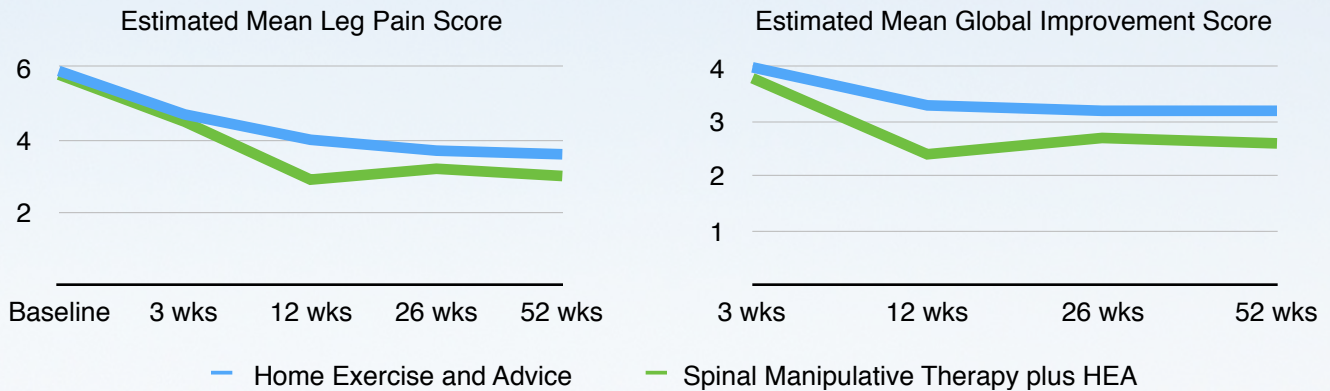




## Spinal Manipulation and Home Exercise with Advice for Subacute and Chronic Back-Related Leg Pain

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Sub-acute and chronic back-related leg pain can be challenging to treat in a primary care setting. These patients often develop significant disability, a lower quality of life, and diminishing ability to perform ADL's as the symptoms progress.

Recent research has shown that spinal manipulation, a hallmark of chiropractic care, can play an important role in the treatment of back-related leg pain. Exercise, or active care, can assist with the long term stability of the spine and perhaps prevent future symptomatic episodes. Fortunately, chiropractic care can address both the manipulation and exercise components of this treatment set. With the limited efficacy of injections and medication for chronic pain patients, a referral for conservative chiropractic care may be the best evidence-based option.

*"Most patients with BRLP are treated with prescription medications and injections, although little to no evidence supports their use."*

*"At 12 weeks, 37% of patients receiving SMT plus HEA had at least a 75% reduction in leg pain, compared with 19% in the HEA group."*

*"...we saw consistent statistically significant and clinically important group differences for nearly all other outcomes in the short term and for some secondary outcomes in the long term in favor of SMT plus HEA, including global improvement, an important and recommended patient-centered outcome."*

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together. Let's build a healthier tomorrow.

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