematic review of interventions for low back pain includes these categories patient education exercise and rehabilitation medications manual therapy physical modalities complementary and alternative medicine behavioral modification injections minimally invasive procedures and surgery Surgical interventions include decompression fusion disc arthroplasty and dynamic stabilization Additional coverage includes patient education and multidisciplinary rehabilitation *Clinical Companion for Medical-Surgical Nursing - E-Book* Donna D. Ignatavicius, Nicole M. Heimgartner, 2023-06-30 Make this concise Clinical Companion your go to reference in the med surg clinical setting Now in full color this condensed version of Ignatavicius Medical Surgical Nursing Concepts for Interprofessional Collaborative Care 11th Edition is an easy to use A to Z guide to managing more than 250 medical surgical conditions Key nursing care

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Orthopaedic Manual Physical Therapy Christopher H. Wise, 2015-04-10 Take an eclectic evidence based approach to orthopaedic manual therapy. From theory through practical application of soft tissue and joint mobilization techniques, this comprehensive resource delivers the depth and breadth of coverage you need to optimize patient outcomes through informed clinical decision making as part of a comprehensive intervention regimen.

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