

Table 4

Possible treatment options for chronic low back pain

- Exercise
- NSAIDs/paracetamol
- Opioids
- Tricyclic antidepressants (low dose)
- Neuropathic agents: gabapentin/pregabalin (for radiculopathy)
- Muscle relaxants
- Manual therapy
- Behavioural therapy (CBT, acceptance and commitment therapy)
- Multidisciplinary treatment programmes
- Acupuncture
- Epidural injections of steroid and local anaesthetic
- Trigger point injection
- Spinal fusion surgery
- Transcutaneous electrical nerve stimulation