

# 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.”**

- CDC guideline for prescribing opioids for chronic pain. JAMA 2016.

Back and neck pain put an enormous economic burden on society. Finding an effective long-term solution for every patient is in everyone’s best interest. All published spine guidelines agree - including the Global Spine Initiative, Lancet Review, The American College of Physicians and other respected thought leaders in spine care - active patient engagement is the better path in achieving long-term pain management. For specific references to these recommendations by respected sources, see below.

**“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.”**

- Chou R, et al. Nonpharmacologic therapies for low back pain: a systematic review for an American College of Physicians Clinical Practice Guideline. *Annals Int Med.* <https://bit.ly/2JbeTw7> on 04/07/2017

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

- Foster N, et al. Prevention and treatment of low back pain: evidence, challenges and promising directions. *Lancet* 2018. <https://bit.ly/2xe6XVq>

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

- Buchbinder R, et al. Low back pain: a call for action. *Lancet* 2018. <https://bit.ly/2LkAmVZ>

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

- Qaseem A, Wilt TJ, McLean RM, Forciea MA, Clinical Guidelines Committee of the American College of P. Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians. *Annals of internal medicine.* 2017 Feb

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