





Volvo Aero Corp., Trollhättan, Sweden, 1993

Summary

-  According to the study you can save 7-8 working days per year, per employee, if using Mastercare Back-A-Traction at the work place.
-  About 1/3 less sick days in the training groups compared with the control group, also lower pain during the last week of the study.
-  A better effect is seen in those training twice daily compared to those training once daily.
-  50 % improvement of the pain in patients with neck/shoulder pain.

