Introduction

Manipulative therapy as part of a multidimensional approach may be more effective than standard physical therapy in treating Acute Nonspecific Low Back Pain. Fritz, Childs and Flynn’s clinical prediction rule, (a duration of symptoms less than 16 days, no pain distal of the knee) was used to analyze the results.

Hypothesis

We hypothesized that four additional manipulative sessions added to multidimensional physiotherapy would be more effective than standard physical therapy for subjects with acute (<16 days) complaints and an age > 35. Outcome measures were pain, disability (ADL) and mobility of the lower back.

Method

A multicentre randomized clinical trial was used to examine the effect. 64 participants (mean age of 40 yr.) were randomly assigned into two groups: an experimental group (manipulative therapy (MT) and physical therapy (PT)) and a control group (only physical therapy). Four additional MT treatments were given within two weeks in primary care in the Netherlands.

Results

Additional manipulative therapy show a statistically significant benefit over physical therapy on disability rating. Controlled for the applied clinical prediction criteria (2 vs 3 criteria, a statistically significant interaction was found for disability, moreover, controlled for sex and applied clinical prediction rule a significant interaction was found for disability. Effect sizes are small.

Conclusion

Short term complaints (<16 days), no pain below the knee, age (> 35), gender (women) show significantly better effects in Activities of Daily Living after treatment of acute nonspecific low back pain with additional manipulative therapy.

References


J.M. Hallegraeff, MSc, MT, PT
jmhallegraeff@orange.nl
+31 655955742