The Effects of Pulsed Electromagnetic Field Therapy, Postural Training, and Therapeutic Massage on Cervical Range of Motion and Pain

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The study looked at the effects of postural education, cervicothoracic therapeutic massage and pulsed electromagnetic field therapy on long term cervical pain reduction and increased ROM in college aged students -18 to 30 years old.

The study recruited 30 subjects randomly assigned to groups, researchers providing the interventions were blinded to the ROM and MMT results throughout the study. The VAS measured pain intensity, and the NDI measured effects of cervical pain on activities of daily living.

The hypothesis stated there will be a significant difference in long term cervical pain reduction and increased ROM with postural education and training when compared to cervicothoracic therapeutic massage, PEMF and control.

Unexpectedly, no statistical difference was shown to exist between groups, however, improvements presented within all groups, including control, regarding ROM, VAS, and NDI; indicating interventions are not better than control in our sample size.