



Low Back Wellness School POSITIVE INFLUENCE

Published Articles

Cox JM: Patient benefits of attending a chiropractic low back wellness clinic. *J Of Manipulative And Physiological Therapeutics* 1994; 17(1):25-28

A very positive acceptance of low back wellness training is evidenced by 95% of the patients feeling it was worth their time to attend and feeling they learned something to prevent reinjury in daily living; 100% felt it worth the doctor's time to present the class.

Low back wellness school is a positive program from the patients' and doctor's viewpoints.

The 61 patients attending low back wellness school in this study *expressed 95% satisfaction with the class*, stating it was worth their time to participate. They felt they learned some points to prevent pain recurrence. They felt they could perform the exercises more adeptly. They felt they understood their back problem more fully so that they could cope with it in daily living; they would recommend the class to others. The spouses or friends who attended felt they could aid the patient and themselves in preventing future pain; and importantly, the patients felt it is worth the doctor's time to present the class.