Improving Decision-Making in Low Back Pain: How to Target the Right Treatment at the Right Patient

Manual Therapy

Objectives

- Learn and Practice a few good techniques for implementation Monday morning!

Do you treat the hip with LBP?

- Offierski and MacNab, 1983

Ben-Galim et al. 2007

“This study demonstrates the clinical benefits of THR on back pain and is the first to clinically validate hip-spine syndrome as hypothesized by Offierski and MacNab in 1983.”

So…. Do you treat the hip for Low Back Pain?

Hip and LBP

Hip Techniques

- Posterior
- Inferior
- Distraction
- Anterior
- Long Axis Distraction Manipulation

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- Fracture
- Minor trauma in elderly or osteoporotic
- Infection/Osteomyelitis
- Bleeding Disorder

Cancer
- Hx of Ca
- Age >50
- Unexplained weight loss
- Failure of conservative therapy
- No relief with bed rest

100% sensitive in screening for malignancy

Cauda Equina Syndrome
- Saddle anesthesia
- Altered B&B
- Severe, progressive neurological deficits
- Elevated Fear Avoidance Beliefs
- Preference for passive treatments
- Depression

100% sensitive in screening for malignancy

Lumbar Techniques
- SI Regional Manipulation
- Lumbar Neutral Gapping Mobilization/Manipulation
- Thoracolumbar Junction Manipulation

SI Regional Manipulation
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Lumbar Neutral Gapping

TLJ Manipulation

TLJ Manipulation

Thoracic Techniques

- Prone
- Supine

Mid-Thoracic Manipulation

Mid-Thoracic Manipulation

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• Recent Onset Symptoms (<16 days)
• No symptoms distal to knee
• Hip IR > 35
• Lumbar hypomobility
• FABQw < 19

Flynn, et al 2002

Evidence for Treating Spinal Stenosis

4 out of 5 variables = +LR 24.38

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Interventions

**Manual Therapy and Exercise**
- Manual Therapy
- Body Weight supported Treadmill Walking
- Exercise

**Exercise and US**
- Lumbar Flexion Exercise
- Treadmill Walking
- Sub-therapeutic ultrasound

Results

Whitman et al., Spine, 2006

- 62% successful outcome
- 41% successful outcome

Interventions

**Evidence for Treating Spinal Stenosis**

NNT = 2.6

- Leg symptoms below the knee
- Signs of nerve root compression
- Peripheralization with extension
- OR
- Crossed SLR

Evidence for Treating Spinal Stenosis

SUCCESSFUL OUTCOME 84.6% for traction group versus 45.5% for extension group

REFERENCES


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