

EVALUATION OF THE VISTA MULTIPOST THERAPY COLLAR AS A SYMPTOM RELIEF ORTHOSIS

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Overview

Poor cervical posture can lead to pain in the neck, back and upper extremities. Typical treatment protocol involves stretching, anti-inflammatory medicine and chiropractic manipulation postural training. In the past, DME devices have been used to either offer traction or promote cervical realignment. Many of these devices, due to their complexities and inconvenience, have fallen out of practice. The Vista MultiPost Therapy Collar was designed to provide symptom relief by improving the posture of the patient.

Introduction

Reading, computer work and even cell phone use often contributes to poor neck posture. As your head moves forward out of alignment, gravitational forces are magnified causing neck muscles and structures to overwork. For every inch that the head protrudes from its natural position, the neck must support 10 additional pounds of load (Dr. Adalbert I. Kapandji, author of "The Physiology of the Joints"). This condition is sometimes referred to as "Text Neck" or "Forward Head Carriage". Symptoms associated with this condition have become increasingly

Neck Stiffness	17
Neck Pain	15
Radiculopathy	13
Arm Pain	6
Shoulder Pain	6
Headache	5
Upper Back Pain	4

more common as the popularity of mobile devices has continued to rise. To be in proper posture for most people

requires that the ear, shoulders, and hips are all in a straight line. Extension in the upper cervical spine is a consequence of forward head carriage. As the body tries to compensate for flexion in the lower cervical spine, the altered biomechanics can lead to painful nerve impingement.

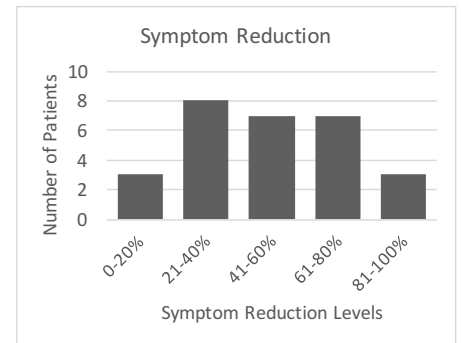
Methodology

Practitioners identified patients whom presented various cervicogenic symptoms; several patients presented multiple symptoms (Figure 1). Patients pretreatment symptom levels was noted. Practitioners provided the Vista MultiPost Therapy Collar to patients for use at home in conjunction with standard care. The patients were instructed to wear the product for 20-60 minutes per treatment session. In a follow-up visit, patients reported reduction of symptoms. Comfort of treatment was also surveyed. The sample of 28 patients who provided feedback had ages ranging from 10 to 67 years old. 10 Physicians tested the product on the 28 patients participating in the Beta period.

Figure 1

Results

The results from the patients yielded compelling statistics relating to symptom reduction. All patients experienced some relief; on average each patient reported a 59%



decrease in symptoms after using the Vista MultiPost Therapy Collar in conjunction with standard care during the Beta period. ³/₅ of the sample population experienced a symptom reduction of at least 60% (Figure 2). Of the defined symptoms, Neck Stiffness and Radiculopathy appeared most frequently with the patients sampled. Patients were asked to rate the products comfort on a scale from 1-5 (with 1 being very comfortable). On average, the patients rated the comfort of the device as a 1.96 (Figure 3).

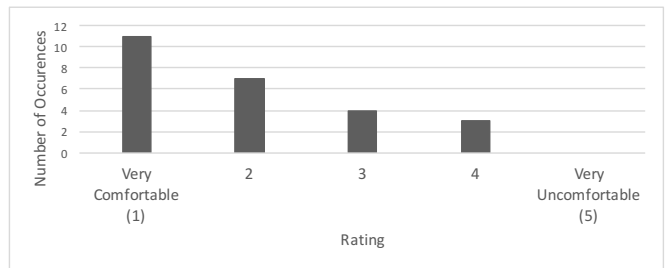


Figure 3

Conclusion

The Vista MultiPost Therapy Collar may be an appropriate augmentation to current treatment protocol of patients suffering from cervicogenic symptoms, particularly in patients suffering from the symptoms of neck stiffness and radiculopathy. Given that the product is comfortable, simple and can be used anywhere, it may be a preferred therapy over other DME option.

