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## Archives of Physical Medicine and Rehabilitation

Volume 82, Issue 4, April 2001, Pages 485-493

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Interferential therapy electrode placement technique in acute low back pain: A preliminary investigation [â~† â~†â~† â~... â~... â~... â™ç â™çâ™ç â™!](#)

Presented in part at the Physiotherapy Research Society Meeting, Nottingham University, England, November 4, 1999.

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### Abstract

Hurley DA, Minder PH, McDonough SM, Walsh DM, Moore AP, Baxter DG. Interferential therapy electrode placement technique in acute low back pain: a preliminary investigation. Arch Phys Med Rehabil 2001;82:485-93. **Objective:** To determine the efficacy of interferential therapy (IFT) electrode placement technique compared with a control treatment in subjects with acute low back pain (LBP). **Design:** Single-blind, randomized, controlled trial with a 3-month follow-up. **Setting:** Outpatient physiotherapy departments in hospital and university settings. **Patients:** A random

physiotherapy departments in hospital and university settings. **Patients:** A random sample of 60 eligible patients with back pain (28 men, 32 women) were recruited by general practitioners and self-referral for physiotherapy treatment and randomly assigned to 1 of 3 groups. **Interventions:** (1) "IFT painful area" and *The Back Book*, (2) "IFT spinal nerve" and *The Back Book*, and (3) "Control," *The Back Book* only. Standardized IFT stimulation parameters were used: carrier frequency 3.85kHz; 140Hz constant; pulse duration 130 $\frac{1}{4}$ s; 30 minutes' duration. **Main Outcome Measures:** Pain Rating Index, Roland-Morris Disability Questionnaire (RMDQ), and EuroQol were completed by subjects pretreatment, at discharge, and 3-month follow-up. **Results:** All groups had significant improvements in all outcomes at follow-up. Subjects managed by IFT spinal nerve and *The Back Book* displayed both a statistically significant ( $p=.030$ ) and clinically meaningful reduction in functional disability (RMDQ), compared with management via IFT painful area and *The Back Book* combined or *The Back Book* alone. **Conclusions:** The findings showed that IFT electrode placement technique affects LBP-specific functional disability, providing preliminary implications for future clinical studies. © 2001 by the American Congress of Rehabilitation Medicine and the American Academy of Physical Medicine and Rehabilitation



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## Keywords

Interferential therapy; Low back pain; Pain measurement; Rehabilitation

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Supported by the Society of Orthopaedic Medicine (UK) and the Manipulation Association of Chartered Physiotherapists Churchill Livingstone Award. The authors gratefully acknowledge the loan of interferential therapy Omega<sup>®</sup> Inter 4150 portable units from TensCare Ltd.

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