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**NEWEST RESEARCH**

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## **When It Comes to Back Pain, Less Is More**

More surgery, more drugs, and more injections are not what the doctor ordered

ST PAUL, MN (May 20, 2008) - When it comes to chronic back pain management patients should know that "less is more." The American Pain Society at their annual meeting unveiled a current review on invasive procedures for the treatment of chronic low back. The scientific review concluded that most invasive interventions, including spinal joint injections, radiofrequency denervation, intradiscal electrothermal therapy demonstrated no evidence of effectiveness. Furthermore, surgical procedures for chronic low back pain demonstrated only small improvement in pain and disability but were accompanied by considerable risk.

"The expert panel reaffirms its previous recommendation that all low-back pain patients stay active and talk honestly with their physicians about self care and other interventions. "In general, non-invasive therapies supported by evidence showing benefits should be tried before considering interventional therapies or surgery," said Chou."

"The American Pain Society panel has acknowledged the central role of an active physical therapy program in managing low back pain patients," noted Dr. John Groves, President of Groves Physical Therapy (Groves PT). "The key in chronic low back pain is avoiding too much medicine. There is no magic bullet but a combination of hands on care and an active exercise approach is the best solution."

For more information about how a physical therapist can help alleviate pain, minimize the use of prescription drugs and expensive diagnostic imaging, and prevent painful and costly surgery, visit [www.grovespt.com](http://www.grovespt.com).

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### **About Groves Physical Therapy:**

Groves Physical Therapy is a privately owned, multi-site Physical Therapy practice in St Paul and Brooklyn Center. Founded in 2004, their mission is to deliver the highest quality, evidence-based physical therapy management to patients with unquestionable ethics, unparalleled quality, superior service, and at the best value. Their physical therapists are Board Certified in Orthopedic Practice and are Fellowship trained in Manual Therapy, credentials that only 1-2% of Physical Therapists nationwide have obtained. They utilize manual physical therapy and therapeutic exercise based on the newest research to achieve the best results in fewer visits. For more information on Groves Physical Therapy, please call 651-209-6144 or 763-566-3798 or visit: [www.grovespt.com](http://www.grovespt.com).