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Effectiveness of Treatments for Low Back Pain

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Abstract

- Low back pain with or without radiculopathy symptoms is increasingly becoming a common complaint for patients. The purpose of this study is to evaluate the most effective treatment for patients experiencing low back pain with or without radiculopathy symptoms with the goal of pain reduction/elevation and long-term positive results. The review of literature explores studies that discuss treatment options of surgical intervention or conventional treatment such as physical therapy. This information supplies health care providers with the tools to evaluate patients on treatment options and possible outcomes in hopes to offer the best treatment for the individual. Results show that patients can have pain reduction or relief and return to normal activity level in a shorter time frame with treatment of conventional methods versus surgical interventions. The findings indicate treatment alternatives that may not have been considered as beneficial before. In addition, the findings may provide guidance to when a patient should be referred to a surgeon for treatment versus starting with physical therapy or other non-surgical treatment options. This information should help health care providers reduce a patient’s low back pain and improve their quality of life.

Introduction

- Chronic low back pain is a common complaint among adult patients as prevalence has increased from 3.9% in 1992 to 10.2% in 2016. Even just two days per week of exercise therapy results in significant pain reduction and increased overall function (Rainville et al, 2002). It is thought that spinal fusion is the gold standard surgical treatment option. Patients often still have some continuation of pain along with additional issues such as surgery such as infection and possible re-operation. “Lumbar fusion has been considered the gold standard surgical treatment for chronic low back pain patients: A five year evaluation results post total disk replacement (TDR) patients also showed less disability, better patient satisfaction and lower consumption of analgesics at five year follow-up (Skold et al, 2013).”

Surgical Treatment Options

- Lumbar fusion has been considered the gold standard surgical treatment for chronic low back pain patients: A five year evaluation results post total disk replacement (TDR) patients also showed less disability, better patient satisfaction and lower consumption of analgesics at five year follow-up (Skold et al, 2013). Cost of lumbar fusion surgery is a considerable more expensive treatment option for no improvement of function and pain for chronic low back pain patients (DynaMed, 2014). TLR appears superior to spinal fusion in pain reduction (Brosn et al., 2013). Five year evaluation results post total disk replacement (TDR) patients also showed less disability, better patient satisfaction and lower consumption of analgesics at five year follow-up (Skold et al, 2013). There may be changes in the sensitivity of neurons and possible outcomes in hopes to offer the best treatment for the individual.