Effectiveness of conservative interventions including exercise, manual therapy was superior to exercise alone, but only at the shortest follow-up (SMD (NSAIDS) had a small to moderate SMD of −0.29 (95% CI −0.53 to −0.05) compared with placebo. Nonsteroidal anti-inflammatory drugs (NSAIDs) had a small to moderate SMD of −0.51, 95% CI −0.89 to −0.13. Nonsteroidal anti-inflammatory drugs (NSAIDs) had a small to moderate SMD of −0.51, 95% CI −0.89 to −0.13.

Results:

Conclusion:

Inspire you to rethink your definition of health and reimagine your approach to patient care.