Initial Results Using Khan Kinetic Treatment\textsuperscript{TM} as a Low Back Pain Treatment Option

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**ABSTRACT.** Objectives: Demonstrate initial results using Khan Kinetic Treatment [KKT\textsuperscript{TM}] as a low back pain [LBP] treatment option.

Methods: A self-reported functional assessment, LBP questionnaire, and pain medication dose were used as the outcome measures for 48 matched subjects randomly split into two groups [treatment and control]. The treatment group underwent a treatment period consisting of several individual KKT\textsuperscript{TM} treatments over a few weeks period, while the control group continued conventional treatment. A paired t-test analyzed the functional assessment scores and a two group by two LBP score [positive or non-positive] McNemar’s test was used for the LBP questionnaires. Pain medication dose analysis consisted of a two group by two pain medication dose outcome [same or reduced] McNemar’s test.

Results: Compared to a control group, the treatment group lowered both their self-reported LBP scores [$P < 0.001$] and showed a strong positive trend to lower their pain medication dose [$P = 0.054$]. Only the range of motion assessment questionnaire [range of motion, overall activity, and recreation/work activities] detected changes in these measurements [$P = 0.046$, $P = 0.061$, $P = 0.052$, respectively].