Magnet Health

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Response of pain to static magnetic fields in postpolio patients: A double-blind pilot study

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Abstract

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OBJECTIVE: To determine if the chronic pain frequently presented by postpolio patients can be relieved by application of magnetic fields applied directly over an identified pain trigger point.
DESIGN: Double-blind randomized clinical trial.
SETTING: The postpolio clinic of a large rehabilitation hospital.
PATIENTS: Fifty patients with diagnosed postpolio syndrome who reported muscular or arthritic-like pain.
INTERVENTION: Application of active or placebo 300 to 500 Gauss magnetic devices to the affected area for 45 minutes.
MAIN OUTCOME MEASURE: Score on the McGill Pain Questionnaire.
RESULTS: Patients who received the active device experienced an average pain score decrease of 4.4 +/- 3.1 ($p < .0001$) on a 10-point scale. Those with the placebo devices experienced a decrease of 1.1 +/- 1.6 points ($p < .005$). The proportion of patients in the active-device group who reported a pain score decrease greater than the average placebo effect was 76%, compared with 19% in the placebo-device group ($p < .0001$).
CONCLUSIONS: The application of a device delivering static magnetic fields of 300 to 500 Gauss over a pain trigger point results in significant and prompt relief of pain in postpolio subjects.
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