

BAKER & DOYLE CHIROPRACTIC & ACUPUNCTURE CLINICS, P.A.

CHIROPRACTIC
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Clinical study of MENS (Micro-current Electrical Nerve Stimulation).

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This clinical study was initiated for two reasons.

1. To give other doctors and physio-therapists a factual evaluation of the effectiveness of MENS (Micro-current Electrical Nerve Stimulation).
2. To aid myself in making honest accurate recommendations to patients who enter my clinic seeking help for a wide range of conditions. The results were interesting and very impressive.

The therapy used on these fifty patients included almost exclusively MENS. MENS is an advanced, simple form of Hi-Tech electrical acutherapy. It encompasses several techniques that bridge the gap between Acupuncture and Physio-therapy.

The two MENS techniques used for this study were ETR (Enhancement of tissue repair) and EMR (Enhancement of Muscle re-education). The instrument used was the Tens-O-Matic, an electrical stimulator manufactured by the Monad Corp. The Tens-O-Matic employs a Modified Bi-polar square wave pulse (Tsunami). A pulse frequency of .6 HZ was used in all cases. Microamperage varied from 300 to 600. Treatment time varied from 3 to 15 minutes. None of the patients involved complained of any discomfort during treatment.

These authors found MENS to be an extremely safe, time efficient, effective modality to be used exclusively or in conjunction with other forms of therapy.

Articles concerning detail application of MENS Techniques may be acquired upon request from B & D Associates by phoning (913)287-8880.



SUMMARY OF TREATMENT WITH MENS
FOR 50 PATIENTS. NOV. 83 to MARCH 84

36 Females and 24 Males treated

AGE RANGE IN YEARS

20	30	40	50	60	70	80
7	10	13	8	5	6	1

NUMBER OF TREATMENTS

1-5	6-10	11-25
10	27	25

OTHER PREVIOUS PHYSICAL THERAPY
OR MEDICAL TREATMENT USED

<u>YES</u>	<u>NO</u>
36	14

AREA TREATED

LOWER TRUNK AND LIMB

LOW BACK HIP BUTTOCK THIGH KNEE ANKLE FOOT

9	4	3	4	6	2	1
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UPPER TRUNK AND LIMB

DORSALS SHOULDER ELBOW WRIST TMJ NECK HEAD

3	2	3	1	1	6	5
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FREQUENCY

0.6

MICROAMPERAGE

300-600

INSTRUMENT USED

TENS-O-MATIC by the MONAD Corp.

DIAGNOSES

SOFT TISSUE INJURY

Elbow 3
Wrist 1
Back 3
Shoulder 1
Thigh 4
Buttock 3

MUSCULAR-SKELETAL PAIN

Back 6
Dorsals 5
Neck 6
TMJ 1
Ankle 2
Hip 4
Knee 6
Foot 1
Head 5

TREATMENT TIME IN MIN

3 to 15 MINS

PAT	AGE	COMPLAINT	DIAGNOSIS	DUR- TION	OTHER TREAT	NO. TREAT	AMPS	HZ	TIME MINS	NO CHG	LESS PAIN	PAIN FREE	TECHNIQUE & APPLICATION
28	19	Neck pain	Cervical radiculitis	1 yr	Tract Moist Heat Chiropractic	2	600	.6	3			x	EMR -Q-tips
29	26	Neck pain	Myofascitis	1 mo	Cervical collar	6	300	.6	3			x	EMR -Q-tips
30	50	Neck pain	Cervical strain	2 wks		3	300	.6	3			x	EMR -Q-tips
31	62	Neck pain	Degen chg Myalgia	8 yrs	U.S. Cervical collar	11	600	.6	3			x	EMR -Q-tips ETR -Q-tips
32	44	Neck pain	Greater Occipital	4 mos		9	600	.6	5			x	ETR -pads EMR -Q-tips
33	73	Neck pain	Arthritis	6 mos	Medication	14	600	.6	5			x	ETR -Q-tips EMR -Q-tips
34	67	Upper back pain	Osteoporosis	20 yrs	Medication	5	600	.6	3	x			ETR -Q-tips EMR -Q-tips
35	37	Dorsal pain	Thoracic radiculitis	5 days	Moist heat U.S.	8	600	.6	5			x	ETR -pads EMR -Q-tips
36	48	Mid-back pain	Intercostal neuralgia	1 mo	Rib support	7	600	.6	5			x	ETR -pads EMR -Q-tips
37	71	Dorsal pain	Degen chg	4 yrs	Medication	10	600	.6	3			x	ETR -pads EMR -Q-tips
38	56	Jaw pain	TMJ	2 mos	Dental Appliance	5	600	.6	3			x	EMR -Q-tips ETR -pads
39	42	Ankle pain	Sprain	4 days	Support Whirlpool	3	600	.6	5			x	ETR -pads
40	20	Ankle pain	Osteomyelitis	1 yr	Brace Surgery	25	600	.6	3			x	ETR-pads & Q-tips

PAT	AGE	COMPLAINT	DIAGNOSIS	DUR- ATION	OTHER TREAT	NO. TREAT	AMPS	HZ	TIME MINS	NO CHG	LESS PAIN	PAIN FREE	TECHNIQUE & APPLICATION
41	34	Knee pain	Meniscus Dysarthria	2 mos	Brace Exercise	7	600	.6	3			x	ETR -pads EMR -Q-tips
42	72	Knee pain	Arthritis	4 mos	Medication	9	600	.6	5			x	ETR -pads EMR -Q-tips
43	38	Knee pain	Torn collateral ligament	3 wks	Brace	6	600	.6	3	x			ETR -pads EMR -Q-tips
44	51	Knee pain	Sprain	5 days		5	600	.6	7			x	ETR -pads EMR -Q-tips
45	46	Knee pain	Tendonitis	3 mos		7	600	.6	7			x	EMR -Q-tips ETR -pads
46	34	Knee pain	Torn Cartilage	2 mos	Exercise Brace	7	600	.6	7			x	EMR -Q-tips ETR -pads
47	48	Hip pain	Bursitis	2 mos	Cortisone Bed rest	10	600	.6	11			x	EMR -Q-tip ETR -pads
48	76	Hip pain	Degen Arthritis	8yrs		8	600	.6	12			x	EMR -Q-tip ETR - pads
49	53	Hip pain	Tendonitis	3 Mos.	Cortosone	10	600	.6	7			x	ETR-Q-tips EMR- pads
50	55	Hip Pain	Capsulitis	2 mos		10	600	.6	10			x	EMR -Q-tips ETR -pads

PAT	AGE	COMPLAIN	DIAGNOSIS	DUR- ATION	OTHER TREAT	NO. TREAT	AMPS	HZ	TIME MINS	NO CHG	LESS PAIN	PAIN FREE	TECHNIQUE & APPLICATION
1	34	pain in low back	S/I Sprain	1 wks	M.H. Exer U.S.	7	600	.6	3			x	ETR - pads EMR - Q-tips
2	14	pain in low back	Degen chgs in lumbar spine	10 yrs	M.H. U.S. Tract	13	600	.6	10		x		ETR - pads/Q-tip EMR - Q-tips
1	11	Upper low back pain	Lumbar Myofascitis	1 mo		3	300	.6	3			x	EMR - Q-tips ETR - Q-tips
4	27	Tailbone pain	S/I STRAIN	3 wks	Bed rest Ice/Heat	4	600	.6	3			x	ETR - pads
5	66	Lowback pain	Degen chg Sprain	5 yrs	Diath Bed rest	9	600	.6	15			x	ETR -Q-tips
6	41	Lowback pain	Degen disc	8 yrs	U.S. rest Tract	18	600	.6	5		x		EMR -Q-tips ETR -Q-tips
7	20	Lowback pain	Scoliosis	9 mos	Brace Exercise	10	600	.6	3			x	EMR -Q-tips
8	56	Lowback pain	Inflamed disc 5L	1 wk		7	600	.6	5			x	ETR -Q-tips EMR -pads
9	50	Mid-low back pain	Lumbar Myofascitis	6 wks	Medication Bed rest	4	300	.6	3		x		ETR -Q-tips EMR -Q-tips
10	16	Elbow pain	Tendonitis	2 mos	Medication Brace U.S.	12	600	.6	3			x	ETR -pads
11	26	Elbow pain	Tendonitis	6 wks		8	600	.6	3			x	ETR -pads
12	78	Elbow pain	Arthritis	1 yr	Medication	11	600	.6	3		x		ETR -Q-tips
13	83	Pain in Wrist	Arthritis	1 mo	Medication	8	600	.6	5		x		ETR -pads EMR -Q-tips

PAT	AGE	COMPLAIN	DIAGNOSIS	DUR- ATION	OTHER TREAT	NO. TREAT	AMPS	HZ	TIME MINS	NO CHG	LESS PAIN	PAIN FREE	TECHNIQUE & APPLICATION
14	14	Shoulder pain	Recurrent dislocation	6 yrs	Surgery U.S.	15	600	.6	12			x	ETR -pads EMR -Q-tips
15	45	Shoulder pain	Acromial Bursitis	2 mos	Cortisone	9	600	.6	5			x	ETR EMR
16	24	Post thigh pain	Sciatica	3 wks	Bed rest	13	600	.6	5			x	ETR EMR
17	49	Post thigh pain	Sciatica	3 yrs	Tract Surgery Chiropractic	9	600	.6	10			x	ETR EMR
18	32	Pain in leg	Sciatica	1 mo	Tract Exercise	10	600	.6	5			x	ETR EMR
19	73	Pain in leg	Arthritis	15 yrs	Medication	8	600	.6	5			x	ETR EMR
20	55	Pain in buttock	Lumbo-sacral myofascitis	3 days		8	600	.6	3			x	ETR EMR
21	40	Pain in buttock	Sciatica	3 wks		12	600	.6	5			x	ETR -pads EMR -Q-tips
22	65	Pain in buttock	Sciatica Disc degen	4 mos	Medication Brace	15	600	.6	5			x	ETR -Q-tips EMR -Q-tips
23	44	Headaches	Occipital Neuralgia	5 yrs	Medication	12	600	.6	3			x	EMR -Q-tips
24	33	Headaches	Sinusitis	2 yrs	Medication	14	600	.6	3			x	ETR -Q-tips
25	60	Headaches	Fractured odontoid	4 mos	Medication Tract	12	600	.6	5		x		ETR -Q-tips EMR -Q-tips
26	23	Headaches	Migrain	3 mos	Medication Acupuncture	3	600	.6	6			x	ETR -pads EMR -Q-tips
27	44	Headaches	Occipital neuralgia	3 wks		3	600	.6	3			x	EMR -Q-tips