

EUROPEAN JOURNAL OF PHYSICAL AND REHABILITATION MEDICINE

MEDITERRANEAN JOURNAL OF PHYSICAL AND REHABILITATION MEDICINE

formerly
EUROPA MEDICOPHYSICA

Chief Editor: Stefano NEGRINI

VOLUME 52 - SUPPL. 1 No. 2 - APRIL 2016



Official Journal of

Italian Society of Physical and Rehabilitation Medicine (SIMFER)

European Society of Physical Medicine and Rehabilitation (ESPRM)

European Union of Medical Specialists - Physical and Rehabilitation Medicine Section (UEMS - PRM)

Mediterranean Forum of Physical and Rehabilitation Medicine (MFPRM)

Hellenic Society of Physical and Rehabilitation Medicine (EEFIAP)

In association with

International Society of Physical and Rehabilitation Medicine (ISPRM)

**20th European Congress of
PHYSICAL and REHABILITATION MEDICINE**

Estoril - Lisbon
23-28 April 2016

E D I Z I O N I M I N E R V A M E D I C A

OP236

ENDOGENUS THERMOTHERAPY AND VIBRATION IN CHRONIC NECK PAIN: A CONTROLLED RANDOMIZED STUDY

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Introduction. Chronic pain syndrome affecting the neck is very common and clinically relevant. The complaints can be very obstinate and the treatment remains challenging. The underlying cause is often not easily detected, as there is a mismatch between the patient's complaints and suffering and the "objective" diagnostic results.

Purpose. To demonstrate the efficacy of a combined treatment with endogenous thermotherapy (diathermy) in combination with mechanical vibration (infrasound), compared to only endogenous thermotherapy, in chronic neck pain.

Method. 39 patients (average age 52 years) were enrolled and randomly divided in 2 groups: group DV, treated by endogenous thermotherapy and mechanical vibration, using the only one device (Imperium 400, Brera Medical Technologies, Italy); group D, treated by only endogenous thermotherapy. For the outcomes measures the Neck Disability Index was used with a follow up to three months. T student test for independent and paired samples was used for the statistical analysis.

Results. In both groups a statistically significant reduction of the Neck Disability Index was observed ($P < 0,05$), but in group DV a greater reduction in the percentage of disability was evident.

Discussion and conclusions. The emission of energy flows (radiofrequency) of high intensity (400 watts) in combination with the mechanical vibration could accelerate and amplify the intra and extracellular effects. Basing on our data, both methods revealed a good potential for the alleviation of the chronic neck pain, but the combined treatment, diathermy and vibration, seems to be more effective than the only diathermy.