

통증 및 근골격재활

게시일시 및 장소 : 10 월 18 일(금) 08:30-12:20 Room G(3F)

질의응답 일시 및 장소 : 10 월 18 일(금) 10:00-10:45 Room G(3F)

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### **The Effects of Pain Scrambler Therapy on Shoulder Pain in Patients with Rotator Cuff Tear**

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#### **Objective**

The aim of this study is investigate the effect of pain scrambler therapy on pain relief in patient with rotator cuff tear.

#### **Subjects and method**

This study was designed by randomized and controlled study. All thirty four patients who were diagnosed with rotator cuff tear based on MRI findings and met in our criteria were included. The subjects were classified into 2 groups by randomization: Seventeen patients (Group I) was treated by conventional therapy and seventeen patients (Group II) was treated by conventional therapy and pain scrambler therapy. Conventional therapy included medication or physical modalities. Pain scrambler therapy was performed by using 4 electrode patches that attached 4cm away from the most painful areas. The subjects received the treatment once a day every 30 minutes for 10 days. Visual analogue scale (VAS) and University of California at Los Angeles (UCLA) score were used to evaluate severity of symptoms and functions. These scales measured at before treatment, after 10 sessions and 4 weeks after treatment.

#### **Results**

There are no significant differences in the baseline characteristics (Gender, Age, height, weight) and initial severity of symptoms and physical functions between two groups. Significant improvements in VAS (Visual analogue scale) and UCLA (University of California at Los Angeles) score were observed in the Group II when compared with Group I. ( $p < 0.05$ )

#### **Conclusion**

Our result showed that pain scrambler therapy may be beneficial treatment option for patients with rotator cuff tear. Further studies that compare pain scrambler therapy to other treatment such as rotator cuff repair operation and injection therapy are needed.