

Why and how Mastercare Back-A-Traction is useful for Physical Therapists.

Mastercare is an adjunct to exercise therapy for patients with many diagnoses, allowing treatment while patients are in supine or prone position.

Mild inversion in 15° and moving backrest offers natural spinal de-compression.

The physical therapist doesn't need to use as much force since gravity is in fact, thus less strain on the therapist. The height also allows a good posture for the therapist.

Mastercare Back-A-Traction is particularly suited to a busy clinic setting because the patient can be taught to use the unit independently, thus freeing up therapists for other work in the clinic.

The Mastercare System is unique as in 15° you can combine different techniques on one single device so that it becomes very practical in today's physical therapists clinic, such as:

- traction
- mobilization
- stabilization
- manipulation
- soft tissue
- use McKenzie principles under traction

The moving backrest also permits doing exercises to relieve pressure on the joints and realign the pelvis with a few stretching movements as to increase mobility, as well as improve circulation and nutrition towards discs and joints.

Today's physical therapists, utilizing Mastercare, have tremendous clinical results in the treatment of :

Osteoporosis, scoliosis, spinal stenosis, spondylolisthesis, bulging discs, degenerative joint or disc disease, chronic back pain, many different postural problems and arthritic conditions. As well as nuclear disc protrusion, posterior dysfunction syndrome, Lumboglut. pain with prolonged restriction of SLR (straight leg raising), nerve compressions as long as they are mechanical, recurrence after laminectomy, primary posterolateral protrusions.

Mastercare is unique in every condition where you intend to increase the intradiscal space, centripetal suction force within the disc, more space at the apophyseal joints and intervertebral foraminae.