Active care for back and neck pain: the facts.

“Mindfulness meditation produces significantly greater reductions in pain intensity than controls.”

- J Neuroscience 2016

“Non-pharmacologic therapy should be used to reduce pain and improve function in patients with chronic pain by encouraging patients to take an active role in care.”


“Tai Chi, yoga and mindfulness based stress reduction are effective for chronic back pain. [And] evidence supports exercise, multidisciplinary rehabilitation, spinal manipulation, massage and acupuncture for chronic back pain.”


“Exercise plus education have better benefit than education alone.”


“People who develop back pain should stay active and remain working.”


“Physical therapy, yoga, spinal manipulation, massage, acupuncture, self-management, cognitive behavioral therapy, exercise.”


Questions? Text: #IQuestion or call 1.800.531.0987