

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

<date>

Dear Dr. <MD Last Name>

Re: Stenosis Management

*The Journal of Pain* recently published a clinical practice guideline on the management of lumbar spine stenosis. (1) The expert panel's top recommendations:

*Clinicians and patients may initially select multimodal care nonpharmacological therapies:*

- *manual therapy*
- *rehabilitation and home exercise*
- *education, advice, and lifestyle changes*

This study comes on the heels of research showing that patients with lumbar disc degeneration and stenosis treated surgically had 18 times greater risk of subsequent facet degeneration vs. conservative care. And, follow-up decompression surgery for lateral recess stenosis was required in 6% of the surgical group and 0% of those undergoing conservative rehab. (2)

While conservative care is not an option for all cases, emerging research highlights the value of incorporating chiropractic manual therapy with conservative medical care for appropriately screened patients. Our collaborative relationship exemplifies the current *best practice* model for low back pain. We are honored to be a part of your multidisciplinary team and will work diligently to maintain your trust.

Sincerely,

<provider name>

#### References

1. Bussières A, Cancelliere C, Ammendolia C, Comer CM, Al Zoubi F, Châtillon CE, Chernish G, Cox JM, Gliedt JA, Haskett D, Jensen RK. Non-Surgical Interventions for Lumbar Spinal Stenosis Leading To Neurogenic Claudication: A Clinical practice guideline. *The Journal of Pain*. 2021 Apr 12.
2. Furunes H, Berg L, Espeland A, Thoresen H, Neckelmann G, Brøgger HM, Småstuen MC, Brox JJ, Storheim K, Hellum C. Facet Arthropathy Following Disc Replacement Versus Rehabilitation: A Prospective Study with Eight-Year Follow-Up. *Spine*. 2020 Jul 15.