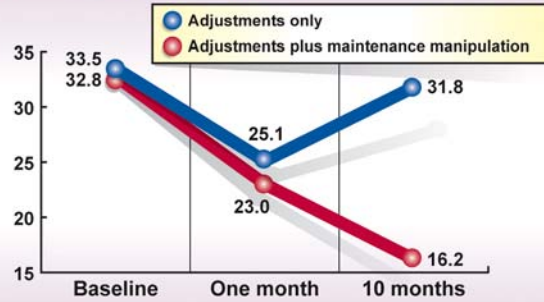


## Maintenance Chiropractic Care Reduces Disability Levels in LBP Patients

Thirty patients with chronic, nonspecific low back pain were randomized to receive either a series of 12 adjustments over a one-month period, or adjustments followed by "maintenance spinal manipulation" every three weeks for nine months. Patients who received maintenance manipulation had "significantly lower" disability scores at the end of the study period compared to those who did not.

Mean disability scores, adjustments only vs. adjustments plus maintenance spinal manipulation



SOURCE: Descarreaux M, Blouin JS, Drolet M, et al. Efficacy of preventive spinal manipulation for chronic low-back pain and related disabilities: a preliminary study. *Journal of Manipulative and Physiological Therapeutics*, October 2004;27(8):509-514.