



In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

Featured article:

Alsalamah, N. M., & Bartel, L. (2022). **Management of severe low back pain with a focused vibro-percussion wave treatment: A case report.** *Clinical Case Reports*, 10, e06054. <https://doi.org/10.1002/ccr3.6054>

Key insights from the study:

- **Novel Treatment Approach:** This case report explores the use of the Khan Kinetic Treatment (KKT) now also known in North America as SONIK Treatment, a novel vibro-percussion wave therapy, for managing spine-related pain (BP).
- **Significant Pain Reduction:** The patient experienced substantial pain relief, with the Visual Analog Scale (VAS) pain score dropping from 9.5 to 2.5 after 18 treatment sessions.
- **Functional Improvement:** In addition to pain reduction, the patient showed significant improvements in mobility, sleep quality, and overall quality of life.

What happened?

Researchers presented a case report of a 49-year-old male with severe low back pain radiating to both lower limbs, exacerbated by standing, sitting, and walking. The patient had a history of ineffective treatments including medication, physical therapy, and osteopathy. The case study used a focused vibro-percussion wave treatment known as Khan Kinetic Treatment (SONIK) over 18 sessions. The treatment aimed to improve pain, spinal alignment, and overall function.

Why is it important?

This paper highlights the potential of KKT/SONIK as a non-invasive treatment option for severe low back pain. Given the high prevalence of back pain and the limited effectiveness of traditional treatments for some patients, KKT/SONIK offers a promising alternative. By addressing pain at multiple levels—neurological, musculoskeletal, and psychological—KKT/SONIK could enhance patient outcomes and quality of life.

What now?

Future research should include larger, controlled studies to confirm the efficacy of KKT/SONIK and explore its long-term benefits. Further investigation into the specific mechanisms of action and optimal treatment parameters will help refine this therapeutic approach. Additionally, integrating KKT/SONIK into standard care practices could offer a valuable option for patients with chronic back pain who have not found relief through conventional treatments.

