



University of Washington Clinical Learning, Evidence and Research (CLEAR) Center

CLEAR Center Webinar

Spinal Manipulation and Clinician-Supported Biopsychosocial Self-Management for Acute Back Pain: The PACBACK Randomized Clinical Trial

Speakers: Dr. Gert Bronfort & Dr. Brent Leininger



**Monday
August 17, 2026
8-9 AM PST**

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Summary of talk:

Dr. Bronfort and Leininger will present the results from PACBACK, a phase III randomized trial including 1000 adults with acute or subacute low back pain at increased risk for chronicity. The trial assessed the effectiveness of clinician-supported biopsychosocial self-management (SSM), spinal manipulation therapy (SMT), and these two therapies combined relative to guideline-based medical care. The trial had two primary research objectives: to determine the relative effectiveness of these strategies for 1) reducing pain and disability over one year and 2) prevention of impactful chronic low back pain at one year.

Gert Bronfort, DC, PhD

Dr. Bronfort is a Professor in the Integrative Health & Wellbeing Research Program within the Earl E. Bakken Center for Spirituality & Health at the University of Minnesota.

He has been a leader in research investigating conservative and integrative care for disabling and costly musculoskeletal pain conditions. Long a proponent of interdisciplinary collaboration, Dr. Bronfort has formed numerous regional, national, and international partnerships to conduct innovative, high-impact patient-oriented research. He has led numerous federally funded randomized clinical trials investigating manual therapies, exercise, and self-care, and has authored several high-profile systematic reviews.



Brent Leininger, DC, MS, PhD

Dr. Leininger is an Associate Professor in the Integrative Health & Wellbeing Research Program within the Earl E. Bakken Center for Spirituality & Health at the University of Minnesota.

He is clinically trained as a chiropractor and received both his Master's in Clinical Research and PhD in Health Services Research, Policy, & Administration from the University of Minnesota. His research focuses on the clinical and cost-effectiveness of non-drug and self-management treatments for pain and he has over 15 years of experience conducting clinical trials of these approaches.

