

## EUROPEAN MULTICENTRIC TRIAL – JOINT PAIN

Director of the clinical trial: Dr. Giampiero Girotti\*\*

---

\*\*University degree in Medicine and Surgery, University of Bologna  
Orthopaedic and Traumatology Consultant, University of Bologna  
Physiotherapy and Rehabilitation Consultant, University of Bologna  
Assistant Physician for Traumatology at the Pordenone Municipal Hospital  
Director of the Department for Physiotherapy and Kinesiotherapy, San Giorgio Pordenone Polyclinic

Facility:  
San Giorgio nursing home (Pordenone)



The trial was developed based on a total of **24 applications for each patient**. The frequency was three treatment weeks with one week between each. The patient drank a glass of water before each treatment.

The start of treatments in this trial: 17<sup>th</sup> October 2005.

### **Selection criteria for the patients to be given treatment:**

Patients suffering from complaints affecting the shoulder and vertebral column were selected, preferably complaints that were acute or subacute in nature.

Treatment was programmed onto the TherapyCard M10, which was the same for all patients. Primary treatment consisted of full body treatment using the program "NATUR" at intensity 3 and duration of 8 minutes, followed by local application of the cushion using the program "NATUR" at intensity 5 and duration of 10 minutes. The other half of the trial was conducted using the program "RELAX" at intensity 3 and the same duration for the full body and local treatment.

### **The type of patient given treatment:**

The patients selected for this trial were in good general health.

An orthopaedic examination was conducted before and after the study, in which data were collected on posture and the VAS pain scale (1-10). An assessment was conducted half way through the study (after 12 treatments) and towards the end of the treatments.

### **Patients included in the multicentric trial:**

Total number of patients treated: 25

Female patients: 18 between the ages of 25 and 75.

Male patients: 07 between the ages of 14 and 65.

## EUROPEAN MULTICENTRIC TRIAL – JOINT PAIN

Director of the clinical trial: Dr. Giampiero Girotti\*\*

---

### Patients with diseases of the cervical spine:

Women: 10 + 2 with concomitant complaints (shoulder tendon pain),  
Men: 3

### Patients with diseases of the shoulder (tendon pain):

Women: 6 + 2 with concomitant complaints (cervical spine),  
Men 4

Considerations half way through the trial: 12 of the patients exhibited unchanged symptoms, a further 12 patients demonstrated improvements; one patient suffered a substantial increase in pain.

The results were clear by the end of the trial, I therefore recommend the following: **DO NOT** carry out too few treatments and make clear to the patients from the outset that some time is required to achieve results.

### Effects of Medithera magnetic field therapy in the treatment of joint pain:

Women given treatment:	14 exhibited a reduction in pain.
Men given treatment:	2 exhibited a reduction in pain.
Clinically cured	4 female and 5 male patients.

Effects of Medithera magnetic field therapy on the mobility of joints in the vertebral column:  
We determined good improvement in the mobility of the joint in 11 cases out of the women given treatment. We determined good improvement in the mobility of the joint in 2 cases out of the men given treatment. Full mobility in one male and one female patient.

Effects of Medithera magnetic field therapy on the mobility of the shoulder joint:  
We determined an improvement in the mobility of the joint in 6 cases out of the women given treatment. We determined an improvement in the mobility of the joint in 2 cases out of the men given treatment. Full mobility in one female and 3 male patients.

### General conclusions on the multicentric trial:

Slight improvement	4 patients,
Good improvement	17 patients,
Clinically cured	4 patients,
No result	0 patients.

No side effects.

In one third of all cases, there was a slight improvement in the complaints in the cervical spine and in two thirds a good improvement, however, no cases were fully cured.

In two thirds of all cases, there was a slight improvement in the shoulder tendon pain and one third of cases were fully cured.

## EUROPEAN MULTICENTRIC TRIAL – JOINT PAIN

Director of the clinical trial: Dr. Giampiero Girotti\*\*

---

### **Organization of treatment at the facility:**

The dates and times for treatment were determined after the individual programming of the TherapyCard. The carer prepares the pillow on the location to be treated in such a way that he does not have to be present throughout the entire duration of treatment. He inserts the TherapyCard and starts the treatment. Once treatment is complete, the patient can get up and leave.

In my opinion, even better results can be achieved due to the possibility of individual tailoring of the treatment using the Medithera medical system with the aid of the TherapyCard, based on patient parameters (age, height, weight, arterial blood pressure and heart rate, as well as bio- feedback).

End of the trial: 5<sup>th</sup> March 2006

### **Dr. Giampiero Girotti**

Director of the Department for Physiotherapy and Kinesiotherapy  
San Giorgio nursing home polyclinic (Pordenone)