

Author's Accepted Manuscript

Acupuncture for the prevention of tension-type headache (2016)

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PII: S1550-8307(17)30123-4

DOI: <http://dx.doi.org/10.1016/j.explore.2017.04.018>

Reference: JSCH2209

To appear in: *Explore: The Journal of Science and Healing*

Cite this article as: Alison Whitehead and L. Susan Wieland, Acupuncture for the prevention of tension-type headache (2016), *Explore: The Journal of Science and Healing*, <http://dx.doi.org/10.1016/j.explore.2017.04.018>

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SECTION HEAD: COCHRANE REVIEWS

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Yoga for Chronic Non-Specific Low Back Pain

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Citation: Wieland LS, Skoetz N, Pilkington K, Vempati R, D'Adamo CR, Berman BM. Yoga treatment for chronic non-specific low back pain. Cochrane Database of Systematic Reviews 2017, Issue 1. Art. No.: CD010671. DOI: 10.1002/14651858.CD010671.pub2.

Abstract

Background

Non-specific low back pain is a common, potentially disabling condition usually treated with self-care and non-prescription medication. For chronic low back pain, current guidelines state that exercise therapy may be beneficial. Yoga is a mind-body exercise sometimes used for non-specific low back pain.

Objectives

To assess the effects of yoga for treating chronic non-specific low back pain, compared to no specific treatment, a minimal intervention (e.g. education), or another active treatment, with a focus on pain, function, and adverse events.

Search methods

We searched CENTRAL, MEDLINE, Embase, five other databases and four trials registers to 11 March 2016 without restriction of language or publication status. We screened reference lists and contacted experts in the field to identify additional studies.

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