

# Initial Results Using Khan Kinetic Treatment™ as a Low Back Pain Treatment Option

Geoffrey T. Desmoulin

Nasif I. Yasin

Darryl W. Chen

**ABSTRACT.** *Objectives:* Demonstrate initial results using Khan Kinetic Treatment [KKT™] 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™ 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-recorded 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].