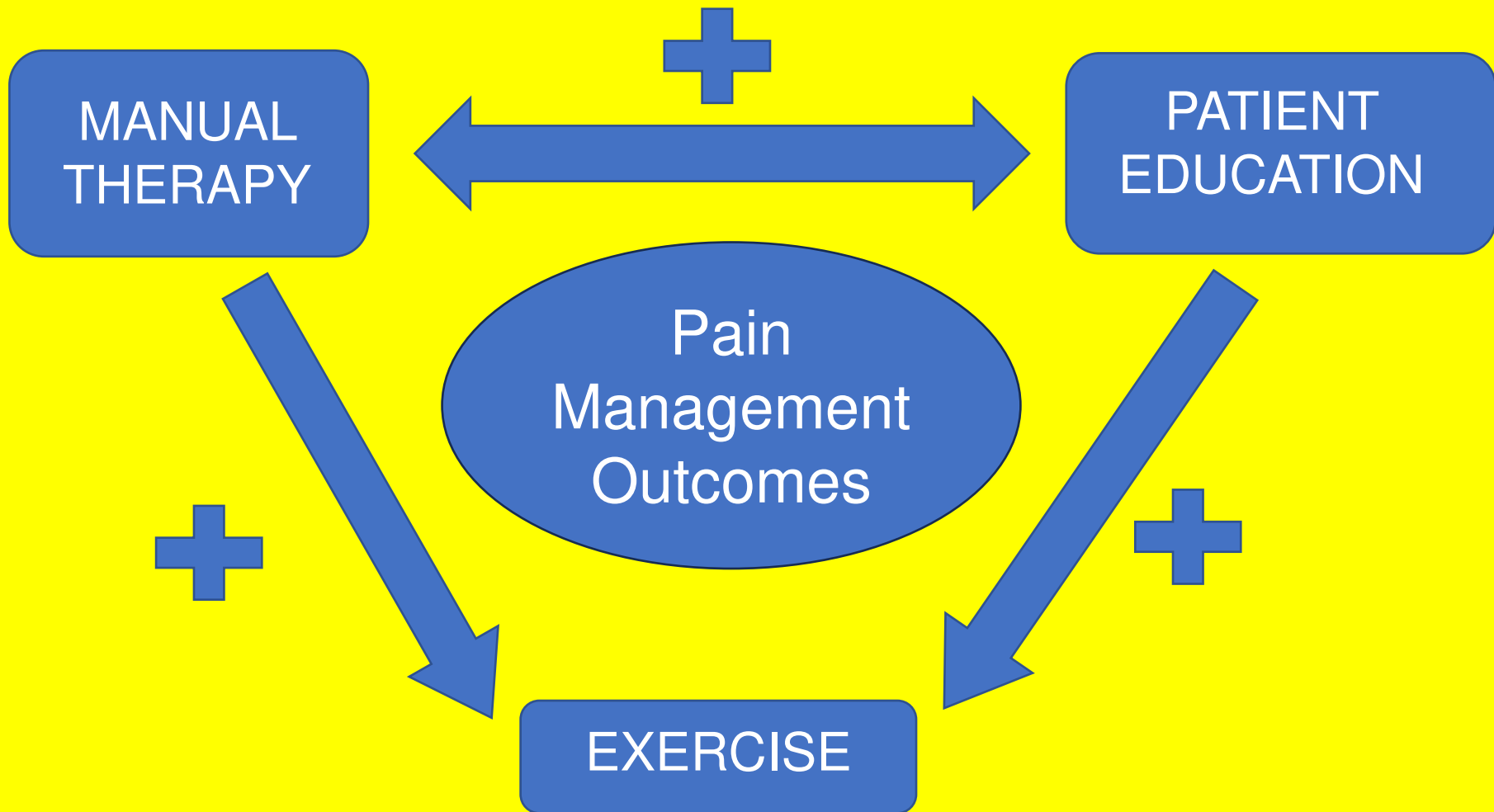


KEY FINDINGS: 2021 CPG FOR LBP



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Exercise		Manual Therapy		Education		Classification Systems	
General Exercise	Acute LBP (B) Chronic LBP (A) Older adults (A) Post-operative LBP (C)	Thrust or Nonthrust Joint Mobilization	Acute LBP (A) Chronic LBP (A)	Active Education Strategies	Acute LBP (B)	Treatment based classification (TBC)	Acute LBP (B) Chronic LBP (C)
Movement control exercises	Chronic LBP (B)	Soft Tissue Mobilization	Acute LBP (B) Chronic LBP (B)	Standard Education Strategies	Chronic LBP (B)	Mechanical Diagnosis and Therapy (MDT)	Acute LBP (C) Chronic LBP (B)
Trunk muscle activation	Chronic LBP (A)	Dry Needling	Chronic LBP (C)	Pain Neuroscience Education (PNE)	Chronic LBP (A)	Prognostic Risk Stratification	Chronic LBP (B)
		Neural Mobilization	Chronic LBP (B)	Active Treatments	Chronic LBP (A)	Pathoanatomic classification	Chronic LBP (B)
		Mechanical Traction	Chronic LBP (D)	General Education	Post-operative LBP (B)	Cognitive Behavioral Therapy (CBT)	Chronic LBP (C)
						Movement System Impairment	Chronic LBP (C)

CPG Grades:
A = Strong Evidence, Should utilize

B = Moderate Evidence, may utilize

C = Weak Evidence, can utilize

D = No Evidence, should NOT utilize