

# **Pulsed electromagnetic fields in the treatment of cervical osteoarthritis**

## **The effect of pulsed electromagnetic fields in the treatment of cervical osteoarthritis: a randomized, double-blind, sham-controlled trial.**

Sutbeyaz ST, et al.

Ankara Physical Medicine and Rehabilitation Education and Research Hospital, Turk ocagi S  
No: 3 Sıhhiye, Ankara, Turkey.

The purpose of this study was to evaluate the effect of electromagnetic field therapy (PEMF) on pain, range of motion (ROM) and functional status in patients with cervical osteoarthritis (COA). Thirty-four patients with COA were included in a randomized, double-blind study. PEMF was administered to the whole body using a mat 1.8 x 0.6 m in size. During the treatment, the patients lay on the mat for 30 min per session, twice a day for 3 weeks. Pain levels in the PEMF group decreased significantly after therapy ( $p < 0.001$ ), but no change was observed in the placebo group. The active ROM, paravertebral muscle spasm and neck pain and disability scale (NPDS) scores improved significantly after PEMF therapy ( $p < 0.001$ ) but no change was observed in the sham group. The results of this study are promising, in that PEMF t

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