



ENAR CHRONIC PAIN RESEARCH RESULTS

A Macquarie University Centre For Health & Chiropractic
Randomised Control Pilot Study On The Use of ENAR

Project Aims....

To evaluate ENAR as a treatment alternative compared to an already established protocol (TENS).
To target people with chronic neck pain as participants
To evaluate ENAR's effectiveness compared to both TENS and a control (SHAM) treatment
To evaluate the ENAR therapy using both subjective and objective measurements in a controlled and consistent environment

Why study neck pain ?

"Neck pain is second only to low back pain as the most common musculoskeletal disorder in population surveys and primary care, and, like low back pain, it poses a significant health and economic burden, being a frequent source of disability." Ferrari et. al 2003

so in Broad Summary...

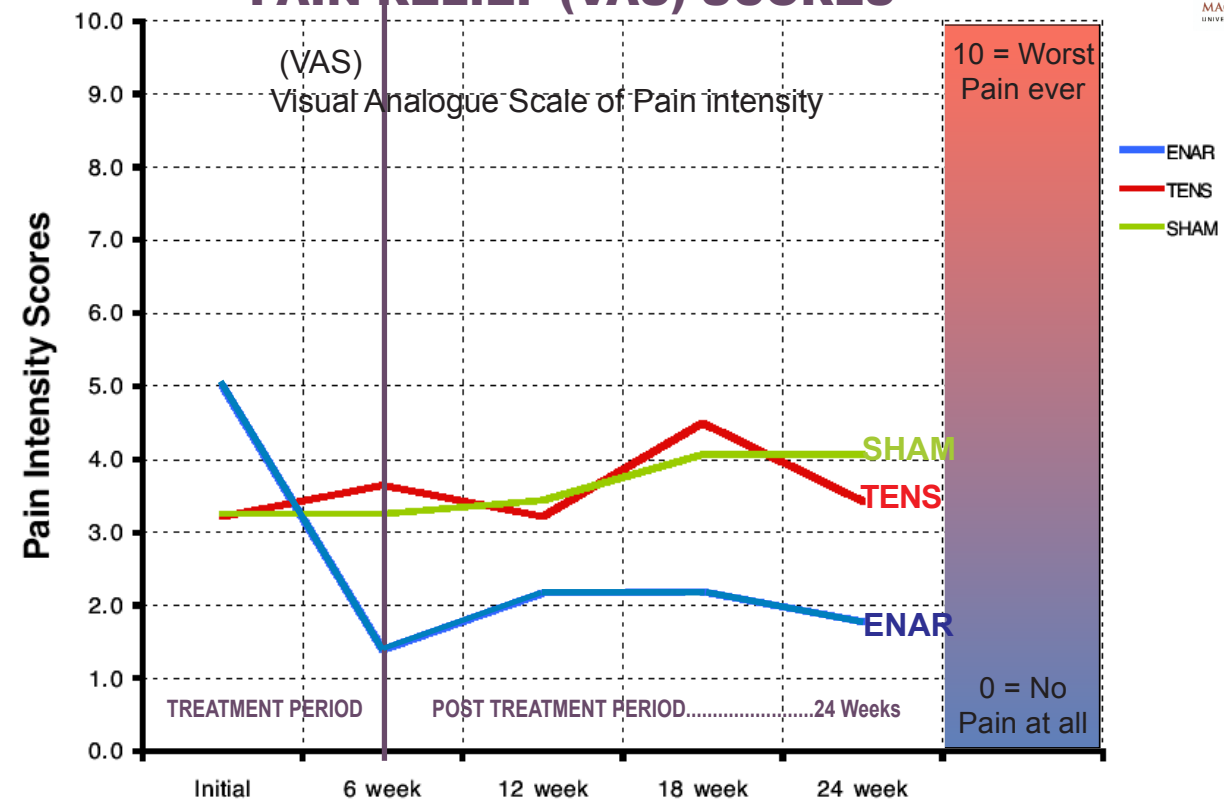
25% of people already have, or will have, chronic neck pain
These people will be twice as likely to be female than male
The causes of chronic neck pain are not only physical
Treatments are varied and effectiveness is inconclusive
Cost of treating patients is increasing

And the choice of treatment ?

ENAR has now proven to achieve
"DRAMATIC and SUSTAINED"
(6 months minimum) **PAIN REDUCTION**
plus **FUNCTIONAL IMPROVEMENTS**
plus **GENERAL HEALTH IMPROVEMENT**

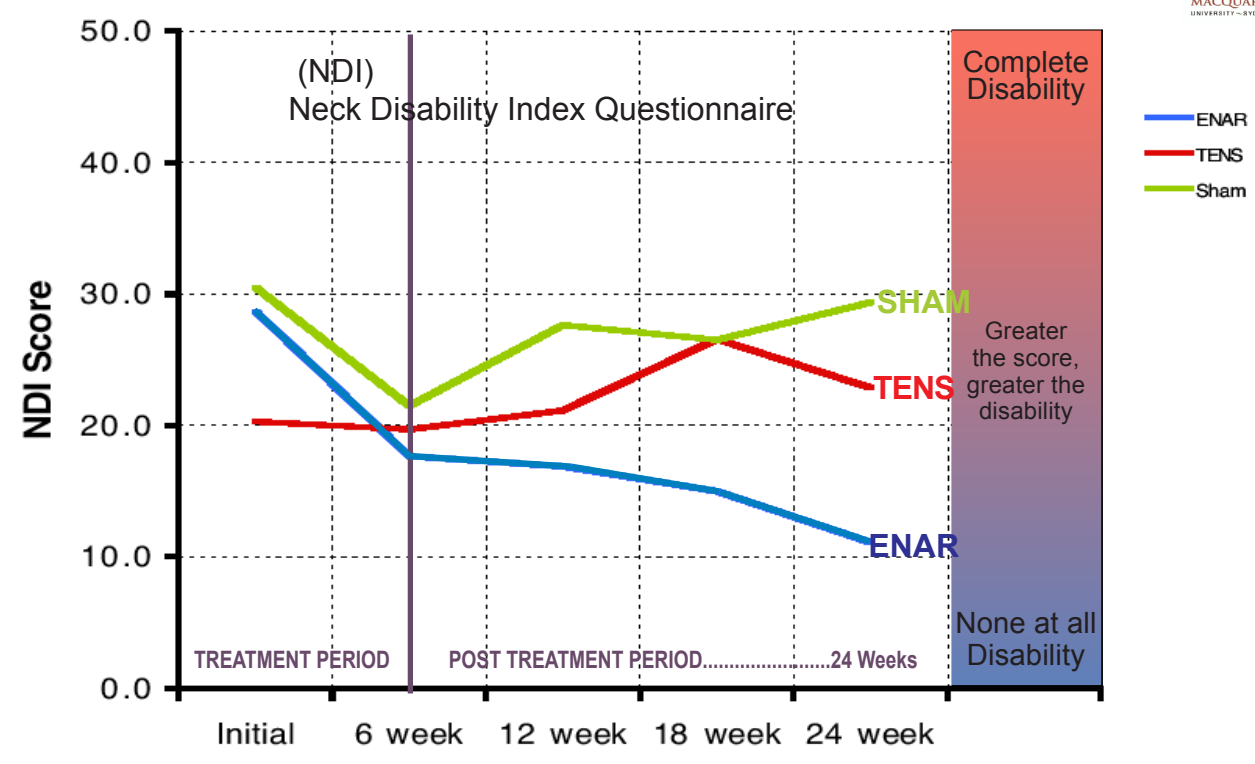
Research Graphs inside.....

PAIN RELIEF (VAS) SCORES



“DRAMATIC and SUSTAINED” PAIN REDUCTION (6 months)

NECK DISABILITY INDEX (NDI) SCORES

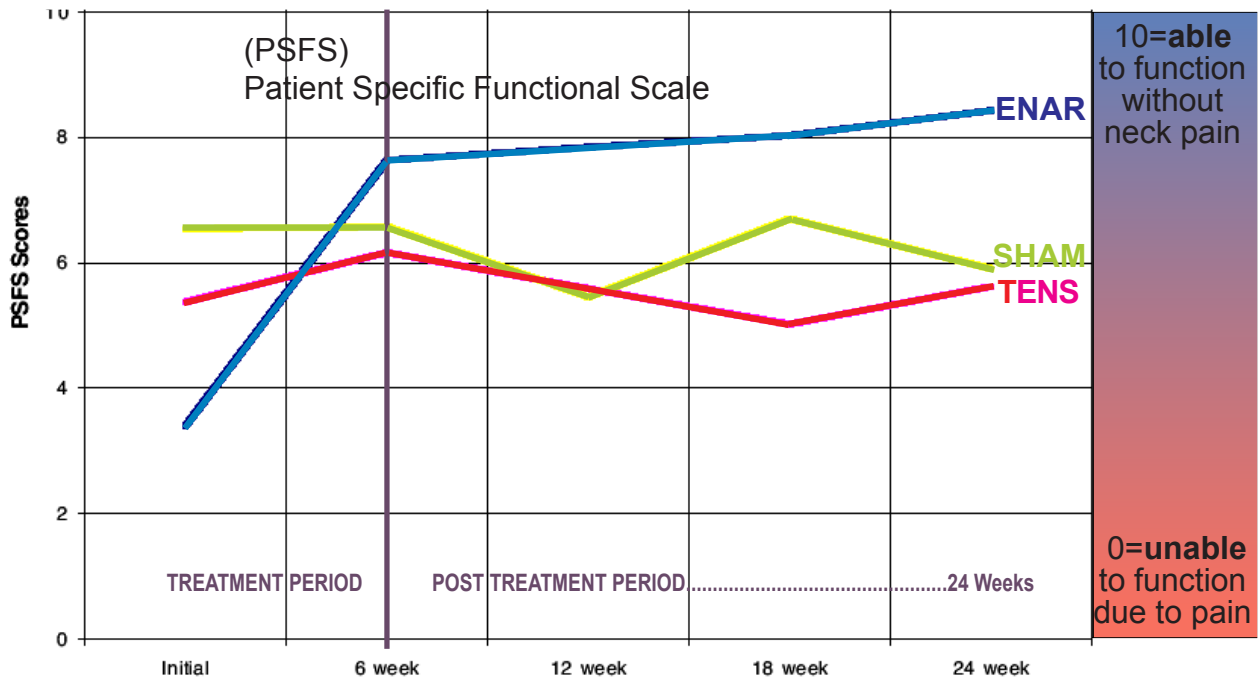


“DRAMATIC and SUSTAINED” DISABILITY REDUCTION (6 months)

PATIENT SPECIFIC FUNCTIONAL(PSFS) SCORES

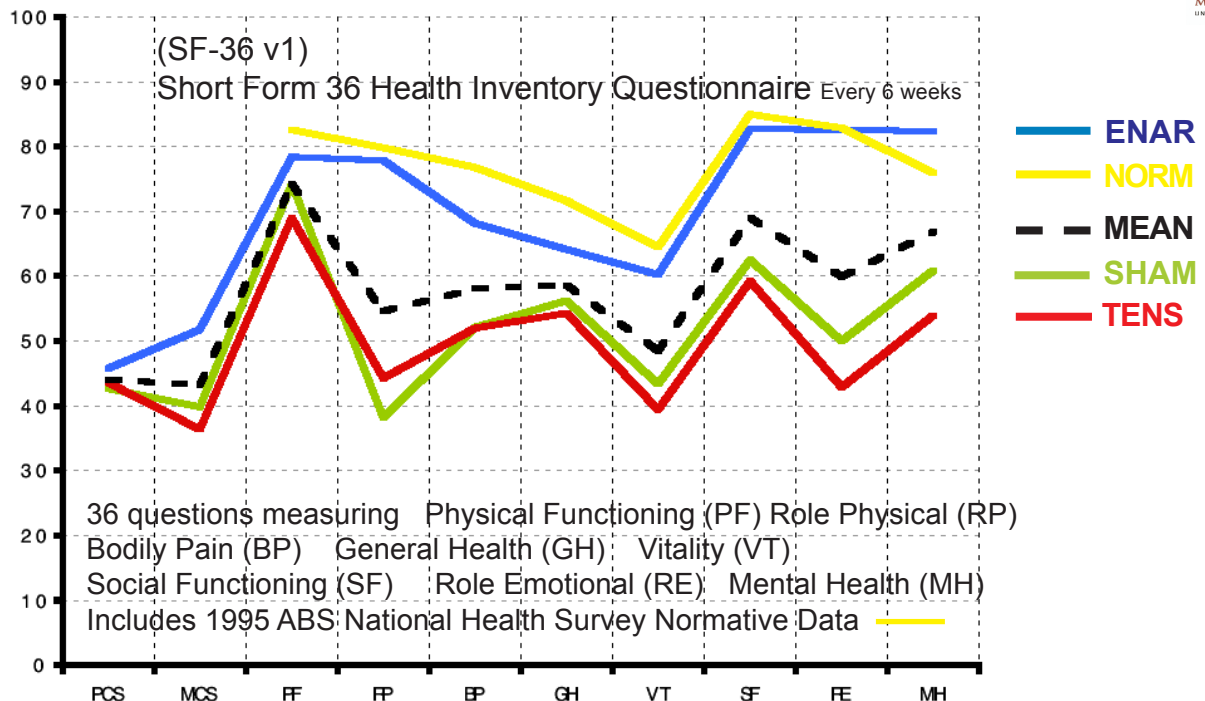


Patient selects up to five activities that are affected by their neck pain



“DRAMATIC and SUSTAINED” FUNCTIONAL IMPROVEMENT (6 months)

GENERAL HEALTH SCORES



HSQ(SF-36 Version 1: 0-100 scores, Standard Form). Norms used for all males and females for all agegroups. SF-36v1 Norms used from the Australian Bureau of Statistics (ABS) - 1995 National Health Survey (NHS) Means and StDevs are calculated using ALL cases from each group (inclusive of missing and zero scores)

“SUSTAINED” GENERAL HEALTH IMPROVEMENT (6 months)

The effectiveness of treating Chronic Pain with a new electro-physical device ENAR® compared to TENS:

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Project Outline....

6 weeks treatment period, with assessment follow-up to **6 months**

ENAR treatment protocol:

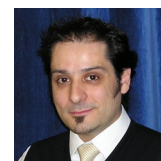
Treating "Sticky Points" within
Step 1 - Primary Point/s of Pain
Step 2 - Secondary Collar Zone
Step 3 - 3 Spinal Pathway Tracts

Total treatment sessions:

12 (x20 mins each) over 6 weeks
Week 1-2: 3 treatments per week
Week 3-4: 2 treatments per week
Week 5-6: 1 treatment per week



Research Project conclusion:



“ ENAR has been successful in

- *Providing both short & long term reductions in neck pain intensity.*
- *Providing short & long term improvement in patient specific function.*
 - *Causing clinically observable reductions in neck disability.*
 - *Providing both short and long term improvements in both physical and psychological parameters. ”*

Authors....

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