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Month of July 2006

"Letter of recommendation"

As a physiotherapist I can certainly recommend the Mastercare Back-A-Traction. In our Backcenter in Belgium we are using 6 of these devices for nearly 6 years now and year after year our center keeps growing as we obtain very good and exceptional results on the tables.

I would recommend the Mastercare Back-A-Traction for the following pathologies:

Disc Herniation (protrusion - extrusion) / Degenerative disc disease.

Certainly in case of protrusion or extrusion, **NOT** in cases of sequestration.

First make sure the muscles relax, therefore use the table progressively in 5°, 10° and 15° (use the support leg). As you'll get a negative pressure within the disc at a certain moment, you'll get that sucking effect on the bulging material. Afterwards you use for instance the McKenzie techniques (extension techniques) and you'll notice it's far more easier to use this techniques under slight traction. Third step you'll start your stabilization techniques on the table followed by your functional training.

Spondylolisthesis

I had some very good results with some anterolisthesis cases although once the vertebrae slips too far it's often too late to help and surgical intervention might be necessary. Post surgical patients can use the table again for prevention on other levels, and of course stabilization of the spine.

Scoliosis - Kyphosis - Lordosis

As we get a good realignment of pelvis and sacrum, of course the Mastercare Back-A-Traction is a good solution for postural dysfunctions, always in combination with mobilisation and stabilization techniques on the table.

Spina Bifida

I have no experience.

Bechterew

For Bechterew patients, I can certainly recommend the table as it's very important in case of Bechterew to maintain the mobility and to make sure that if the spine stiffens, it's in a correct posture.

Spinal instability

If the spinal instability is due to narrowing of the discs or lack of deeper muscle corset in this area, of course you will obtain good results using the Mastercare Back-A-Traction. In case it's due to a pelvic instability (lack of formclosure), it will be very important to concentrate on the strengthening of the muscles to get this powerclosure around the pelvis.

Best regards,

Karin Timmermans



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