

Poster Abstract, American Academy of Pain Management

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Articulating decompression 100 cases with 12-month follow-up

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Background: This presentation represents the results of our first 100 cases treating various cervical and lumbar spine conditions with spinal traction decompression therapy in combination with specific patient posturing, and range-of-motion therapy, including 12-month post-treatment follow-up data.

Objective: To assess pain score outcomes and patient satisfaction.

Methods: Visual Analogue Scores (VAS) (0 to 10) were recorded in 100 cases who received treatment on the Antalgic-Trak articulating traction decompression system. Pre-treatment, post-treatment, and 12-month post-treatment VAS scores were recorded. Patient satisfaction was recorded as satisfied, unsatisfied, or unsure at 12 months posttreatment.

Results: Ninety-five of 100 subjects had complete or near complete resolution of their complaints based upon VAS (0 to 3) using our prescribed treatment protocol. Eight-six subjects were surveyed 12 months posttreatment; of these subjects, 69 (80%) maintained complete or near complete resolution of their complaints (VAS 0 to 3). Satisfaction at 12 months posttreatment was 86%.

Conclusions: Post 1-year follow-up data suggests Antalgic-Trak treatment is a valid tool in treating various spinal conditions based upon the successful treatment outcome, and has a high level of patient satisfaction. Based upon this preliminary observational study, we feel that a larger controlled study should be performed to see how our treatment protocol performs when compared with other therapy modalities.

Disclosure: Neither Dr. Rosenthal nor Dr. Russo, or anyone affiliated with Advanced Physical Medicine has received any compensation in any manner for this research.

Encore Presentation: Initial pre- and post-treatment data were presented at the 19th Annual Clinical Meeting of the American Academy of Pain Management.