**APPENDIX 5**

**TREATMENT**

**Treatment provided for low back pain patients**

**in general practice**

|  |  |
| --- | --- |
|  | Proportion (CI) |
| MEDICATION | |
| Weak analgesics | 69 (63-75) |
| NSAID | 52 (45-59) |
| Weak opioids | 16 (12-22) |
| Strong opioids | 2 (1-6) |
| Benzodiazepines/  muscle relaxants | 0 (0-0) |
| Antidepressives/antiepileptics | 4 (2-8) |
| Local injection | 1 (0-4) |
| None of the above | 15 (10-20) |
| TREATMENT/EXERCISES | |
| Excercises | 41 (35-48) |
| Manuel treatment | 19 (15-25) |
| Acupuncture | 4 (2-8) |
| None of the above | 47 (40-54) |
| REFERRAL | |
| MR | 14 (10-19) |
| CT | 0 |
| X-ray | 14 (10-19) |
| Physiotherapist | 35 (29-42) |
| Chiropractor | 10 (2-7) |
| Reumatologist or other specialist | 3 (2-7) |
| Secondary care spine center | 14 (10-19) |
| Other secondary care unit | 2 (1-6) |
| Municipal rehabilitation | 1 (0-4) |
| Referred to none of the above | 29 (24-36) |
| Referred to MR, CT or X-ray | 27 (21-33) |
| Referred to either physiotherapist, chiropractor, rheumatologist, secondary care spine center, other secondary care unit, or municipal rehabilitation | 59 (52-65) |
| NONE OF THE ABOVE | |
| Received no medication, no treatment/excercises and no referral | 0 (0-3) |

**Treatment\* provided for low back pain patients**

**in chiropractic practice**

|  |  |
| --- | --- |
|  | Proportions (CI) |
| TREATMENT |  |
| Manipulation | 94 (92-95) |
| Flexion/distraction | 4 (3-5) |
| Mobilization | 10 (8-12) |
| Soft tissue treatment | 69 (66-72) |
| Laser, ultrasound, shock wave | 1 (1-2) |
| None of the above | 4 (3-5) |
| ADVICE, INFORMATION |  |
| Postural advice | 9 (8-11) |
| Advice about cryotherapy, pain medication and level of activity | 84 (81-86) |
| Information about the condition | 72 (69-75) |
| None of the above | 10 (9-13) |
| EXERCISES |  |
| McKenzie exercises | 48 (44-51) |
| Strenght exercises | 14 (12-16) |
| Stabilization exercises | 35 (32-38) |
| Stretching exercises | 19 (17-22) |
| None of the above) | 29 (26-32) |
| OTHER |  |
| Other than above | 1 (1-2) |
| Referred to other health care provider | 1 (1-3) |
| No treatment | 1 (0-1) |

\*Planned and effectuated treatment combined into

one variable: treatment