

## 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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# ENAR

## Chronic Pain & Disability 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.

