

# ACP Guidelines for Low Back Pain: ‘Anything, ANYTHING But Opioids’

PHILADELPHIA, PA - Last week, the [American College of Physicians \(ACP\)](#) published [new recommendations for the management of nonradicular low back pain](#) in the [Annals of Internal Medicine](#) advocating nonpharmacologic treatment since “most patients... improve over time regardless of treatment.” It went on to say, “Look, we’ll be blunt: use anything you want, just not narcotics, okay?”



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Nonpharmacologic therapies include superficial [heat](#), [massage](#), [acupuncture](#), spinal manipulation, mindfulness-based stress reduction, tai chi, [yoga](#), motor control exercise, progressive relaxation, electromyography biofeedback, low-level laser therapy, operant therapy, and cognitive behavior therapy.

But that’s not all.

The list of nonpharmacologic treatment continued: [video games](#), [Sudoku](#), [juggling](#), tightrope walking, bungee jumping, yodeling, [archery](#), backgammon, rodeo, using your imagination, [story time](#), and tickling matches. The recommendations then went on to say that if pharmacologic therapy is desired, then the best choices would be [NSAIDs](#) or [muscle relaxants](#). That’s it. No opioids. Hallelujah!

“Look, let me put it this way,” explained ACP spokesperson Bill Sullivan. “Use anything, *anything*, ANYTHING, I don’t care if you make it up, whatever, just

don't use narcotics. DON'T. Those things are the WORST. And definitely no [Dilaudid](#)."

ACP FTW!