

Clinical Practice Guideline Review: Chronic Low Back Pain

2017 AMERICAN COLLEGE OF PHYSICIANS (ACP)¹ RECOMMENDATIONS:

- For chronic low back pain (defined as pain that lasts more than 3 months), the ACP **recommends selecting non-pharmacologic treatments for chronic low back pain first**, including mindfulness-based stress reduction (MBSR), yoga, progressive relaxation, operant therapy, and cognitive behavioral therapy (CBT).

2023 WORLD HEALTH ORGANIZATION (WHO)² RECOMMENDATIONS:

- The WHO guideline for the non-surgical management of chronic primary low back pain recommends psychological interventions including structured and standardized education and/or advice, operant therapy, and cognitive behavioral therapy (CBT).

FIRST-LINE TREATMENT RECOMMENDATION VIA THE ACP¹:

- Nonpharmacologic interventions are recommended as first-line treatment (even before NSAIDs) due to their lower associated risks compared to pharmacologic options. Detailed recommendation from the ACP:
 - “For treatment of chronic low back pain, clinicians should select therapies that have the fewest harms and lowest costs because there were no clear comparative advantages for most treatments compared with one another. Clinicians should avoid prescribing costly therapies; those with substantial potential harms, such as long-term opioids (which can be associated with addiction and accidental overdose); and pharmacologic therapies that were not shown to be effective, such as TCAs [tricyclic antidepressants] and selective serotonin reuptake inhibitors [SSRIs].”

HOW LIN ALIGNS WITH ACP AND WHO GUIDANCE:

Delivers First-Line, Non-Pharmacologic Therapies: Lin offers cognitive behavioral therapy (CBT), mindfulness, relaxation, and education – core treatments recommended before medications.

Structured, Low-Risk Support Model: Lin’s care is personalized, affordable, insurance-covered, and overall designed to avoid costly or high-risk interventions.

Accessible, Longitudinal Care: Patients get consistent behavioral support, delivered virtually, to reinforce lasting improvements in function and pain.

¹ Qaseem A, Wilt TJ, McLean RM, Forciea MA. Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians. *Annals of Internal Medicine*. 2017;166(7):514-530. doi:<https://doi.org/10.7326/m16-2367>

² WHO. WHO guideline for non-surgical management of chronic primary low back pain in adults in primary and community care settings. www.who.int. Published December 7, 2023. <https://www.who.int/publications/i/item/9789240081789>