

Key Point Summary of the Physical and Occupational Therapy in Geriatrics Study

Journal: Physical and Occupational Therapy in Geriatrics, Vol 24(2): 1-17, 2006

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Study Site(s): Genesis Medical Center (Davenport, IA), Premier PT (Evergreen Park, IL, Orland Park, IL and Hinsdale, IL), Westside Retirement Village (Indianapolis, IN), Sonoma Valley Hospital (Sonoma, CA), Helmwood Healthcare (Elizabethtown, KY)

of Subjects: 272

Study Design: This was a retrospective Chart Review in 7 facilities and was based on Prospective, Repeated Measures Analysis.

Protocol Used: All subjects in the study had chronic pain and/or circulatory deficiency in the extremities. The therapy intervention included Anodyne Therapy for pain and circulation and physical therapy interventions such as therapeutic exercise, neuromuscular re-education and/or gait training 3 x per week for an average of 6 weeks.

Pain Endpoint: Numeric Visual Analog scale from 0 – 10

Results : **Patient Demographics (Pre-Treatment)**

	Total
Patients	272
Male	135
Female	137
Age ^a	69 ± 12.3
Mean Number of Treatments	18 ± 10.2
Treatment Time (in minutes)	34.2 ± 9.4

Pain Pre and Post Treatment

All Patients (Pain ≥ 4)	(n = 257)
VAS Pre-Treatment	7.7 ± 1.2
VAS Post-Treatment	4.8 ^a ± 2.2
VAS Decreases	2.9 ± 2.2
% Pain Reduction	38%

Pain Pre and Post Treatment

Horrible to Excruciating Pain (VAS 8.5-10)	(n = 37)
VAS Pre-Treatment	9.4 ± 0.5
VAS Post-Treatment	4.8 ^a ± 2.7
VAS Decreases	4.6 ± 2.9
% Pain Reduction	49%

Distressing Pain (VAS 6.5-8)	(n = 189)
VAS Pre-Treatment	7.8 ± 0.4
VAS Post-Treatment	5.0 ^a ± 1.9
VAS Decreases	2.8 ± 1.9
% Pain Reduction	36%

Discomforting Pain (VAS 4-6)	(n = 31)
VAS Pre-Treatment	5.3 ± 0.9
VAS Post-Treatment	3.5 ^a ± 2.5
VAS Decreases	1.8 ± 2.4
% Pain Reduction	34%

Values expressed as mean ± SD; a = All post treatment measures are P<0.0001 vs. Pretreatment

Conclusion: Use of MIRE in combination with manual physical therapy is associated with reduced pain.