

<MD Name>
<MD Practice Name>
<Street Address>
<City, State Zip>

<date>

Dear Dr. <MD Last Name>

Re: JAMA Echoes Spinal Manipulation Endorsement

The *Journal of the American Medical Association* recently published a synopsis of the *American College of Physicians* guidelines for managing low back pain. (1) Among the recommendations:

For acute and subacute low back pain:

Patients should stay active as tolerated and begin with nondrug treatments, including spinal manipulation, superficial heat, massage, and acupuncture. If medicines are needed, they should be added at the lowest effective dose for the shortest period.

For patients with chronic low back pain:

Priority should be given to nondrug treatments combined with exercise. [Recommendations include] spinal manipulation, multidisciplinary rehabilitation, acupuncture, mindfulness-based stress reduction, tai chi, yoga, motor control exercises, progressive relaxation, electromyographic biofeedback, low-level laser therapy, and cognitive behavior therapy.

For patients who do not respond to non-drug treatments:

Nonsteroidal anti-inflammatory drugs are the initial medication recommended to manage chronic low back pain. Second-line therapy includes tramadol or duloxetine. Opioids should be considered only for patients who do not improve with all other recommended treatments and for whom the potential benefit of opioids outweighs the known risks.

Both medicine and chiropractic have valuable tools for managing back pain. Patients and providers benefit from partnerships that combine these proven resources. As members of the new generation of evidence-based chiropractic, our office is honored to participate in the care of your patients and will work hard to maintain your trust.

Sincerely,

<provider name>

Reference

1. Traeger AC, Qaseem A, McAuley JH. Low Back Pain. JAMA. 2021;326(3):286.