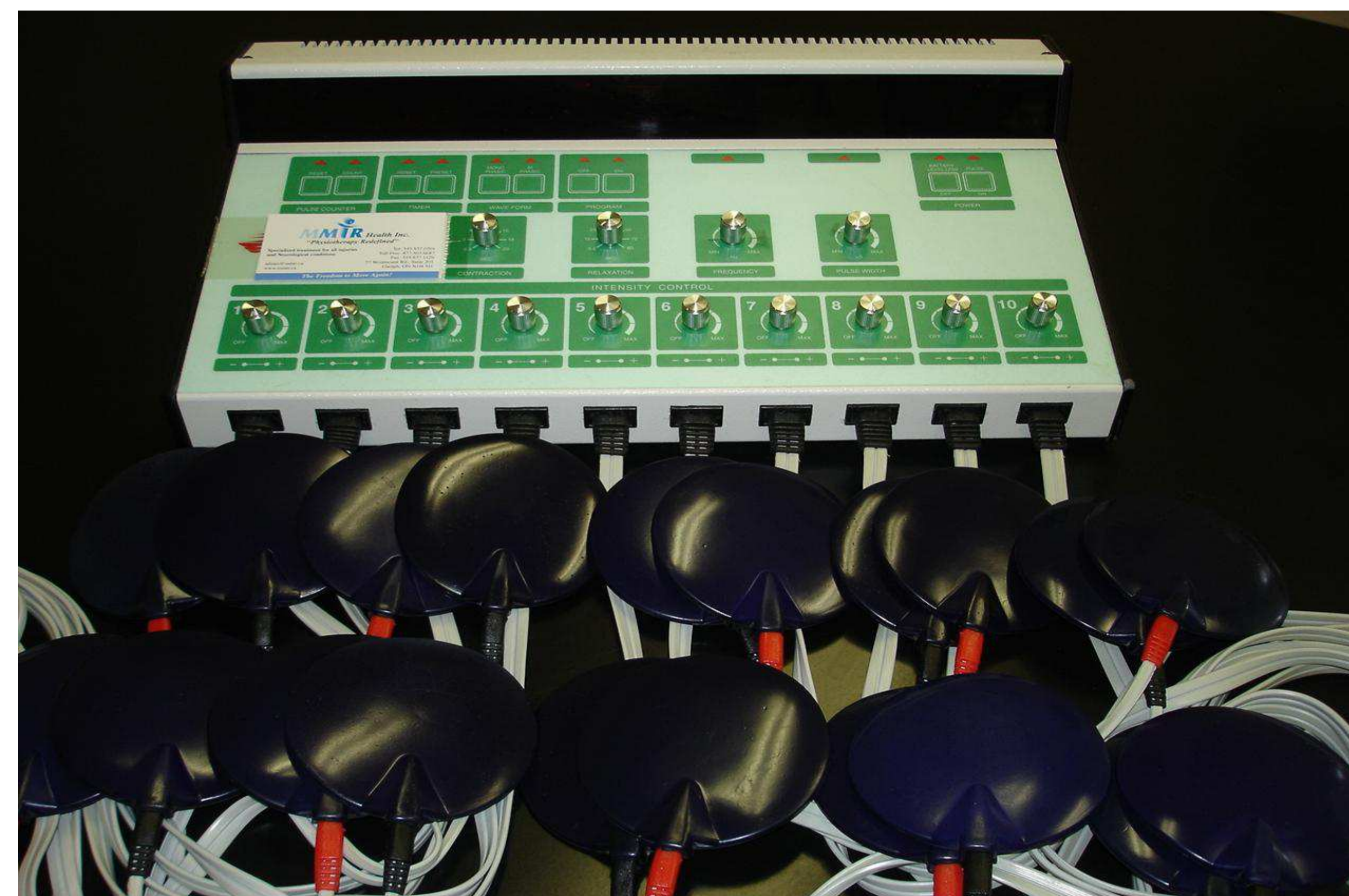
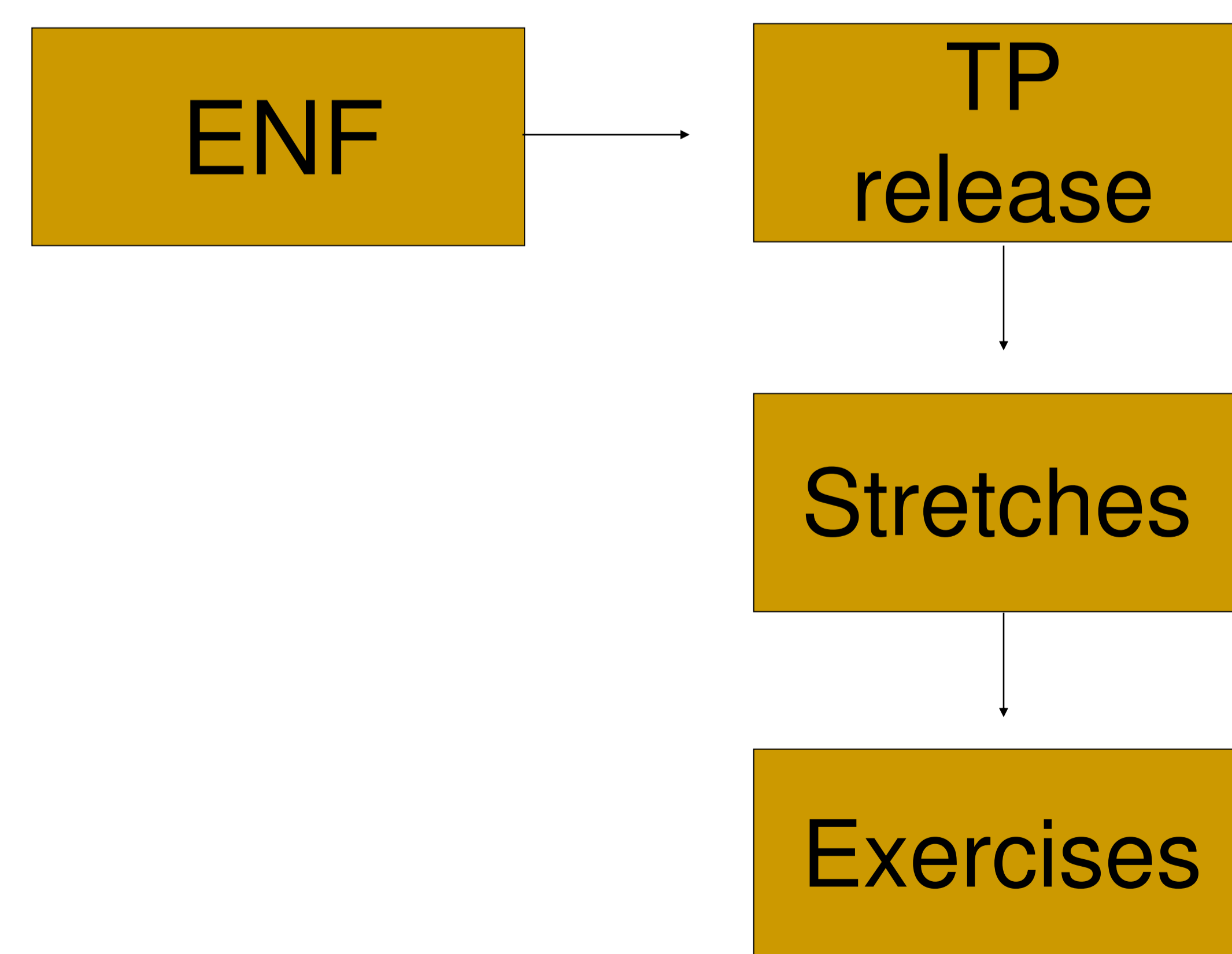


ELECTRO NEUROMUSCULAR FACILITATOR: A NEW APPROACH IN THE TREATMENT FOR LOW BACK PAIN.

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Aims: Our goal was to identify the efficacy of the Moore Muscle Therapy and Rehabilitation Electro-Neuromuscular Facilitator (MMTR/ENF) protocol for patients suffering from chronic low back pain (LBP).

Methods and Protocol: Eight females (47.5 ± 12.4) and seven males (41.8 ± 13.0), followed the MMTR/ENF protocol for a minimum of four and maximum of ten sessions within two months.



Results: Data were analyzed using One-way Anova. Pain levels were gathered prior (pre) and after (post) the first treatment (Tx1), the fourth session (Tx4) and the last visit (Txlas). Results were statistically significant ($p < 0.05$) when comparing pre and post for Tx1 ($p = 0.03$) and Txlas ($p = 0.02$). A significant difference was also found when comparing Tx1 to Tx4 ($p = 0.00$), Tx4 to Txlas ($p = 0.00$) and Tx1 to Txlas ($p = 0.00$).

Conclusion: Perceived pain levels were lower after subjects received their first treatment with the ENF and significantly decreased after completion of the treatment plan. This improvement leads us to believe that the MMTR/ENF protocol is an efficient tool in the treatment for LBP.

