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NEWEST RESEARCH

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American College of Physicians and the American Pain Society Recommends Physical Therapy to Manage Low Back Pain

ST PAUL (October 3, 2007) - The American College of Physicians and the American Pain Society recommend doctors prescribe physical therapy when managing patients with low back pain.

“There are many options for evaluation and treatment of low back pain,” said Amir Qaseem, MD, PhD, MHA, senior medical associate in the American College of Physicians Department of Clinical Programs and Quality of Care, and an author of the guidelines. “We wanted to review all the evidence and develop guidance for clinicians and to give our patients a realistic sense of what they can expect when they visit a clinician for low back pain. In particular, clinicians should consider the addition of non-pharmacological therapies with proven benefits.”

“This recommendation comes as no surprise to physical therapists,” said Dr. John Groves, President of Groves Physical Therapy (Groves PT). “Research has consistently shown the value of particular physical therapy interventions for patients with low back pain. Specifically, spinal manipulation and exercise have repeatedly been shown to be effective in managing patients’ current pain and preventing future episodes. We are glad to see that the American College of Physicians and the American Pain Society recommend physical therapy as a safe and effective alternative to drugs for patients with back pain.” Physical Therapists can help patients with low back pain by performing thorough examinations and designing an evidence-based treatment program to meet their particular needs. These treatments can include hands-on therapies to mobilize the spine and exercises designed to alleviate low back pain.

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.

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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.