

# CHIROPRACTIC & HEALTH

A Natural Connection

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© Dr. James L. Chestnut M.Sc, D.C., C.C.W.P.

## *Study Shows Usual Chiropractic Care Best Option for Patients with Lumbar Stenosis and Leg Pain, and/or Difficult and/or Painful Walking*

Schneider et al. Comparative Clinical Effectiveness of Nonsurgical Treatment Methods in Patient with Lumbar Spinal Stenosis - A Randomized Controlled Trial JAMA Network Open. 2019;2(1):e186828.  
doi:10.1001/jamanetworkopen.2018.6828

### QUOTE BOARD:

"Current guidelines provide scant information about the safety and/or effectiveness of nonsurgical interventions for LSS."

"This guideline concluded that there was insufficient evidence to make a recommendation for or against the use of nonsurgical treatments, including pharmacologic treatments, physical therapy, exercise, and spinal manipulation. Yet, the only nonsurgical intervention favorably recommended by the North American Spine Society has been contradicted by recent reviews that concluded that the evidence for the effectiveness of epidural injections is of low quality."

"In a randomized clinical trial of 259 patients with LSS, all groups (medical care, group exercise, and manual therapy/individualized exercise) showed improvement in self-reported pain/function and walking capacity at 2 months and 6 months."

"The manual therapy group had a greater proportion of responders at 2 months, but there were no between-group differences in responder rates at 6 months."

### Conclusion:

"A combination of manual therapy/individualized exercise provides greater short-term improvement in symptoms and physical function and walking capacity than medical care or group exercises, although all 3 interventions were associated with improvements in long-term walking capacity."

## Key Concepts:

The evidence for effectiveness for both surgical and non-surgical treatments for patients suffering with symptoms from lumbar spinal stenosis is sparse. However, there is definitive evidence regarding the high cost and high risk of surgery and epidural injections.

Contrastingly, though there are too few studies to make any firm recommendations of effectiveness, there is no evidence of risk for usual chiropractic care (SMT and Exercise) and ample evidence of the relative cost-effectiveness of chiropractic care. Further, usual chiropractic care is the most evidence-based in terms of effectiveness, cost-effectiveness, and safety for general low back pain.

## Key Take Home Points:

This study showed that usual chiropractic care (SMT plus Exercise) had a positive effect for patients suffering from the symptoms of stenosis. The benefits were apparent during the treatment but not after suggesting that patients with symptoms of lumbar stenosis may require regular maintenance care.

This study also made it clear that general exercise was important - as it is for everyone. Chiropractic plus exercise is greater than either alone! Add OmegaA+D Sufficiency to help resolve inflammation and the benefits are even greater! Chiropractic, Exercise, and OmegaA+D, there simply is not a more evidence-based approach to resolve symptoms, restore function, and improve quality of life.



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Phone: 515-292-4988

Website: <http://www.elev8chiropractic.com>

Email: [info@elev8chiropractic.com](mailto:info@elev8chiropractic.com)