

The Nordic Maintenance Care program: Effectiveness of chiropractic maintenance care versus symptom-guided treatment for recurrent and persistent low back pain- A pragmatic randomized controlled trial

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A recently released pragmatic, randomized controlled trial from PLoS One has showcased an exciting new step in our understanding of chronic low back pain and how we can effectively treat it.

Almost twenty percent of people who experience low back pain will be at risk of developing a chronic pain pattern. Historically, chronic low back pain treatment has been symptom-guided and based upon exacerbations. However, new research indicates that maintenance care may provide the best long-term result. Periodic chiropractic care was shown to reduce the average number of days with low back pain over a twelve month period by nearly two weeks.

This type of care may be best for patients with recurrent, and persistent, low back pain who respond well to an initial course of chiropractic care.

“Maintenance care was more effective than symptom-guided treatment in reducing the total number of days over 52 weeks with bothersome non-specific low back pain...”

“Exactly how maintenance works is poorly understood but the main hypothesis is that treatment may improve bio-mechanical and neuromuscular function and address psychosocial issues, thereby reducing the risk of relapse into pain.”

“For patients with recurrent and persistent LBP who are selected according to evidence-based criteria, maintenance care should be considered as an option for tertiary prevention.”

