

Excerpt from

COMPREHENSIVE MULTIPROFESSIONAL APPROACH TO THE TREATMENT OF PATIENTS FOCUSING ON THE USE OF LESS FREQUENT METHODS. ©2022 Dr. Gustav Solar, et al John Stuart Reid contributing author, (pp. 326-328)

Although sonopuncture is typically applied by tuning forks, devices that emit low frequency vibration can also achieve sonic activation of acupressure points¹⁰⁷ in addition to devices that emit ultrasound.¹⁰⁸ The acupressure points on the soles of the feet can also stimulate the meridian system by applying audible sound frequencies.¹⁰⁹

Dr. M. Cromwell developed a therapeutic device that uses a vibro-tactile transducer, emitting a range of audible sound frequencies into acoustic gel-filled pads on which the soles of the feet rest, thus stimulating the meridian system. Together with her assistant, Kate Holland, CCP, they conducted a six-week investigative pain study in 2016, with three individuals, a female of 30-years, a male of 38-years and a male of 68-years.¹¹⁰

The female participant entered the study with chronic headaches and sciatica and rated her neck pain at 6 on the VAS scale, which escalated to an 8 during headaches. She was unable to sleep due to her lower back pain and sciatica, which she remarked was constant and rated as a 6 on the VAS scale. She was taking over-the-counter medication for pain and insomnia. During the period of the study, the soles of her feet were sonically stimulated twice a week, for 30-minutes. During the third week she reported that her back pain had diminished to 3 on the VAS scale. By the end of the study, her ability to sleep had improved significantly and she was no longer taking over-the-counter pain medications. She also reported a reduction in the number and severity of headaches and rated the headache pain as 4 on the VAS scale.¹¹⁰

The 38-year old male entered the study with a rotator cuff injury of the right shoulder and was suffering chronic pain, registering 8 on the VAS pain scale, though not taking pain medication. His arm abduction was limited to 50 degrees. During the period of the study the soles of his feet were sonically stimulated once a week, for 30 minutes. During the sonic therapy he reported feeling warmth and movement of the muscles of his shoulders. At the end of the study, he reported minimal pain of 2 on the VAS scale and demonstrated that he had recovered a full range of motion of his right shoulder.¹¹⁰

The 68-year old male military veteran entered the study with chronic neck pain, symptoms of PTSD and insomnia. He chose to participate in the study by utilizing a daily, at-home program, involving two thirty-minute daily sessions. He reported pain of 8 on the VAS scale and high levels of anxiety at varying times of the day or evening. He could only sleep two-three consecutive hours without waking and occasionally took over-the-counter sleep aids. After the first two weeks of daily sonic stimulation of the soles of his feet his sleep patterns improved and he decided to stop taking sleep medication. At the end of the six-week study he was able to sleep approximately 6 hours each night without interruption. At the end of the study the military veteran also reported a reduction of neck pain to 3 on the VAS scale and reported feeling less stress when going into public places.¹¹⁰