

THE IMPACT OF GOAL SETTING ON PAIN AND DISABILITY RATINGS OF OLDER VETERANS RECEIVING CHIROPRACTIC CARE FOR CHRONIC LOW BACK PAIN.

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OBJECTIVE

The aim of this pilot study was to investigate goal setting in adjunct to chiropractic care and what impact this may have on reducing pain and disability in older adult Veterans with chronic low back pain (cLBP.)

METHODS

10 Veterans were randomized into 2 groups:

1. **Intervention**
2. **Control**

Participants completed a series of outcome measures for pain, mobility, and pain-related disability ratings.

Participants completed a trial of "standard care" consisting of:

- **Spinal Manipulative Therapy**
- **Exercises**
- **Pain Education**

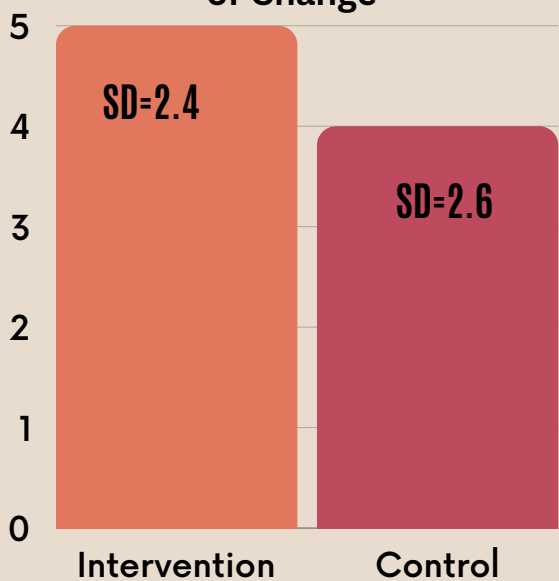


The intervention group selected a specific "goal/activity" and answered correlating questions. They were coached by the provider on how to achieve these goals similar to a "SMART" goal approach.

RESULTS

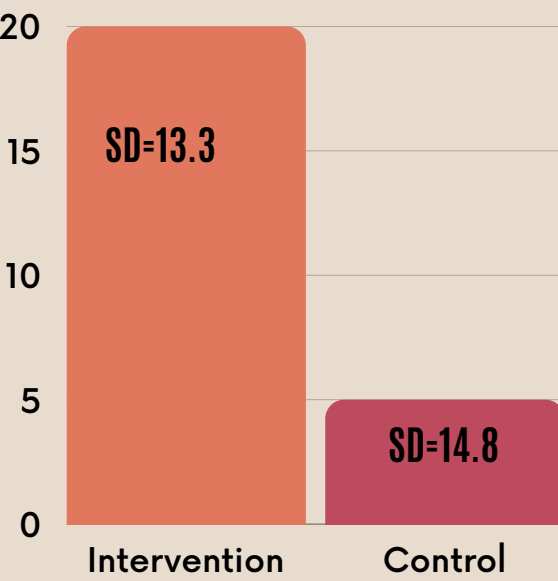
The intervention group had a higher average self-perception of benefit after treatment.

Average Score Global Rating of Change



The intervention group had greater improvement in disability outcome measures.

Average Score Global Rating of Change



Within the intervention group, participants reported increased ability to perform their goal as well as reduced pain while performing and reduced fear to perform.



"TAKE-AWAYS"

Older Veterans with cLBP had a perceived benefit from chiropractic interventions and were able to achieve specific goals.

Further investigation in determining the extent that chiropractic interventions may have on achieving goals and reducing pain and disability in older adults is warranted.