

## Interventions (Recommendations 5, 6, 7)

	Low Back Pain Duration	Acute < 4 Weeks	Subacute or Chronic > 4 Weeks
Self-care	Advice to remain active	•	•
	Books, handout	•	•
	Application of superficial heat	•	
Pharmacologic therapy	Acetaminophen	•	•
	NSAIDs	•	•
	Skeletal muscle relaxants	•	
	Antidepressants (TCA)		•
	Benzodiazepines	•	•
	Tramadol, opioids	•	•
Nonpharmacologic therapy	Spinal manipulation	•	•
	Exercise therapy		•
	Massage		•
	Acupuncture		•
	Yoga		•
	Cognitive-behavioral therapy		•
	Progressive relaxation		•
	Intensive interdisciplinary rehabilitation		•

• Interventions supported by grade B evidence (at least fair-quality evidence of moderate benefit, or small benefit but no significant harms, costs, or burdens). No intervention was supported by grade A evidence (good-quality evidence of substantial benefit).