

# The Stick is the Instrument of Choice in the Management of Myofascial Back Pain

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Intracell & Instrument of Choice in the Management of Myofascial Back Pain

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A Clinical Study

## ABSTRACT

**Objective:** The Intracell is a timely device that purports to decrease trigger point pain and sensitivity. Therefore the objective was to find an answer to the question, "Can the Intracell significantly reduce trigger point pain and sensitivity in patients who suffer with trigger points?"

**Design:** A convenience sample of 20 subjects, diagnosed as having low back pain of trigger point origin, were selected. A pre-test / post-test design was employed whereby each subject could serve as their own control. For the purpose of this study, 8 of the 20 subjects applied the therapeutic intervention to themselves, while the remaining 12 subjects had a trained therapist apply the Intracell. Correlated t-tests were used to analyze the data for significance.

**Setting:** The study was conducted in a private clinical environment.

**Intervention:** Testing for pain and sensitivity was taken pre- and post- intervention by means of pressure threshold measures over primary trigger points. Immediately following the pre-intervention pressure threshold measures Intracell procedures were administered to the trigger points as described above. Immediately following the intervention with the Intracell, post-intervention pressure threshold measures were taken.

**Results:** The volunteers in this study demonstrated significant gains in pressure threshold measures immediately following intervention with the Intracell. It is interesting to note that the subjects who self-administered [t=6.3, p=0.0004] demonstrated slightly greater improvements than did their counterparts [t=4.5, p=0.0009].

**Conclusion:** The results of this study indicate that the deep, massaging action of the Intracell will immediately and significantly reduce the pain and sensitivity of trigger point activity. It is apparent that the Intracell can have a significant impact on the modulation of myofascial back pain, both in the industrial and clinical setting.

RAW DATA

Therapist-Administrated Intervention

AGE  
HT  
WT  
PRE  
POST

58  
71  
165  
3.5  
5.5

88  
62  
128  
1.5  
2.0

62  
70  
175  
1.5  
2.2

36  
71  
185  
1.6  
2.8

34  
67  
240  
3.4  
3.8

32  
68  
130  
7.4

8.6

25  
71  
320  
2.5  
5.5

30  
74  
228  
3.5  
5.0

64  
69  
205  
5.8  
5.2

41  
72  
200  
4.5  
7.2

36  
71  
185  
2.6  
3.8

21  
69  
137  
4.5  
6.8

## Self-Administered Intervention

Age  
HT  
WT  
PRE  
POST

88  
62  
128  
2.0  
5.4

40  
68  
140  
3.2  
4.2

45  
72  
186  
2.0  
5.6

62  
70  
175  
1.8  
5.2

58  
62  
132  
2.6  
4.0

46  
74  
225  
3.2  
6.4

26  
61  
102  
2.6  
4.0

55  
68

140  
3.0  
7.0

## DESCRIPTIVE STATISTICS

VAR  
SIZE  
MEAN  
STD  
SEM

Age  
20  
047.50  
19.20  
04.30

Ht  
20  
068.60  
03.90  
00.89

Wt  
20  
176.30  
51.30  
11.50

Pre  
08  
002.55  
00.56  
00.12

Post  
08  
005.23  
01.12  
00.39

Pre  
12  
003.53  
01.81  
00.52

Post  
12  
004.87  
02.04  
00.59

## INFERENCEAL STATISTICS

Therapist-Administered Intervention

Self-Administered Intervention

Therapist-Administered Intervention

Self-Administered Intervention

Therapist-Administered Intervention

Self-Administered Intervention

Group  
Pre  
Post  
Pre  
Post

Size:  
12  
12  
8  
8

Mean:  
3.53  
4.87  
2.55  
5.23

Std:  
1.81  
2.04  
0.56  
1.12

T-Value : 4.5 T-Value: 6.3

^ DF: 11 DF: 7

2-Tail Prob.: 0.0009 2-Tail Prob.: 0.0004

LEGEND: The measures are in the following units: Age is in years &bull; HT [height] is in inches &bull;

WT [weight] is in pounds &bull; PRE and POST measures are in kilograms

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