



CONTENTS

- A. Clinical Update
 - I) Prevalence of low back pain in adolescents.
 - II) Do support belts help with low back pain?
- B. Office News
- C. "Question of the month"
- D. Contact us/request information

A. Prevalence of low back pain in adolescents.

Several studies have demonstrated the low back pain (LBP) is more prevalent in adolescents than previously thought. A recent systematic review of the literature concludes that there is progressively increasing occurrence of LBP as adolescents age, with adult levels of occurrence by age 18.

associated with onset of puberty. There is inconclusive evidence that LBP in adolescence predisposes to LBP in adult years. A challenge to this review was considerable variation in research methodologies to capture this data.

LJ Jeffries, Spine 2007; 32:2630-37.

There is some suggestion that prevalence is more common in girls than boys and perhaps

II) Do support belts help with low back pain?

A new study, contradicting a few other previously done studies, now offers evidence that lumbar support belts offer benefit to patients with LBP.

use of the belts by workers in the Netherlands. The authors conclude 'further research is needed.'

RD Pepijn, Annals of Internal Medicine 2007; 147:685-92.

Systematic reviews of the literature have shown that lumbar belts do not benefit the patient with LBP. This new study found high compliance with use of the belts and high reported benefit from



B. Office News

Shoreline Spine & Pain Associates would like to introduce a new treatment procedure now offered. This new modality is called **Graston Technique**. Graston is an augmented soft tissue mobilization technique. The treatment procedure utilizes stainless steel instruments that mobilize soft tissue. This technique is used by practitioners who treat high level Olympic and professional athletes as well

as typical patients who suffer from soft tissue conditions.

The Doctors of Shoreline Spine & Pain Associates have been invited to lecture through the **Connecticut Interlocal Risk Management Agency**. This lecture will educate municipal employees and supervisors on low back pain injuries and prevention. It is scheduled March 11th in Madison, CT.



“Specializing in the evaluation, treatment, and rehabilitation of musculoskeletal conditions.”

C. Question of the month

Do chiropractors have practice wide standards of care?

Succinctly stated, ‘Yes.’ The initial document published was the 1992 guidelines for chiropractic quality assurance and practice parameters, often referred to as the Mercy guidelines. A copy is available for review at the National Guideline Clearinghouse. Ratings were based upon standardized ranking formats which included quality of evidence and expert consensus. Practice parameters such as history taking, clinical examination,

diagnostic imaging, therapeutic interventions and frequency/duration dosage, outcome assessment, among others, were included. Currently the CCGPP, council on chiropractic guidelines and practice parameters is using new evidence to update the recommendations of the Mercy document. A profession wide panel of experts has been meeting and reviewing data on a regular basis. The effort is to determine ‘best practice’ initiatives which are first and foremost, patient centered and evidence influenced. The current CCGPP document is condition

based, again utilizing standard protocol for evaluation of quality of evidence and consensus of expert opinion.

D. Contact Us

Shoreline Spine & Pain Associates, PC

Guilford, CT 06437
Phone: 203-453-2001
Fax: 203-453-2010
Email: info@shorelinespineandpain.com
Web: www.shorelinespineandpain.com

Please be aware that Drs. Coulis and Furtado are available to give

a 20 minute lunchtime presentation on how a medical physician can best collaborate with a chiropractor. They are also available to give 45 minute grand round type lectures on Introduction to Chiropractic and Non-Surgical Management of Lower Back Pain. Please contact our office to schedule either Dr. Coulis or Dr Furtado to come to your office.

If you would like some additional literature about our office and the services we provide, please contact our office and request our Introduction to the Shoreline Spine & Pain Associates package.