

Opinion

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## SAM, A New Portable Long Duration Ultrasound Device (Lower Back)

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### Opinion

The SAM (sustained acoustic medicine) ultrasound device is a small, wearable device that delivers over 18,000 Joules of energy when two crystals are worn for 4 hours. This has been shown to decrease pain in knee osteoarthritis, trapezius myofascial pain, and low back pain with a herniated disk. The following is a case of a nurse who was limited in her work from a painful lower back strain [Figure 1]



Figure 1: Insert Photo of Sam Being Applied to Lower Back (2 Crystals).

Patient: Mellissa G – Lansing MI

Diagnosis: Lumbar back strain

### Testimonial

“Since hurting my back at work from pulling equipment and patients, I have not been able to do household activities and I have not been able to walk long distances because it is too painful.”

Initial pain level (Scale 1 “least” – “Worst Pain Possible”). Prior to using SAM pain level was “4” and after using SAM for 1-2 days, the pain decreased to a “1”.

I was prescribed pain medication and after using the SAM I was able to “stop using pain medication”.

“Last night my back started to have muscle spasms. Instead of taking a muscle relaxant I put on the SAM unit. Right away the spasms went away, the pain decreased and I actually fell asleep with it on for 2 hours because it felt so good. The SAM long-duration, low intensity portable ultrasound device has helped me a lot with only 5 days of use.

### Acknowledgement

None.

### Conflict of Interest

No conflict of interest.