

***JAMA*: Exercise Works for LBP**

Editorial Staff

The American Medical Association and its affiliated journals may not be quick to publish research espousing the benefits of the chiropractic adjustment for low back pain, but a systematic review / meta-analysis in *JAMA Internal Medicine* does at least give kudos to a nondrug, nonsurgical option: exercise. According to the study authors, "The current evidence suggests that exercise alone or in combination with education is effective for preventing LBP," citing moderate-quality evidence.

The review study, authored by Steffens D., et al., identified more than 6,000 randomized clinical trials on prevention strategies for nonspecific LBP, with 23 ("on 21 different randomized clinical trials including 30,850 unique participants") meeting the inclusion criteria. (It is unknown how many of the ineligible / eligible studies involved chiropractic adjusting as a preventive strategy.)

[Click here](#) to read the study abstract and access (for a fee) the full text.

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