



**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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**Chronic Neck Pain  
Related Disability  
& General Health  
Research Results**



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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...**

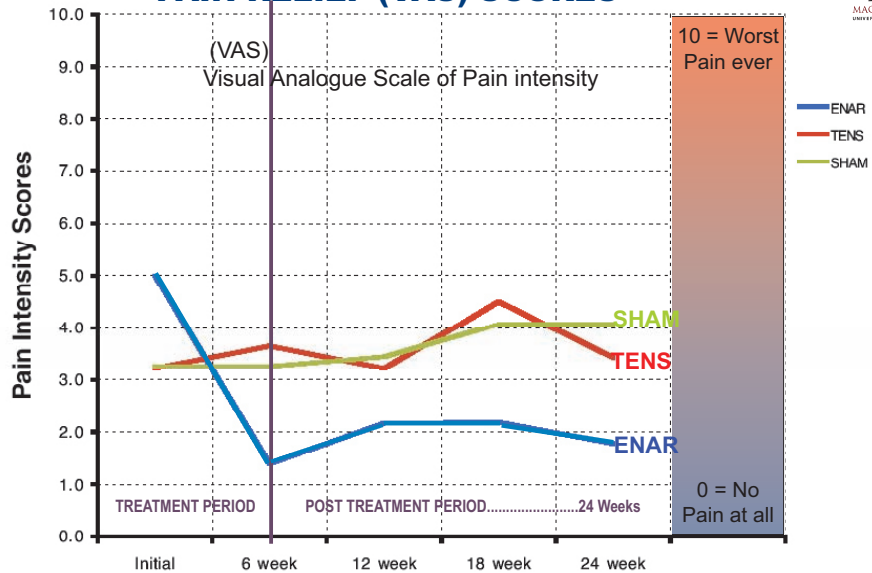
- As an alternative compared to an already established protocol (TENS).
- To target participants with chronic neck pain and disability.
- To evaluate ENAR’s effectiveness compared to both TENS and a control (SHAM) treatment.
- To evaluate the ENAR therapy using both subjective and objective measurements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

**Project Conclusions:**

**ENAR has been successful in...**

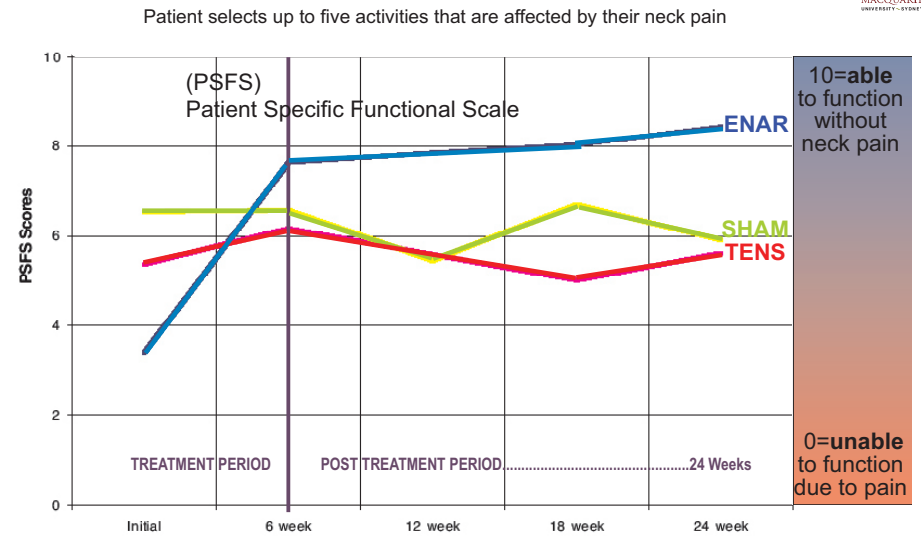
- Providing both short & long term reductions in neck pain intensity.
- Providing short & long term improvement in patient specific function.
- Causing clinically observable reductions in neck disability.
- Providing both short and long term improvements in both physical and psychological parameters.

### PAIN RELIEF (VAS) SCORES



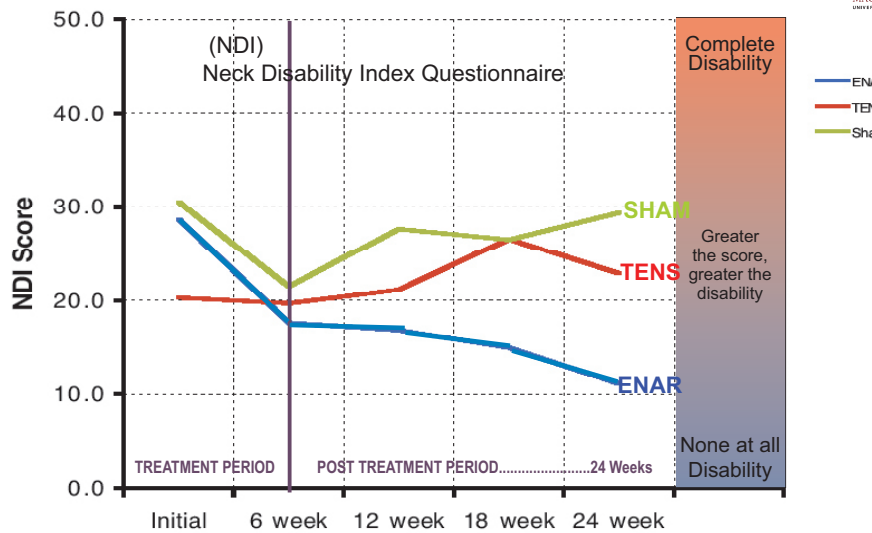
**“DRAMATIC and SUSTAINED” PAIN REDUCTION (6 months)**

### PATIENT SPECIFIC FUNCTIONAL (PSFS) SCORES



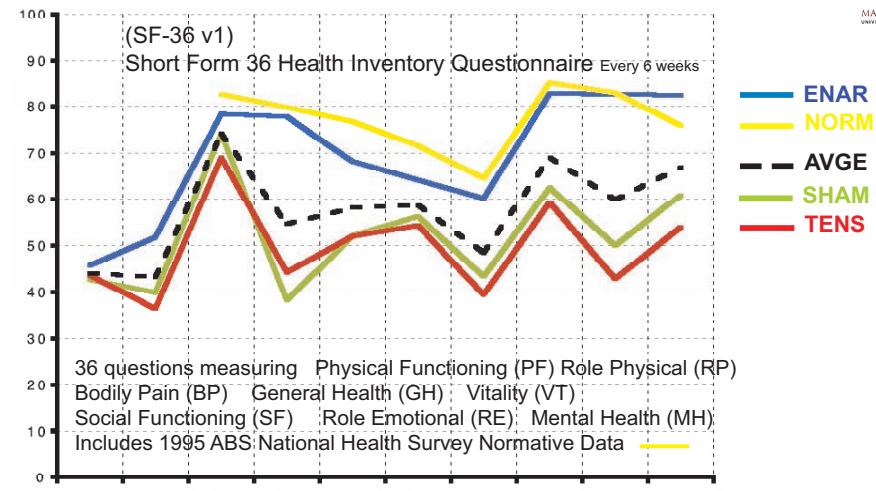
**“DRAMATIC and SUSTAINED” FUNCTIONAL IMPROVEMENT (6 months)**

### NECK DISABILITY INDEX (NDI) SCORES



**“DRAMATIC and SUSTAINED” DISABILITY REDUCTION (6 months)**

### GENERAL HEALTH (SF36) SCORES



**“RESTORED” GENERAL HEALTH (6 months)**

HISQ(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 SDEvs are calculated using ALL cases from each group (inclusive of missing and zero scores)