

Low back pain, genetics, and chiropractic preventative care:

A longitudinal case study [Abstract]

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Indexing terms: Chiropractic; SOT; LBP; heredity; active care; patient motivation.



Objective:

To discuss how preventative chiropractic care might play a role in genetic related low-back pain.

Clinical Features

A 70-year-old female has been under chiropractic care for over 30-years. Both her parents and three siblings have all had multiple low-back and hip surgeries. While she has had some low-back and hip related issues, she is the only person in her family to receive chiropractic care, and in contrast to the rest of her family has been fully functional.

Intervention and Outcome:

Monthly chiropractic care at this office utilised sacro occipital technique, soft tissue manipulation, and therapeutic exercise to improve kinematic chain balance and function. The patient is highly motivated and approximately 10-years ago began to include an active yoga practice along with her chiropractic care. While she has had some hip and low-back flare-ups she has been fully functional regularly riding her bicycle, hiking, and has been able to not need surgery.

Conclusion:

Many of the low-back twin studies have demonstrated a relationship between hereditary/genetics and low-back pain. There may be a higher need for early chiropractic preventive care for the treatment of low-back/hip pain when there are heritable. familial characteristics.

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About the practitioner



Charles L Blum DC, CSCP is in private practice *Santa Monica, California* and past president of SOTO – USA, now their research chair. He serves as Adjunct research faculty at *Cleveland Chiropractic College* and associate faculty at *Southern California University of Health Sciences* teaching the SOT Elective. Dr. Blum is a Certified SOT Cranial Practitioner, and on the peer review board of the *Journal of Craniomandibular and Sleep Practice* (CRANIO), *Association of Chiropractic College Conference Peer Review Committee*, *Journal of Contemporary Chiropractic*, *Asia Pacific Chiropractic Journal*, and *Journal of Chiropractic Medicine*. He has lectured nationally and internationally, has written various SOT related texts, compiled SOT and cranial related research, and has extensively published in multiple peer reviewed indexed journals and at research conferences from 1984 to the present.



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