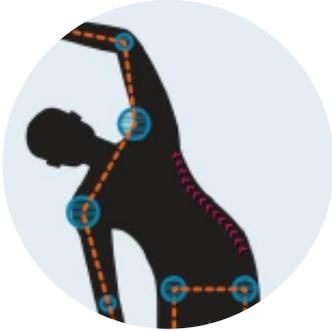


The Best Ways to Manage Low Back Pain



Canadian Chiropractic
Guideline Initiative
ADVANCING EXCELLENCE IN CHIROPRACTIC CARE



Different approaches can be used to treat low back pain depending on how long it has been affecting you. After your chiropractor has assessed you, you might hear them use the words **acute**, or **chronic**. **Acute** just means that your pain started in the last 3 months, and **chronic** means it has been going on for longer than 3 months.



After listening to your concerns and needs, your chiropractor will ask you specific questions about your health and carry out a clinical examination to determine with you a plan to manage your pain.

Depending on how complex your problem is, your chiropractor may suggest managing your condition with other health care professionals.



On the next page, you will see what the Canadian Chiropractic Guideline Initiative (CCGI) found to be the best types of treatments for people with low back pain. These are the results of scientific research carried out to help make sure your chiropractor can provide you the most up to date, evidence-informed advice and care, while taking into account your needs and preferences.

The Canadian Chiropractic Guideline Initiative (CCGI) carries out scientific research to support chiropractors in providing the best evidence-based care. You can find resources for patients and clinicians on the CCGI website.



Your chiropractor will give you some information and advice to help you manage your low back pain, and may recommend the following options depending on your condition and pain level.

They may also show you some exercises that will help you and suggest which ones to do at home.



Acute (0-3 months):

Spinal Manipulation Therapy (a type of hands-on therapy that involves putting pressure on the joints of the spine to relieve pain) and/or other commonly used treatments that might include:

- Advice on posture and physical activity
- Usual medical care

Chronic (>3 months):

Spinal Manipulation Therapy (a type of hands-on therapy that involves putting pressure on the joints of the spine to relieve pain) and/or other treatments that might include:

- Specific exercises (which could include stretching, mobility, motor control, extension, or strengthening exercises)
- Myofascial therapy (a type of massage designed to release tension in the "fascia," a tissue that covers your muscles)
- Usual medical care
- Specific advice and information on low back pain

Chronic back-related leg pain (>3 months):

Spinal Manipulation Therapy (a type of hands-on therapy that involves putting pressure on the joints of the spine to relieve pain) and home exercise. Home exercise can include:

- Stabilisation exercises, which train you to use your deep "core" muscles to help stabilise your spine
- Positioning exercises to help you find and maintain a healthy spinal position

Talk to your chiropractor about which of these options is best for you.