

Smart, Chantelle Robyn, 2015 Abstract

Effect Of NeuroTrac MultiTENS On Acute Neck Pain

Objective

The aim of the study was to determine the immediate effect of the **NeuroTrac MultiTENS** device (Verity Medical) on acute neck pain, using the Neck Pain Disability Index, Visual Analogue Scale and the Cervical Range OF Motion (CROM).

Results

The results of the study showed that the **NeuroTrac MultiTENS** device does have a statistically significant immediate positive effect in reducing acute neck pain. It provides a non-invasive, drug-free method of controlling acute pain by transmitting mild electrical impulses via surface electrodes through the skin.

There have been many studies done on Transcutaneous Electrical Nerve Stimulation (TENS) devices, but little on its immediate effect on acute neck pain. Research has shown a positive effect from TENS on chronic conditions but investigations were limited in acute conditions.

Thus the results of the study contribute to the body of knowledge on the **NeuroTrac MultiTENS** device, which may provide a complementary treatment option for acute neck pain.

Participants and Researcher

The 40 participants consisted of males and females between the ages of 18 to 50, who had to be suffering from aching pain in the cervical paraspinal muscles and ligaments with associated muscle spasm, stiffness and tightness in the upper back and shoulders that was present for more than one day and no longer than one week.

The researcher was Chantelle Robyn Smart, a graduate student at the Faculty of Health Sciences, University of Johannesburg, South Africa, for partial fulfilment for a Master's Degree in Technology: Homoeopathy.

Methods

The participants acted as their own baseline control. The researcher was only required to see participants once for one 40-minute session to determine the immediate effect of the **NeuroTrac MultiTENS** device on acute neck pain.

All 40 participants received treatment with the electronic pads placed on the shoulders with treatment being administered for 40 minutes to the participants in a seated position. The **NeuroTrac MultiTENS** device did not change the vital signs

recorded (systolic blood pressure, diastolic blood pressure, respiratory rate, pulse rate and temperature after the administration of the treatment.

The full abstract can be found at

<https://ujcontent.uj.ac.za/esploro/outputs/graduate/The-immediate-effect-of-Neuro-Trac-MultiTENS/9910875407691>.