



2021 List of Twelve Research Studies Everyone Should Read

Have you ever wondered which research articles scientists and chiropractic policymakers turn to again and again when writing or speaking about chiropractic? This is the list of articles Dr. Christine Goertz relied upon in 2021 when discussing spine care with researchers, payers, federal officials and multidisciplinary health care teams.

1. Stevans JM, Delitto A, Khoja SS, et al. Risk Factors Associated With Transition From Acute to Chronic Low Back Pain in US Patients Seeking Primary Care. *JAMA Netw Open*. 2021;4(2):e2037371. Published 2021 Feb 1. doi:10.1001/jamanetworkopen.2020.37371.
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2776518>
2. George SZ, Fritz JM, Silfies SP, Schneider MJ, Beneciuk JM, Lentz TA, Gilliam JR, Hendren S, Norman KS. Interventions for the Management of Acute and Chronic Low Back Pain: Revision 2021. *J Orthop Sports Phys Ther*. 2021 Nov;51(11):CPG1-CPG60. doi: 10.2519/jospt.2021.0304. PMID: 34719942.
<https://www.jospt.org/doi/10.2519/jospt.2021.0304>
3. Finucane LM, Downie A, Mercer C, et al. International Framework for Red Flags for Potential Serious Spinal Pathologies. *J Orthop Sports Phys Ther*. 2020;50(7):350-372. doi:10.2519/jospt.2020.9971.
<https://www.jospt.org/doi/full/10.2519/jospt.2020.9971>
4. Rubinstein SM, de Zoete A, van Middelkoop M, Assendelft WJJ, de Boer MR, van Tulder MW. Benefits and harms of spinal manipulative therapy for the treatment of chronic low back pain: systematic review and meta-analysis of randomized controlled trials. *BMJ*. 2019 Mar 13;364:l689.
<https://www.bmj.com/content/bmj/364/bmj.l689.full.pdf>
5. Vining RD, Minkalis AL, Shannon ZK, Twist EJ. Development of an Evidence-Based Practical Diagnostic Checklist and Corresponding Clinical Exam for Low Back Pain. *J Manipulative Physiol Ther*. 2019 Dec 18. pii: S0161-4754(19)30072-7. doi:10.1016/j.jmpt.2019.08.003. [Epub ahead of print]
[https://www.jmptonline.org/article/S0161-4754\(19\)30072-7/fulltext](https://www.jmptonline.org/article/S0161-4754(19)30072-7/fulltext)



6. Heyward J, Jones CM, Compton WM, Lin DH, Losby JL, Murimi IB, Baldwin GT, Ballreich JM, Thomas DA, Bicket MC, Porter L, Tierce JC, Alexander GC. Coverage of Nonpharmacologic Treatments for Low Back Pain Among US Public and Private Insurers. *JAMA Netw Open*. 2018 Oct 5;1(6)
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2705853>
Also see the Goertz and George Invited Commentary here:
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2705845>
7. Goertz CM, Long C, Vining R, Walter J and Coulter I. Effect of Usual Medical Care Plus Chiropractic Care vs Usual Medical Care Alone on Pain and Disability Among U.S. Service Members With Lower Back Pain: A Comparative Effectiveness Clinical Trial. May 2018.
<https://doi.org/10.1001/jamanetworkopen.2018.0105>
8. Chou R, Deyo R, Friedly J et al. Nonpharmacologic Therapies for Low Back Pain: A Systematic Review for an American College of Physicians Clinical Practice Guideline. *Ann Intern Med* 2017;166(7):493-505. <https://www.ncbi.nlm.nih.gov/pubmed/28192793>
9. Corcoran KL, Bastian LA, Gunderson CG, Steffens C, Brackett A, Lisi AJ. Association Between Chiropractic Use and Opioid Receipt Among Patients with Spinal Pain: A Systematic Review and Meta-analysis. *Pain Med*. 2019 Sep 27. pii:pnz219. doi: 10.1093/pm/pnz219. [Epub ahead of print]
<https://www.ncbi.nlm.nih.gov/pubmed/31560777>
10. Krebs EE, Gravely A, Nugent S, Jensen AC, DeRonne B, Goldsmith ES, Kroenke K, Bair MJ, Noorbaloochi S. Effect of Opioid vs Nonopioid Medications on Pain-Related Function in Patients With Chronic Back Pain or Hip or Knee Osteoarthritis Pain: The SPACE Randomized Clinical Trial. *JAMA*. 2018 Mar 6;319(9):872-882. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5885909/>
11. Rist PM, Hernandez A, Bernstein C, Kowalski M, Osypiuk K, Vining R, Long C, Goertz C, Song R, Wayne P. The Impact of Spinal Manipulation on Migraine Pain and Disability: A Systematic Review and Meta-Analysis. *Headache*. 2019 Apr;59(4):532-542.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6461372/>
12. Martin BI, Gerkovich MM, Deyo RA, Sherman KJ, Cherkin DC, Lind BK, Goertz CM, Lafferty WE. The Association of Complementary and Alternative Medicine Use and Health Care Expenditures for Back and Neck Problems. *Med Care* 2012;50(12):1029-1036.
<https://www.ncbi.nlm.nih.gov/pubmed/23132198>