

Low Back Pain Guideline

MVP Health Care®, as part of its continuing Quality Improvement Program, recommends the Clinical Practice Guideline from the North American Spine Society (NASS) Evidence-Based Clinical Guidelines for Multidisciplinary Spine Care for Diagnosis and Treatment of Low Back Pain ©2020 North American Spine Society www.spine.org. Available:

[Clinical Guidelines \(spine.org\)](http://www.spine.org)

Low back pain (LBP) is the leading contributor to years lived with disability, (2018 figures):

- 28.0% of men and 31.6% of women aged ≥ 18 years had lower back pain in the past 3 months.
- The percentage of women who had lower back pain increased as age increased.
- Among men, the percentage increased with age through age 74 years and then decreased.
- Women in the age groups 18–44, 45–64, and ≥ 75 years were more likely to have lower back pain in the past 3 months than were men in the same age groups, but percentages were similar between men and women in the age group 65–74 years.

Source: CDC Quick Stats: Percentage of Adults Aged ≥ 18 Years Who Had Lower Back Pain in the Past 3 Months, by Sex and Age Group — National Health Interview Survey, United States, 2018. MMWR Morb Mortal Wkly Rep 2020;68:1196.

DOI: <http://dx.doi.org/10.15585/mmwr.mm685152a5>.

The purposes of these clinical guidelines are:

- Describe evidence-based practice, including diagnosis, prognosis, intervention, and assessment of outcome, for a musculoskeletal disorder commonly managed by physicians
- Identify interventions supported by current best evidence to address impairments of body function and structure, activity limitations, and participation restrictions associated with low back pain
- Identify appropriate outcome measures to assess changes resulting from interventions in body function and structure as well as in activity and participation of the patient
- Provide information for payers and claims reviewers regarding the practice of low back pain care
- Create a reference publication for physical therapy clinicians, academic instructors, clinical instructors, students, interns, residents, and fellows regarding the best current management of low back pain

Other Support for Management of Low Back Pain

In conjunction with these guidelines, MVP Health Care offers a Condition Health Management program for our members with chronic low back pain. The intent of the program is to educate our members with low back pain, help influence behavior and intervene before an acute crisis occurs. Members receive structured coaching regarding their behaviors and health status as well as assistance in coordination of their care needs. When appropriate, these members will be co-managed along with the case managers in utilization or behavioral health case management. If you would like to refer one of your patients to this program, please call the Health Care Operations Department at **(866) 942-7966**. More information on this and MVP's other health programs may also be found on MVP's website: <https://www.mvphealthcare.com/members/health-and-wellness/health-management-programs/>

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care reviews its clinical guidelines annually. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guidelines can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793**.