BRIEF REPORT

Effectiveness of PHYSIUM Massage in chronic neck pain in patients not responding to the standard physiotherapy.

Canadell , Guillem.*

* Màster en Fisioteràpia de l'esport i recuperació a l'activitat física Esc. Univ Gimbernat. 2011

BACKGROUND: massage applied by a Physium may be useful therapies for chronic neck pain.

OBJECTIVE: to evaluate the effectiveness of therapeutic massage administered through PHYSIUM in pain reduction in acute.

DESIGN: Audinal. Prospective study of effectiveness and safety

PARTICIPANTS: in 28 other acute patients (9 patients) and chronic (19 patients) confirmed clinically. Patients received up to 10 sessions of treatment with PHYSIUM to pain recover.

MEASUREMENTS: The study assessed the reduction of pain according to the VAS scale.

RESULTS: PHYSIUM presents a change in pain reduction of 88,4% in acute neck pain patients and a change of 77,8% in patients with chronic neck pain (Fejer et al, 2006). The most important reduction in acute patients was after 2 to 4 sessions and in chronic patients between 5 and 8 sessions.

CONCLUSION: PHYSIUM reduces lower neck pain, with a very good tolerability and safety.

KEY WORDS: massage; chronic neck pain; relapse

The occurrence of musculoskeletal injuries in sport increases daily, one is the neck and consequent restriction of neck mobility, the etiology of which includes physical factors at muscle-tendon and bone, caused by the emotional stress and work overload / sports, leading to a decrease in physical and mental performance of the individual.

The mechanical neck and restriction of mobility of cervical spine, has increasing incidence, mainly in adolescents and young adults who play sport, although prevalent after the fourth decade of life, affecting mostly women; most affected are clerks and professionals involved with electronic data (Hoving et al, 2001).

PHYSIUM is an effective therapeutic approach in the management of this disease, with positive results in the short time in this reference, which allows the athlete / worker keep sporting and active workforce, exceeding the therapeutic drug and even abandon it forever (Wang et al 2003).

These results so far based on hypotheses for the lack of scientific studies on this device, but objective and subjective scores on a daily basis, but currently is in clinical trial and therefore subsequent studies, I wanted to take based those awaiting imminent scientific studies, draw my own conclusions objectively.

This study aims to evaluate the effectiveness of therapeutic massage administered through PHYSIUM in the management of pain and restriction of mobility.

MATERIAL & METHODS

The study was designed as an interventional, analytical, longitudinal, prospective, before-and-after trial.

Population and treatment

Twenty patients (mean of 38.5 years and 7 males and 13 females)with chronic neck pain (Child et al, 2008) (Philadelphia Panel , 2008) who scored >60 mm on a 100-mm visual analogical scale (VAS) (Cullins, 1997), and who failed to the previous 27 sessions of standard physiotherapy treatment were included to a PHYSIUM Massage program with weekly 60-minute sessions. The number of sessions depended on the patient response to the treatment with a minimum of 4 sessions and a maximum of 6 up to normalisation. Patients were examined at baseline and after 4 week or laterup to 6 weeks.

Evaluations

The primary outcomes measure were change of mean pain at rest (VAS) and neck mobility assessed by a goniometer and safety between baseline and the final examination on 4 week or later. Secondary outcomes included relapses collected at 3 months.

RESULTS

No patients were lost to follow-up. All patients reduced pain especially between session 2 (45% of patients) and session 3 (35% of patients). The other 20% were cured at session 4. The three parameters of neck pain mobility (flexion/ Extension; inclination and rotation right and left) show an important improvement during all visits, especially from visit 3 up to the last one. We observed a good relationship between the improvement of neck pain and neck pain goniometry.

Table 1 ***Effect of treatment with PHYSIUM on VAS score (0 to 100 mm) in patients with Neck Pain***

Patients (n = 20)	**Average ± SD**	**Responders**
Baseline	7,6±1,01	
Pain remission at week 2	2,1± 2,30	9 (45%)
Pain remission at week 3	1,4±1,92	7 (35%)
Pain remission at week 4	0	4 (20%)

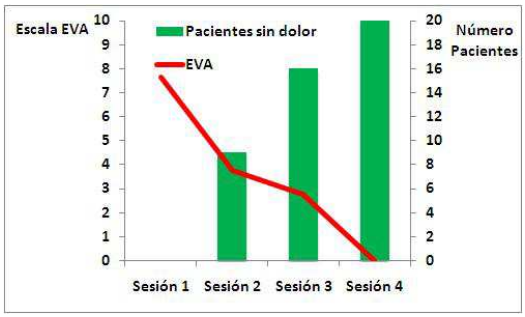

Fig. 1: *Pain reduction (VAS) after treatment with Physium in patients with unstable chronic neck pain non-responders to previous treatments*

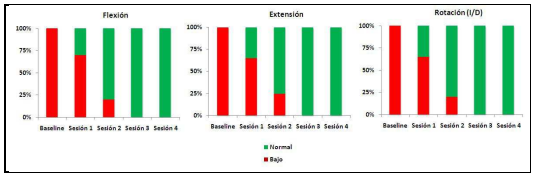

Fig. 2: *Reduction of neck mobility (goniometer) after treatment with Physium in patients with unstable chronic neck pain non-responders to previous treatments*

All patients present a good tolerability to PHYSIUM Massage program with weekly 60-minute sessions.

Significant treatment effects of PHYSIUM were also maintained at 3 months

CONCLUSIONS

In this preliminary trial, PHYSIUM® normalised the neck pain and mobility to the 100% of in chronic neck pain patients who failed to a previous standard therapy, showing a good safety profile.

The effectiveness of PHYSIUM Massage in chronic neck pain was maintained without relapsing during the 3 months observed.

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