

SPINAL MANIPULATION TREATMENT PACKAGE FOR ACUTE AND SUBACUTE NON-SPECIFIC LOW BACK PAIN

“Spinal manipulation should be considered for patients who need additional help with pain relief or who are failing to return to normal activities”¹.

Examples of how the manipulation package could be used²

Low back pain type	Soft tissue	Articulatory	Thrust	Exercises/ activities	Advice
Acute	paraspinal cross-fibre, inhibition	small amplitude	short leverage or direct	encourage walking; neural mobilisation	limit aggravating factors; encourage work/sport as soon as possible; reduce fear of future
Subchronic	cross-fibre, stretching, friction	larger amplitude	normal leverage or direct	spinal exercises; encourage general exercise/activity; neural mobilisation	early uptake of sport or work; ergonomic advice; promote positive attitudes
Chronic	stretching	larger amplitude	normal leverage or direct	spinal exercises; encourage daily walking and exercise; neural mobilisation	progressive uptake of sport; reduce fear-avoidance; promote positive attitudes

References:

1. Waddell G, McIntosh A, Hutchinson A, Feder G, Lewis M. *Low back pain evidence review*. 1999, Royal College of General Practitioners: London.
2. Harvey E, Burton AK, Moffett JK, Breen A. *Spinal manipulation for low-back pain: a treatment package agreed by the UK chiropractic, osteopathy and physiotherapy professional associations*. *Manual Therapy*, 2003. **8**(1): p. 46-51.