

Can soft hands-on therapies give hard-core evidence?

Apart from the prolonged resistance of some doctors in conventional medicine to 'Alternate therapies' there is a general and profound shift going on to find genuine therapeutic solutions to fit into the newer, broader 'Good Medicine' paradigm. With this movement, from "Alternate' to" Complementary", there is a definite requirement for hands-on therapies of all sorts to confirm the effectiveness of their craft with solid EVIDENCE. Unfortunately there is very little of such hard evidence about. Even the Chiropractors over decades have been unable to produce hard RCT (randomized control trial) evidence to confirm the efficacy of their craft. So it comes as a big and pleasant surprise when a new type of therapeutic device is able to show convincingly that it can 1) Reduce Chronic Pain and 2) Improve Functionality/Reduce Disability for a sustained period.

The ENAR is a new-to-the-West hand-held personal therapeutic medical device with SCENAR on-board technology. It is an electro-stimulation device that utilizes computer modulated 'Reflex Bio-feedback' to interactively treat problems through the skin. Originating in part from a study of 'Zonal Contact Massage' and then developed through the Russian Space program, and visible in the West only since Perestroika, SCENAR type therapy has become a main-stream Russian medical modality. SCENAR therapy in Russia was reported over the last few years to achieve great results, so great that Westerners have often found these reports literally unbelievable. The ENAR Space Healer however has begun replicating the same type of results in formal university research here in Australia. . The ENAR is now listed with the ARTG in Australia.

Macquarie University in Sydney has just completed a pilot study, a full randomised control trial, that shows the ENAR not only gives swift relief from chronic (neck) pain and improved functionality but also, coincidentally, improved mental and emotional health. The best part however is that all these improvements were shown to be sustained at the six months review, which is well AFTER the end of the 6 week treatment period. **It seems now that the new ENAR hand-held therapy device has been confirmed as a significant new tool for hands-on body-workers of all types.**

The Research Project by Macquarie University revealed some interesting support facts:

“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. While most individuals with acute neck pain do not seek health care, those that do, account for a disproportionate amount of health care costs”. Ferrari et. al 2003

- 25% of you already have, or will have, chronic neck pain
- You will be twice as likely to be female than male
- The causes are not only physical (include environmental factors)
- Treatments are varied and their effectiveness is inconclusive
- Cost of treating patients is increasing and there is no sign of slowing down

The Project Treatment Regime

used a total of twelve, 20-minute ENAR sessions, over six weeks, as follows:

- Week 1-2: 3 treatments per week,
- Week 3-4: 2 treatments per week,
- Week 5-6: 1 treatment per week

The Project Treatment Protocol

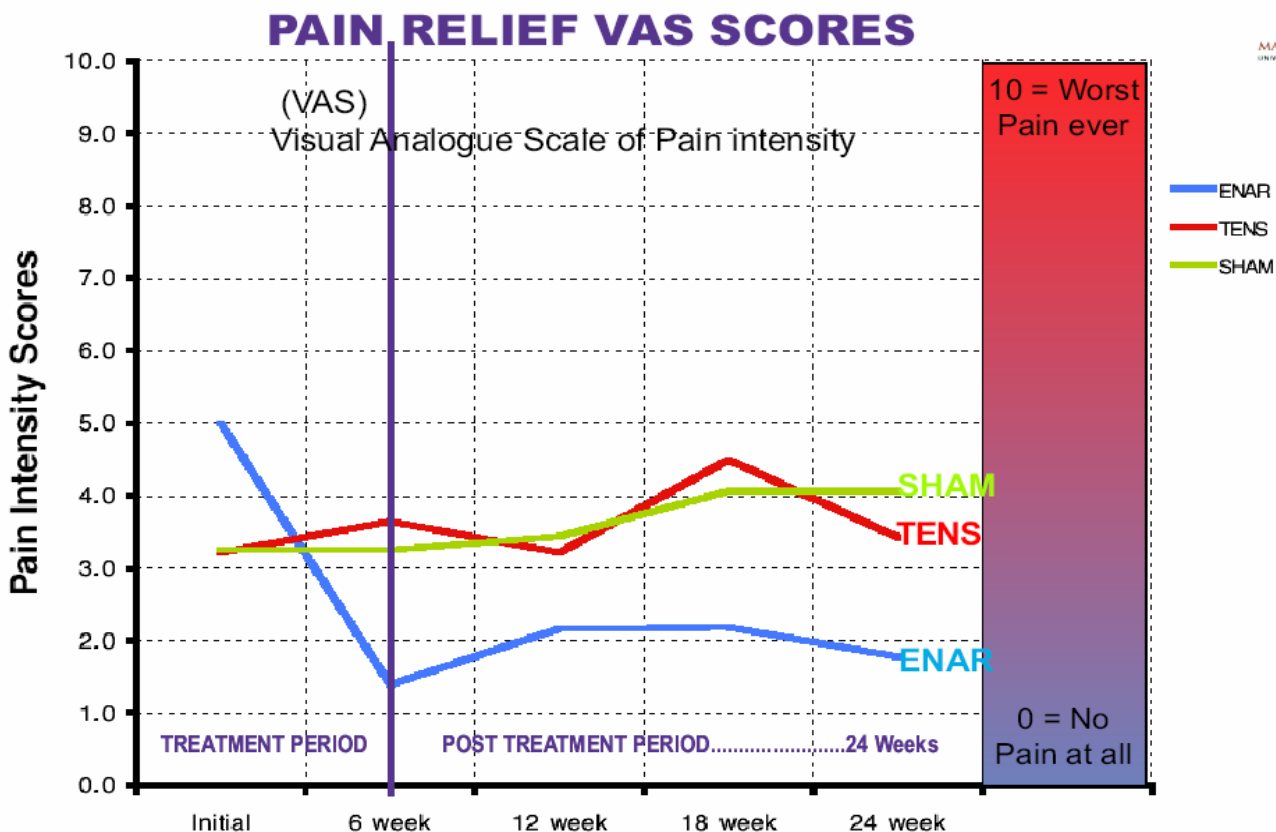
used a 3 Step 20-minute ENAR sequence, (the SHAM used an ENAR device and sequence also but it was switched off, and the TENS was used conventionally.)

- Step 1 - Primary Point of Pain treatment for 5 minutes
- Step 2 - Secondary Collar Zone- “Sticky Points”, brushing for 10 minutes
- Step 3 - 3 Spinal Tracts brushing for 5 minutes

The Project Aims were

- To target people with chronic neck pain as participants. And To evaluate ENAR as a treatment alternative to an already established protocol (TENS).
- To evaluate ENAR’s effectiveness 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

The Project Results overall are depicted in the following graphs



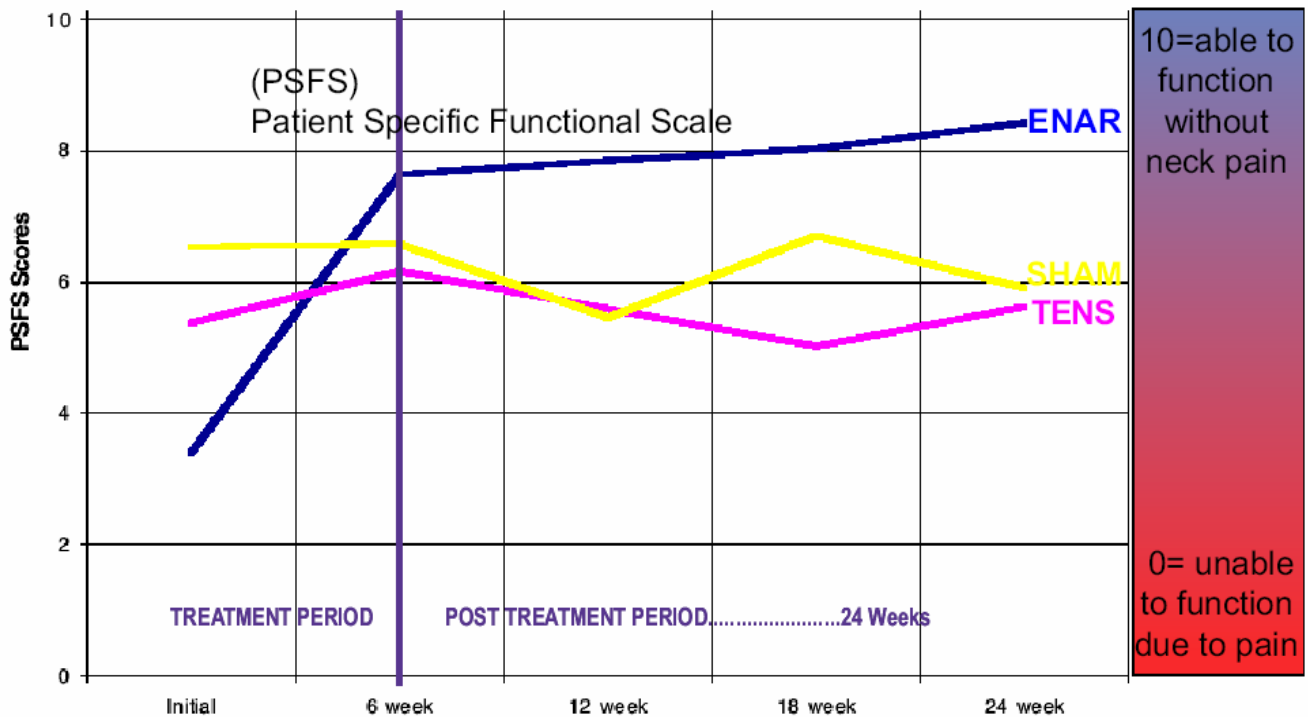
“DRAMATIC and SUSTAINED” PAIN REDUCTION



PATIENT SPECIFIC FUNCTIONAL SCORES

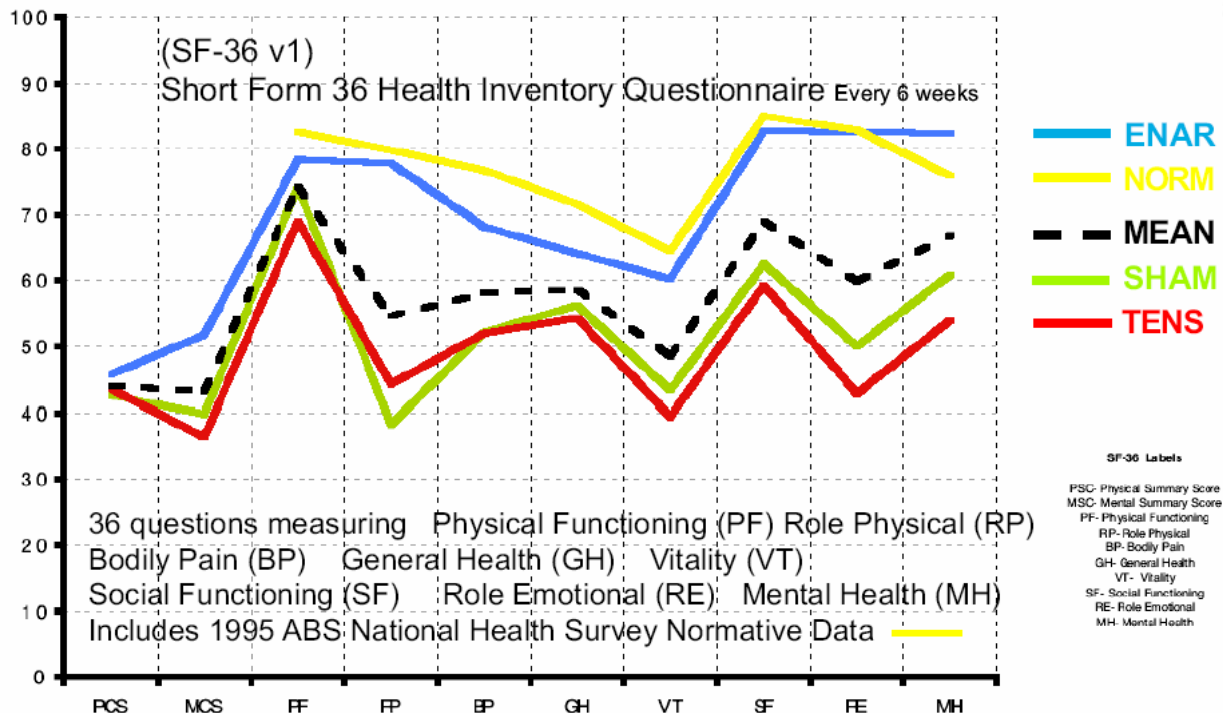


Patient selects up to five activities that are affected by their neck pain



“DRAMATIC and SUSTAINED” FUNCTIONAL IMPROVEMENT

GENERAL HEALTH SCORES



“DRAMATIC and SUSTAINED” HEALTH IMPROVEMENT

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)

And the conclusion?....

***“ENAR has been successful in;
Providing both short and long term reductions in neck pain intensity
Providing long term improvement in both neck and patient specific function.
Causing clinically observable reductions in neck disability.
Providing both short and long term improvements in both physical and
psychological parameters.”***

Acknowledgements
Enlightened Therapies
Macquarie University Masters Student Body
Emeritus Professor Don McNeil (MU)
Ms Tara Stevermuer (UOWS)
Mr Lou Petrin (Arrows Scientific)
Dr Ramesh Manocha (UNSW)

Distributors for both ENAR and SCENAR devices and training are Enlightened Therapies.
Ph 1300 305 107 or visit www.enlightenedtherapies.com