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## Treatment of chronic low-back pain: a 1-year or greater follow-up.

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### Abstract

**BACKGROUND:** Musculoskeletal disorders are the most frequent cause of physical disability in developed countries. In particular, lower **back** pain is very common and represents a significant burden both in terms of patient suffering and costs. It is important to determine the most effective and efficient interventions in the treatment of this condition.

**PURPOSE:** This article presents clinical outcomes in patients with chronic lower **back** pain involving ligamentous pathology treated by a physician who specializes in injection therapy for chronic musculoskeletal conditions and is able to tailor injection therapy specifically to each individual patient.

**DESIGN:** As a retrospective case series, patients from outpatient clinics in both rural and one urban centre were assessed, treated, and had 1 year or more follow-up.

**METHODS:** Patients were referred by their family physician for assessment for chronic lower **back** pain refractory to conventional medical management. Outcome measures: Pain and quality of life (QoL) numeric (10 cm) analog scales (0 = no pain, 10 = the worst pain imaginable; 0 = best quality of life, 10 = worst quality of life) were administered pretreatment and 1 year or later after the last treatment.

**RESULTS:** One hundred and ninety (190) patients were treated during the study period, June 1999-May 2006. Patients whose follow-up was 1 year or greater from the last treatment were included, leaving 140 patients available for data analysis. Both pain and QoL scores were significantly improved at least 1 year after the last treatment. There were no differences in outcomes as a result of age, response to Xylocaine (lidocaine) injection, insurance coverage, smoking history, or gender.

**CONCLUSIONS:** This study suggests that **prolotherapy** using a variety of proliferants can be an effective treatment for low **back** pain from presumed ligamentous dysfunction for some patients when performed by a skilled practitioner.

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### Publication Types, MeSH Terms, Substances

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