

# CHIROPRACTIC & HEALTH

A Natural Connection

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## *Maintenance Chiropractic Care Better Than Symptom-Guided Care*

Eklund, A. et al. (2018) The Nordic Maintenance Care program: Effectiveness of chiropractic maintenance care versus symptom-guided treatment for recurrent and persistent low back pain - A pragmatic randomized controlled trial. PLoS ONE 13(9): e0203029. <https://doi.org/10.1371/journal.pone.0203029>

### QUOTE BOARD:

"During the 12-month study period, the MC [maintenance care] group reported 12.8 fewer days in total with bothersome LBP [low back pain] compared to the control group and received 1.7 more treatments."

### Conclusion:

"In patients with recurrent and persistent LBP who respond well to an initial course of manual therapy, MC [maintenance care] resulted in a reduction in number of days with bothersome LBP per week, compared with symptom-guided treatment."

### Key Concepts:

When you reach maximum therapeutic benefit from your acute/relief care program, you reach a moment of decision regarding whether to choose maintenance care to keep your spine mobile, healthy, and comfortable, or to discontinue care until symptoms or functional losses re-appear (symptom-guided care).

This study showed that maintenance care at frequency of 1-3 months resulted in significantly fewer days of discomfort than symptom-guided care.

Although these results are impressive, a previous landmark study by two medical doctors (Senna & Machaly) in 2011 conclusively showed the immense value of more frequent (bi-weekly) maintenance SMT care for patients with chronic or re-occurring low back pain.

Their study showed that patients who received bi-weekly maintenance care not only maintained their initial improvements but continued to improve in comfort, function, and quality of life throughout the entire 10-month maintenance period.

The group that did not receive maintenance care not only failed to maintain or increase initial improvements, they actually lost their initial improvements – and their time and money!

### Key Take Home Points:

It is your decision whether to choose maintenance care or to elect for symptom-guided care. Our job is to ensure that you have the information required to make an informed decision.

The best way to maintain your health, your comfort, your quality of life, and your initial investment in your care, is to choose maintenance chiropractic care. Your doctor of chiropractic will determine the maintenance care schedule that best suits your individual needs.