Project Focus:

Why study chronic 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

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

Program Protocol:

12 treatments over 6 weeks...

ENAR treatment program:

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

ENAR treatment protocol:

Brushing "Sticky Points" within

Step 1 - Primary Point/s of Pain

Step 2 - Secondary Collar Zone

Step 3 - Three Spinal Pathways

Following initial 6 weeks treatment period, continuing patient assessments up to 6 months



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A Macquarie University Centre For Health & Chiropractic Randomised Control Pilot Study on the use of ENAR



Chronic Neck Pain Related Disability & General Health Research Results



Project Purpose:

To evaluate the effectiveness of

treating Chronic Pain with a new electro-physical device 'ENAR' compared to TENS and a placebo.

Project Aims:

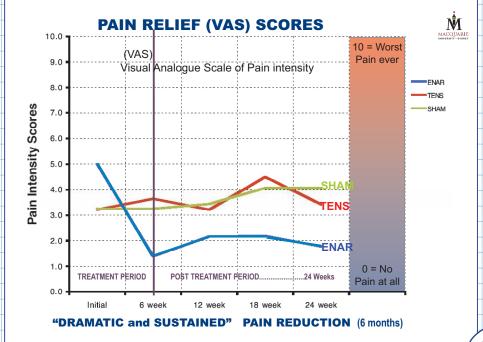
To evaluate ENAR treatment...

- As an alternative compared to an already established protocol (TENS).
- To target participants with chronic neck pain and disability.
- 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.

Project Conclusions:

ENAR has been successful in...

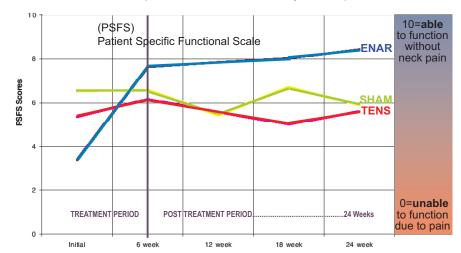
- Providing both short & long term reductions in neck pain intensity.
- Providing short & long term improvement in patient specific function.
- Causing clinically observable reductions in neck disability.
- Providing both short and long term improvements in both physical and psychological parameters.





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

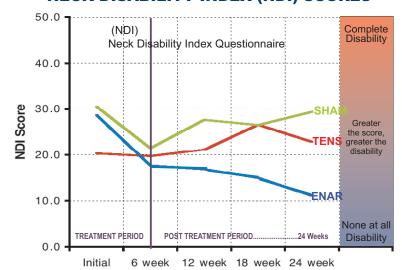


"DRAMATIC and SUSTAINED" FUNCTIONAL IMPROVEMENT (6 months)

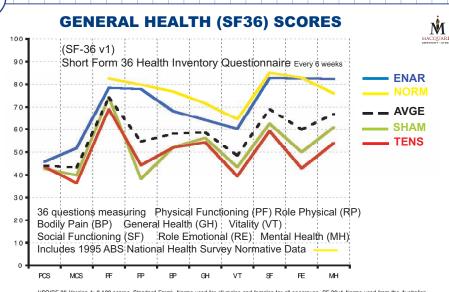
NECK DISABILITY INDEX (NDI) SCORES

-ENAR

TENS



"DRAMATIC and SUSTAINED" DISABILITY REDUCTION (6 months)



HSO(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)

"RESTORED" GENERAL HEALTH (6 months)