E-Poster

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An Integrative Medicine and Wellness Approach to Management of Low Back Pain

Topic: Integrative Medicine

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BACKGROUND

Low back pain is a prevalent and often debilitating condition that requires a team oriented comprehensive approach. Many patients suffering from low back pain and other spinal disorders do not incorporate regular exercise and lifestyle modification into a daily routine. It has been shown by many studies that regular core exercise as well as lifestyle modification can greatly improve low back pain. In our spine center we have incorporated an integrative approach to spinal disorders. This starts with an Osteopathic Medicine evaluation in PM&R emphasizing both structure and functional mobility as well as biomechanics. We have also included an emphasis on Functional Medicine with an approach to anti-aging and regenerative medicine. In addition, a clinical pharmacist is incorporated into our spine center with training in functional medicine, lifestyle modification, wellness coaching, and weight management. All of these modalities are integrated into a cohesive and individualized plan for each patient to manage their spine pain.

METHODS

Patients presenting to the spine center are offered an individualized plan for their low back pain incorporating a wellness consultation. They also receive a full work-up of their spinal condition utilizing imaging, electrodiagnosis, and other relevant studies. Osteopathic manipulative medicine is also utilized for patients as well. For those interested, they are asked to engage in a conversation regarding diet and exercise habits, lifestyle, goals, and potential barriers for success. We initiate a robust core strengthening program through physical therapy and home exercises taught to the patient in a regimented format. In addition, they meet with the clinical pharmacist who educates them further on diet and exercise. Further, they are offered neutroceuticals and weight loss products that may be beneficial for them. Throughout this process and with three month interval follow-ups the patients meet regularly for education in healthy eating and exercise, lifestyle coaching, and medication management.

RESULTS

During this course, we are tracking weight loss, improvement in inflammatory markers, HgA1C, and lipid profiles. Core strength is monitored on all patients in follow-up. Progress and patient satisfaction is reviewed with the patient on all visits. Wellness education is emphasized on all visits.

CONCLUSION

An integrative approach to low back pain conditions is both a holistic and patient-centered approach that has shown high patient satisfaction, excellent and achievable outcomes, with overall improvement in spine and general health. This approach combining Osteopathic principles, Functional medicine, and wellness is successful in reducing low back pain.

Statement of Disclosures

None

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