



## **Low Back Pain in Adolescents: A Case Series**

The treatment of pediatrics with manual therapy has always been controversial within the medical community. According to a recent case series in the National Center for Biotechnology Information (NCBI), there is evidence for using chiropractic care to treat pediatric patients with low back pain (LBP).

The purpose of the case series is to show the feasibility and safety of lumbar manipulation plus exercise in the adolescent population.

Three patients were treated in an outpatient physical therapy setting for LBP: 13-year old female, 15-year old female, and 13-year old male. The patients were treated for 10 to 14 visits over the course of eight to nine weeks.

At the end of their chiropractic care, the patients' pain, which was measured by the Numerical Pain Rating Scale, and disability, measured by the Modified Oswestry Disability Index, improved 0/10 and measured zero percent. **The adolescent patients were completely pain-free.**

Source: <http://www.ncbi.nlm.nih.gov/pubmed/27049600>