

# **Use of Hologram Discs in the Treatment of Pain - A Descriptive Study**

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## **Abstract**

This is a descriptive study to evaluate whether the use of adhesive holographic discs placed on acupuncture points changes the effectiveness of pain relief obtained through acupuncture treatments alone. We compared the results obtained in one treatment of forty four patients with existing data on the effectiveness of acupuncture for five main chief complaints: neck pain, low back pain, upper back pain, shoulder pain, and knee pain.

Patients reported the pain level on a 1-10 scale before treatment and 24 hours after.

Of the 44 patients treated, 32 were treated with acupuncture and holograms and 12 were treated with hologram discs alone. The use of holograms was found to be effective for treating various sources of pain. Patients treated with holograms had a decrease in pain of 59.2 percent. It was found that patients treated with acupuncture, as well as holograms, responded even better with a decrease in pain of 72.2 percent.

Based on the results, the addition of holograms to acupuncture treatments increased the pain relief by over three times. Hologram use alone, with no treatment as a control method, provided an average of 59 percent pain relief. The data obtained hinted at the possibility that the depth of the injured tissue is related to the effectiveness of the holograms.

In order to identify whether age, gender or site of injury contribute to the efficacy of the holograms, future studies with more subjects, a stricter inclusion criteria, and a longer treatment duration are recommended.

## **Background**

Orthopedic pain is one of the top three complaints driving patients to seek acupuncture care (Mao, J., Armstrong, K., Farrar, J., Bowman, M., 2007). Holograms use a magnetic field to affect the vibrational frequency of the tissue, and may help restore normal frequency in injured cells.

## **Objective**

To determine whether adhesive hologram discs, used on acupuncture points, changes the effectiveness of acupuncture in the treatment of pain.

## **Design**

This is a descriptive pilot study with a retrospective control.

## **Setting**

The study was conducted in an outpatient Acupuncture clinic in Truckee, California.

## **Participants**

Participants were current clinic patients presenting with orthopedic pain at different sites. Chief complaints included acute low back sprain, chronic neck pain, chronic upper back pain, acute and chronic knee pain, shoulder pain, and elbow tendinitis.

## **Intervention**

Forty four patients received one treatment with acupuncture and holograms, or holograms alone. Patients with a complex presentation involving symptoms not covered in this study, received acupuncture to address those symptoms, and holograms locally for their orthopedic pain. Only the hologram treatment results were recorded for these patients. Patients whose complaint was only orthopedic, received a combination of acupuncture and holograms to treat the pain. Due to the limited sample size, the control used was current research in the effectiveness of acupuncture in the treatment of pain in the low back, upper back, neck, shoulder, and knee.

## **Measurements**

Patients reported the pain level before the treatment and 24 hours after using a 1-10 verbal pain scale. This was recorded during the visit intake and subsequent follow-up via a scripted

question. The effectiveness of the treatment was measured as a percentage reduction of the original pain level reported by the patients.

### **Population**

The population consisted of 44 patients ranging in age from 20 to 70 years old. Patient age made no significant difference in the effectiveness of the acupuncture and holograms treatment ( $p > 0.05$ ).

The gender split was 30 females and 14 males. Table 1 shows the average age and efficacy of treatment by gender. The data suggests there may be a correlation between gender and efficacy, but a t-test was unable to reject the null hypothesis of a significant difference between efficacy of males and females.

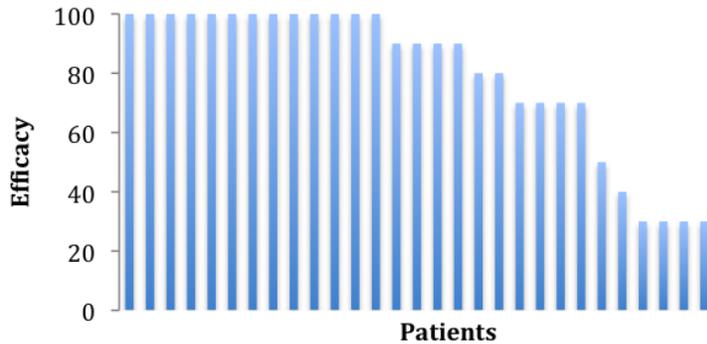
Table 1: Average ages and efficacy of male and female patients.

	Female	Male
Age	39	44
Efficacy	74.5	62.8

### **Results**

Of the 44 patients treated, 32 were treated with acupuncture and holograms and 12 were treated with holograms alone. The use of holograms was found to be effective for treating various sources of pain; patients treated with holograms had a decrease in pain of 59.2 percent. It was found that patients treated with acupuncture as well as holograms responded even better with a decrease in pain of 72.2 percent. Figure 1 shows each individual patient and their corresponding pain reduction.

A)



## Acupuncture and Hologram Therapy

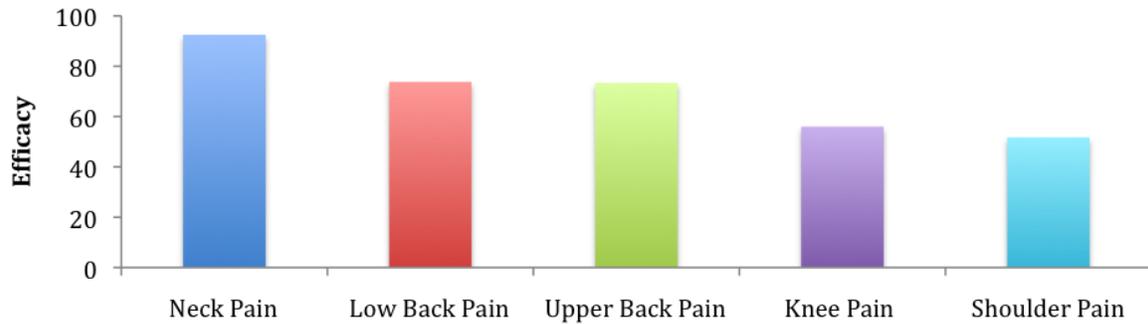


Figure 2: Efficacy of Acupuncture and Holograms treatment by site of pain

### Discussion

Results show that the addition of holograms to acupuncture treatments increases the pain relief by over three times. Hologram use alone, with no treatment as a control, provided an average 59 percent relief in pain. The data obtained hinted at the possibility that the depth of the injured tissue is related to the effectiveness of the holograms.

In order to identify whether age, gender or site of injury contribute to the efficacy of the holograms, future studies with more subjects, a stricter inclusion criteria, and a longer treatment duration are recommended.

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