# Article information:

Effect of Osteopathic Manipulative Treatment vs Sham Treatment on Activity Limitations in Patients With Nonspecific Subacute and Chronic Low Back Pain  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7961471/?report=reader>

# Article summary:

1. Osteopathic manipulative treatment (OMT) was found to be more effective than sham treatment in reducing activity limitations in patients with nonspecific subacute and chronic low back pain.

2. The study involved 455 participants who were randomly assigned to receive either OMT or sham treatment for 6 weeks, with follow-up assessments at 3, 6, and 12 months.

3. The authors suggest that OMT may be a useful adjunct therapy for patients with low back pain, but further research is needed to determine its long-term effectiveness and cost-effectiveness compared to other treatments.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Effect of Osteopathic Manipulative Treatment vs Sham Treatment on Activity Limitations in Patients With Nonspecific Subacute and Chronic Low Back Pain" reports on a randomized clinical trial comparing the effectiveness of osteopathic manipulative treatment (OMT) to sham treatment for patients with nonspecific subacute and chronic low back pain. The study was funded by the French Ministry of Health and sponsored by the Département de la Recherche Clinique et du Développement de l’Assistance Publique-Hôpitaux de Paris.

The article provides a detailed description of the study design, including inclusion and exclusion criteria, randomization procedures, interventions, outcome measures, and statistical analysis. The authors report that 455 patients were enrolled in the study, with 229 assigned to receive OMT and 226 assigned to receive sham treatment. The primary outcome measure was activity limitations at 12 weeks, as assessed by the Roland-Morris Disability Questionnaire (RMDQ).

The results of the study showed no significant difference between OMT and sham treatment in terms of activity limitations at 12 weeks. However, there were some secondary outcomes that favored OMT over sham treatment, such as pain intensity and patient satisfaction.

One potential bias in this study is that it was conducted in France, where osteopathy is a regulated profession with a well-established training program. This may limit the generalizability of the findings to other countries where osteopathy is not regulated or where training programs vary widely.

Another potential bias is that the study was sponsored by the French Ministry of Health, which may have an interest in promoting alternative therapies like osteopathy. This could lead to a bias towards finding positive results for OMT.

Additionally, while the article provides a detailed description of the study design and methods, there are some missing points of consideration. For example, there is no discussion of potential risks associated with OMT or sham treatment, such as adverse events or worsening of symptoms. There is also no discussion of the cost-effectiveness of OMT compared to other treatments for low back pain.

Overall, while the article provides valuable information about the effectiveness of OMT for low back pain, there are potential biases and missing points of consideration that should be taken into account when interpreting the results.

# Topics for further research:

* Risks associated with osteopathic manipulative treatment for low back pain
* Cost-effectiveness of osteopathic manipulative treatment compared to other treatments for low back pain
* Variations in osteopathy training programs across different countries
* Long-term effects of osteopathic manipulative treatment for low back pain
* Patient preferences for osteopathic manipulative treatment versus other treatments for low back pain
* Comparison of osteopathic manipulative treatment to other manual therapies for low back pain

# Report location:

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