

To Magnus Jansson
Mastercare AB

You want me to explain the benefits contribute to related group of muscles and discs in the steps ranging from 1 to 15 in the poster. You told me that the question came from one of your customers who wanted to discuss different individual programs.

To my knowledge it's impossible to start up that kind of discussion. When we talk to either patients or physiotherapists we always tell them to listen to the body. There are no way to tell exact diagnosis and therefore no way that we can treat all patients in the same way.

When we started up our trainingsprograms with Mastercare - The Swedish Back Care System we didn't follow the poster at all. Today all persons, patients and others, are told the importance of testing all the exercises. They are also told to be sensitive to the signals from the body, if they feel uncomfortable they always continue the training together with one of our physiotherapists.

We don't know what muscles related to the different exercises. For instance the result depends on how relaxed the patient is. The angle in the knees during exercise are also important to which group of muscles the training benefits.

To me as medical adviser, the most important thing is that Mastercare - The Swedish Back Care System has proved the help people with neck/shoulder—and low-back-pain. We have noted significant different in these two groups.

Another study that indicates the benefit of the bench is one of Dr. Stefan Blomberg in 1993. A group with acute or subacute low-back pain received a treatment programme including manipulation, specific mobilisation, muscle stretching, autotraction and cortisone injections. Another group, similar in the most of the pre-trial variables, were given conventional activating treatment by primary health care teams. In conclusion, all of the applied efficacy measures indicated that manual therapy is superior to standardised, optimised conventional activating management of patients suffering from low-back pain.

To me, Mastercare - The Swedish Back care System is not only good for muscle stretching and autotraction, but also very close to both manipulation and specific mobilisation (except the sacro-iliaca joint) a mild treatment of low-back pain.

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