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It's Time to Introduce Novel Treatments for Chronic Back Pain Patients

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The current treatment modalities for patients with chronic back pain are generally considered limited and inadequate, with a disproportionate focus on pain management, rather than addressing underlying causes. Spinal surgery is an option for some, but carries significant adverse effects and is reserved only for the most serious cases. Therefore, it is essential to begin introducing novel, non-invasive therapies which address the underlying pathologies of back pain. Perhaps the most rigorously studied intervention which satisfies the criteria are therapeutic vibrations applied to the spine via the KKT device. An initial randomized control study demonstrated significant improvement in back pain, range of motion, overall activity level and decrease consumption of pain medications. In a follow up study, a more objective measure, known as Mean Axis of Rotation (MAR), was calculated before and after treatment using cervical x-rays of subjects. The report found that twice the number of abnormal MARs (62%) were corrected by the vibrations compared to sham group (30%). Interestingly, several subjects which did not have a corrected MAR still experienced an improvement in pain and neck disability. This suggests that

the KKT vibration works by a mechanism other than MAR correction. A subsequent study began to look at potential cellular changes induced by KKT vibrations by applying the treatment to a bovine disc. After treatment application, an increase expression of collagen II, versican and aggrecan mRNA was detected. Since these proteins are associated with disc health, it provides further evidence that the vibrations can be used in patient with back pain secondary to disc pathology. Due to the lack of adequate treatment for back pain and the considerable evidence for the efficacy of the KKT Treatment, it is appropriate to begin introducing the KKT Treatment into the regular treatment algorithm for patients with chronic back pain.

Speaker Biography

Dr. Aslam Khan, founder of KKT International, a non-invasive procedure for treating the spine and its related conditions utilizing sound waves. KKT has been applied in more than 500,000 treatments around the globe. He graduated as a Chiropractor in 1991. He has been engaged in extensive research and discoveries in Orthopedic Medicine, with a specialty focus in Pain Management and Rehabilitation, Preventative Intervention, Anti-Aging, and Hormonal Modulation.

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