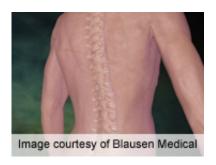


Studies of nonoperative tx for discogenic back pain lacking

July 24 2014



High-quality studies evaluating nonoperative treatments for reducing discogenic low back pain are lacking, according to a review published in the July 15 issue of *Spine*.

(HealthDay)—High-quality studies evaluating nonoperative treatments for reducing discogenic low back pain are lacking, according to a review published in the July 15 issue of *Spine*.

Young Lu, from the Icahn School of Medicine at Mount Sinai in New York City, and colleagues conducted a systematic literature review to identify prospective randomized controlled trials (RCTs) evaluating nonoperative methods of treating discogenic back pain versus sham or placebo therapy (published between 2000 and 2012).

The researchers identified 11 eligible studies which investigated traction therapy, injections, and ablative techniques. Intervention was favored



based on results from five studies investigating methylene blue injection, steroid injection, ramus communicans ablation, intradiscal electrothermal therapy, and biacuplasty, compared to sham therapy. Methylene blue injection study results have not been replicated in other RCTs. There is doubt as to whether the conclusions from some of the studies can be applied to the general population due to selection criteria used in the studies on ramus communicans ablation and intradiscal biacuplasty and a stratified analysis of results from the RCTs on intradiscal electrothermal therapy.

"Although conclusions from several studies favor intervention over sham, it is unclear whether these interventions confer stable long-term benefit," the authors write.

Relevant financial activities outside the submitted work were disclosed: consultancy, grants, royalties, board membership.

More information: Abstract

Full Text (subscription or payment may be required)

Copyright © 2014 HealthDay. All rights reserved.

Citation: Studies of nonoperative tx for discogenic back pain lacking (2014, July 24) retrieved 20 March 2024 from

https://medicalxpress.com/news/2014-07-nonoperative-tx-discogenic-pain-lacking.html

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.