

Our survey respondents tried an average of five or six treatments over the course of just a year.



## Relief for your aching back: What worked for our readers

About 80 % of US adults have been bothered by back pain at some point. The Consumer Reports Health Ratings Center recently surveyed more than 14,000 subscribers who experienced low back pain but never had surgery.

### Where to go for treatment?

When back pain goes on and on, many people go to see a primary-care doctor. A surprising number of lower back pain sufferers we surveyed said they were disappointed with what the doctor could do to help.

### Who helped the most?

The percentage of people highly satisfied with their back-pain treatments and advice varied.

| Profession         | Highly Satisfied |
|--------------------|------------------|
| Chiropractor       | 59%              |
| Physical therapist | 55%              |
| Acupuncture        | 53%              |
| MD specialist      | 44%              |
| MD primary - care  | 34%              |

Hands-on treatments were rated by low back pain sufferers as very helpful. Survey respondents favored chiropractic treatments (58%), massage (48%), and physical therapy (46%) - another testament to the healing power of touch.