The “Pain Gone” Pen in the Treatment of Chronic Myofascial Pain – a Pilot Study

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C.A. Moore, N.D. Edwards, A. Wallbridge, R. Mcgeehan, S. Nicol, V. Ryan

Pain Clinic, Northern General Hospital, Sheffield, UK

Introduction

The “Pain Gone” pen therapeutic device has been developed. Pressing a button on its top results in activating a high voltage, low current generator at 1-2 Hz. We investigated therapeutic value of this pen in patients with myofascial pain, the device being used to stimulate the skin over trigger points at regular intervals.

Method

Following local ethics committee approval, 50 patients with chronic pain associated with trigger points in the low back or large joints were recruited from the pain clinic at the Northern General Hospital, Sheffield. The patients gave full informed consent and were asked to complete daily assessments of their pain and mobility using a patient diary. After a 1 week control period, patients were asked to use the pen over trigger points 4 times a day for 2 weeks. Following this period the patients then completed pain diaries for a further 2 week control period.

Assessments of pain and mobility consisted of 3 10cm VAS scales, pain at rest, pain on movement and mobility.

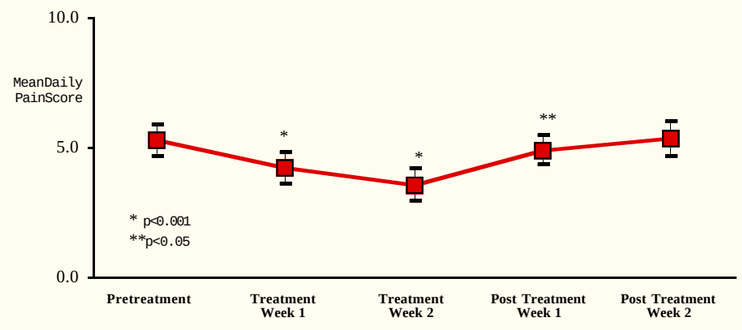
Results

Analysis of results was using a paired t test. The results are shown below in tabular and graphical form, including 95% confidence intervals.

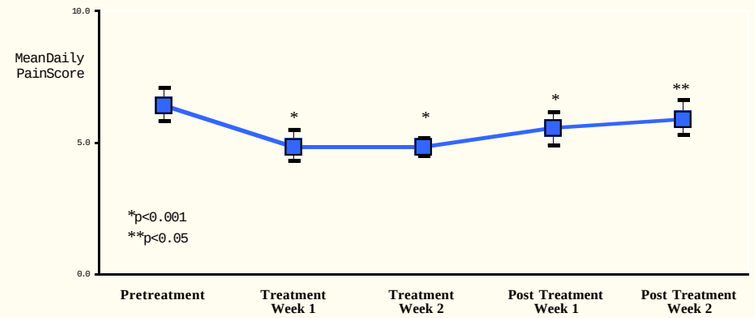
Mean (SD) daily pain and mobility scores for each treatment week (n=48)

Treatment	Before	During Treatment		After Treatment	
		Week 1	Week 2	Week 1	Week 2
Pain At Rest	5.3 (2.14)	4.2 (2.15)	3.6 (2.32)	4.9 (1.94)	5.4 (2.33)
Pain On Movement	6.4 (2.13)	4.8 (2.21)	4.8 (1.15)	5.5 (2.11)	5.9 (2.31)
Mobility	5.0 (2.68)	5.7 (2.53)	6.2 (2.52)	5.3 (2.73)	5.1 (2.79)

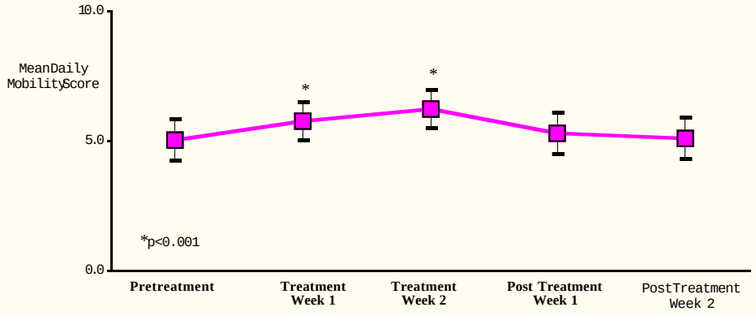
Pain at Rest



Pain on Movement



Mobility



Conclusions

The results of this pilot study show a significant reduction in pain at rest, on movement and improved mobility. A comparative study is currently being undertaken to further assess the clinical use of the “Pain Gone” pen.

Acknowledgement

We would like to thank UK Care Products for supplying the pens