



General  
Osteopathic  
Council

EMBARGOED: 00.01 hrs Wednesday 27 May 2009

Press release

**GOsC welcomes new evidence-based guidance on  
treatment of back pain**

Patients will benefit from an innovative new approach to low back pain treatment, according to new guidelines published today by the National Institute for Health and Clinical Excellence (NICE).

Manual therapy, as practised by osteopaths, which includes spinal manipulation, mobilisation and massage, is recommended by NICE to assist clinicians improve the early management of persistent non-specific low back pain. *Low back pain: Early management of persistent non-specific low back pain* focuses on patients who "have been in pain for longer than six weeks but less than one year, where pain may be linked to structures in the back such as joints, muscles and ligaments".

"The GOsC welcomes recommendations that will improve patient access to sound, evidence-based care for a health problem that causes 2.5 million people each year to seek help from their GP," says Evlynne Gilvarry, Chief Executive & Registrar of the General Osteopathic Council (GOsC), the UK Statutory Regulator of Osteopaths.

"Osteopaths are playing an increasingly central role in tackling this costly and debilitating condition. These recommendations will help health professionals work together to provide each patient with effective care best suited to their needs. NICE has provided the clear and consistent advice much-needed by patients and practitioners."

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## **NOTES TO EDITORS**

### **About the guideline**

1. The guideline – *Low back pain: Early management of persistent non-specific low back pain* – was developed by the National Collaborating Centre for Primary Care. The Collaborating Centre worked with a group of healthcare professionals and patients, who reviewed the evidence and drafted the recommendations. The recommendations were finalised after public consultation.
2. This guideline covers the early treatment and management of persistent or recurrent low back pain, defined as non-specific low back pain that has lasted for more than 6 weeks, but for less than 12 months. Copies of the guideline, quick reference guide and advice for patients are available at: [www.nice.org.uk/CG88](http://www.nice.org.uk/CG88).

### **About the General Osteopathic Council**

3. The General Osteopathic Council (GOsC) has a statutory duty to regulate the practice of osteopathy in the UK. Osteopaths must be registered with the GOsC in order to practice in the UK.
4. We work with the public and the profession to promote patient safety by:
  - registering qualified professionals
  - setting, maintaining and developing standards of osteopathic practice and conduct
  - assuring the quality of osteopathic education
  - ensuring continuing professional development
  - helping patients with concerns or complaints about an osteopath.
5. The 2009 Statutory Register of Osteopaths provides a geographical index of all practising osteopaths, and is available to the general public and to healthcare providers online at: <http://www.osteopathy.org.uk>

### **About the National Institute for Health and Clinical Excellence**

6. The National Institute for Health and Clinical Excellence (NICE) is the independent organisation responsible for providing national guidance on the promotion of good health and the prevention and treatment of ill health.