



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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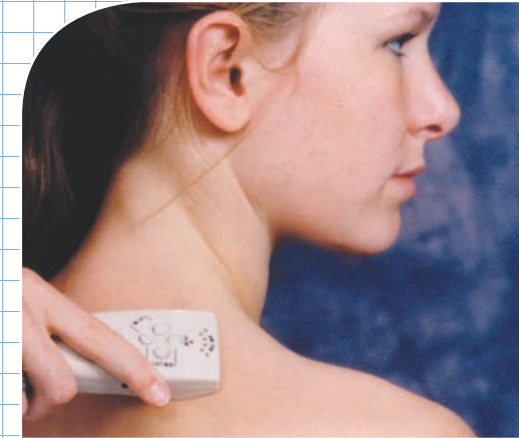


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Chronic Pain & Disability Research Results



Peer reviewed
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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.

