

[Nepal Med Coll J.](#) 2011 Dec;13(4):257-60.

Prospective study of application of biological communication (cybernetics) in management of chronic low back pain--a preliminary report.

[Ghatak RK](#), [Nandi SN](#), [Bhakta A](#), [Mandal GC](#), [Bandyopadhyay M](#), [Kumar S](#).

Source

Department of Physical Medicine and Rehabilitation, Calcutta National Medical College, Kolkata, India.

Abstract

To observe the effects of application of cybernetics (theories of communication). This is an open level prospective study, involving patients with chronic low back pain of more than 3 months. Assessment were done before the start of therapy and after the completion of therapy every day for consecutive 6 days of treatment protocol. A total of 8 patients were enrolled (4 male, 4 female). The Visual Analogue Scale (VAS) was used to assess pain, Oswestry Disability Scale (ODI) was applied for scoring disability. ODI was scored at the start of treatment on 1st day and at the end of the treatment on 6th day. Mean VAS reduced from 8.12 to 6.93 after 1st day, which was also statistically significant ($p < .01$). This trend continued and there was very significant reduction ($p < .001$) of VAS in the end when means were compared with pretreatment value. Mean Oswestry disability index reduced from 49.875 to 18.44 at the end of treatment which was statistically very significant ($p < 0.001$). There were significant improvements in all the outcome measured after Scrambler therapy.

PMID:

23016475

[PubMed - indexed for MEDLINE]