

EFFECTS OF THERAPEUTIC SOUND ON PHYSICAL AND EMOTIONAL PAIN

CLINICAL OBSERVATIONS

The following cases were part of an investigative pain study in 2016, using audible sound frequencies applied trans-dermally through the feet with the AMI 750 therapeutic device, provided by Cyma Technologies. This investigation was overseen by Mandara Cromwell, DCM, and Kate Holland, CCP, in Atlanta, GA.

Subjects were between 30 and 68 years of age and were offered the opportunity to be part of a once a week, twice a week or daily- at home therapy program. Each session was 30 minutes in length. The at-home program included two 30-minute sessions per day.

A 38-year old male, retired from the military, entered the study with a rotator cuff injury of the right shoulder. His subjective complaints were that of chronic pain, (registering at an 8 on the VAS pain scale), and limited range of motion. His abduction was 50 degrees at the beginning of the study. He was not taking any medication.

During the sessions with the AMI 750, he reported feeling lots of warmth and movement of the muscles around his shoulder. This participant received one thirty-minute session per week for a total of six weeks.

At the end of the study, he reported minimal pain (a 2 on the VAS scale) and demonstrated that he had recovered full range of motion with his shoulder. He said there was still “clicking” in the joint but very, very little pain. He requested to continue the therapy following the study.

A 30-year old female, and office manager, entered the study with chronic headaches and sciatica. She commented that she had to withdraw from her fitness program, as she was suffering from too much neck and back pain to continue. She rated her neck pain at 6 on the VAS scale which escalated to an 8 during headaches. She was unable to sleep due to her lower back pain and sciatica, which she remarked was constant and rated as a 6 on the VAS scale. Her doctor had previously diagnosed her with the beginning stages of arthritis. She was taking over-the-counter medication for pain and insomnia.

She chose the option of a twice-a-week for six weeks study. During the third week she reported that her back pain had diminished by 50% (rated as a 3 on the VAS scale) and that she had returned to an abbreviated version of her workout activities. By the end of the study, her ability to sleep had improved dramatically, so much so, that she was no longer taking over-the-counter pain medication. There was a reduction in the number of headaches and the severity of them. She rated the headache pain as a 4 on the VAS scale, which was a 50% improvement.

A 68-year old Vietnam veteran entered the program with chronic neck pain, symptoms of PTSD and insomnia. He started by attending the twice-a-week program and then decided upon the study utilizing

the daily, at-home use of the AMI 750 device. He was given a specific pain and stress relief program from his Cymatherapist, which involved using two thirty-minute sessions per day.

He listed neck pain at an 8 on the VAS scale and high levels of anxiety at varying times of the day or evening. He could only sleep two-three consecutive hours without waking and occasionally took over-the-counter sleep aids, which he avoided as often as possible.

He reported that after the first two weeks of daily use of the AMI 750, he was able to sleep for several hours without interruption and had stopped taking the medication. He was using the stress reduction program on the device whenever he felt the anxiety symptoms of PTSD during the day or night. He said, "When I use this device, I am able relax enough to remember who I was before the trauma of war. This therapy gives me something I can do to stop my nightmares and other anxiety responses, without using drugs."

His case was followed for a six-week protocol. At the end of the study, he reported a 60% reduction in neck pain which he listed as a 3 on the VAS scale. He also remarked that he felt less stress when going into public places and that he believed there was hope his overall health would improve. Following the study, he purchased a device for his ongoing use.