

## The latest developments

At Karolinska Sjukhuset, the major hospital in Sweden, a study is being done with Mastercare The Swedish Back Care System. In October of 1999 the scientific study of Mastercare was begun at the medical rehab clinic at Karolinska Sjukhuset. A group of 50 patients are chosen at random from the already existing treatment groups for lumber pain patients. In addition to the treatment they receive at the clinic the patients borrow a Mastercare to have in their home for self-treatment purposes.

Quote from the application,

In some cases we have let patients have a Mastercare at home for self-treatment. In many cases the results have been very good. An obvious advantage with this way of treatment is that the patient can combine movement/exercise with self-treatment on a regular basis.

Svante Larsson

MD and head of the medical rehab clinic at Karolinska Sjukhuset in Stockholm

-For several years we have conducted qualitative treatment and rehabilitation for patients with chronicle (more than 3 months) lower back problems at the medical rehab clinic at Karolinska Sjukhuset, the major hospital in Stockholm. Now we have offered some patients in the group treatment in Mastercare The Swedish Back Care System. In some cases we have let patients have a Mastercare at home for self-treatment. In many cases the results have been very good. An obvious advantage with this way of treatment is that the patient can combine movement/exercise with self-treatment in the home or at the workplace on a regular basis.

Johan Sällström

MD and surgeon, with 20 years experience of working with patients with pain, an expert in the field.

- Mastercare The Swedish Back Care System is an excellent tool in workplaces with monotone work. It has great results in prevention for those working at a conveyor belt or in a forward leaning position.

Johan uses the Mastercare in his practice when he treats patients with back and neck problems.

-I am getting great results and I am very satisfied with the performance of the Mastercare.

Claes Lenngerd

MD at the county health care in Trollhättan, Sweden

-In the county health care we are using Mastercare The Swedish Back Care System at several of our work locations and we are seeing very good results. In a separate project we are conducting a continual study of its use.

Lennart Dimberg

Formerly a company Physician at Volvo Aero, now he works for the World Bank in Washington D.C.

-At Volvo Aero Corp the employees, like in many other work places, often experience ache in their necks, shoulders and backs. In a study of self-treatment at the workplace we have been

able to see a positive effect of regular use of Mastercare in certain groups of problems. We have observed a significant reduction of the back pain and also a tendency for fewer days of sick leave due to back or neck problems. Some people have reported improvement to their problems. The Mastercare treatment is suitable for most people, but not for all. If you notice a tendency to deteriorating you should not continue treatment. The Mastercare is now so popular here that we have one in each workshop and they are being used continually. An attempt to move one of the Mastercare tables from its place recently was met with loud opposition.

#### Physiotherapists

Ulf Carlsson

Physiotherapist with the national hockey team “Tre Kronor” and the hockey team “Västra Frölunda Indians”

-I have used the Mastercare since 1992 for the National Hockey Team Tre Kronor. It is being used both for prevention and treatment of injury. My experiences of the Mastercare as training and rehabilitating equipment have only been good. The Mastercare operates according to simple physiological laws. Today I also use the Mastercare in my work with Västra Frölunda Indians.

Mattias Ahlstrand

Licensed massage therapist and therapist for sport-injuries for the Troja/Ljungby hockey team.

-I have worked successfully with Mastercare Then Swedish Back Care System both in emergency situations and also in preventing injury. Mastercare is great in reducing tension and provide stretching to the effected body parts. I have discovered that tension in the neck or shoulders is quickly and easily worked away with small and simple movements in 30 degrees inclination. The Troja/Ljungby team use Mastercare daily in our work to prevent injury. We also use it to fight lactic acid in the muscles during tough games and tight training periods. The Mastercare is a great tool for me in my daily work with the players and also me work with other patients.

Ulla Uller

Ergonomics' and physiotherapist

-I use Mastercare The Swedish Back Care System in healthcare and in preventive treatment. In Uddevalla we have it placed at workplaces both in heavy industry and in care units and in offices. Modern people with stressful jobs that strain necks and shoulders find that Mastercare in a very useful tool. Having one at work means you can get a well-needed break and at the same time you relieve pressure to your spine and prevent and reduce chances for work-related injuries.

Arild Berglund

Physiotherapist at Selmer, a construction company in Norway.

-Now we have finally found an effective tool for our tired and worn out backs. In the construction business there is a great problem with worn out backs. It can be hard to offer professional help since the workers often live and work far away from the main office and my

clinic. The last 2-3 years we have placed about 40 Mastercare tables, some on construction sites and some in the barracks where the men are living and again some have been placed in the homes of some of our workers on sick leave. The latter has proven very effective because they come back to work a lot faster. I am convinced that the Mastercare was a good investment for Selmer.

## Sports

Vladimir Smirnov

Skier with several world cup titles, world champion, Olympic champion.

-I have used Mastercare The Swedish Back Care System since April 1998. I have had problems with my hips and knees due to the skating in skiing. Today I am without symptoms. I use the Mastercare before and after practice. Every ski club should have a Mastercare, especially the youth clubs since the skating really hurts the young skiers.

Tord Amré

Former soccer-, land hockey-, bandy player. He played 18 seasons in the first league for "Ljusdal"

-I was born with a defected vertebra in my lower back. As a teenager I had terrible problems with my back. During my active years my body was very badly treated during games. I had my nose broken 4 times, had several concussions, a whiplash, shoulder injury, elbow injury, had surgery on my knees several times, broken ankles. Almost every joint I have has been injured. Worst was the whiplash and the knee injuries. I have tried every remedy for the pain. Massage, chiropractors, physiotherapists, kinetics, water massage, traction benches etc. It helped for a short time but no more than that. I got in contact with the Mastercare and after a week I was a lot better. I now use the Mastercare regularly. The great advantage with the Mastercare is that you can use it yourself. I want to recommend the use of it to all sports clubs. I would have wanted one during my active days.

Thomas Klüft

Coach, healthcare expert and sports commentator.

Thomas works work healthcare in a school environment. Sportsmen for tips and ideas concerning training hire Thomas.

-Mastercare The Swedish Back Care System is a great tool in healthcare. It is easy to use, has an effect of lowering stress levels and makes the user aware of his body and its functions. I always use the Mastercare table in my training programs.

Anders Willstedt

MD Växjö, team physician for the soccer team Öster IF

Anders has used Mastercare both at his private clinic, Pedicuve and in his work for Öster.

-We have placed the Mastercare in the dressing room. The players use it all the time. They experience the relief in stretching after every training or games. One of our players Fredrik Bild was injured in his groin and abdominal muscle and I saw that he recovered really fast thanks to the Mastercare treatment. At the clinic I have many patients with fibromyalgia and they experience relaxation when they use the Mastercare. Even back patients have improved considerably due to using the table.

Tomas Gustavsson  
Several times Olympic winner

During his active time Tomas used Mastercare The Swedish Back Care System to stretch and relieve tension after training. He uses it often even today. He says

-I am living proof that the Mastercare really work.

Bengt Åke Gustavsson  
Former pro hockey player

-Mastercare The Swedish Back Care System has been wonderful for my recovery after my injury. The feeling you get of relief and relaxation before and after training is worth any price.

Companies

Hans Andersson,  
CEO, Malmö Maskinaffär

-I had never believed this. It isn't often you are positively surprised by a purchase. As a company leader I am usually skeptical towards salesmen, but I have to admit, we are very happy with our Mastercare. I use it my self about 2 times a week and that is enough for my back, which used to bother me, to stay in shape. The staff uses it to and it is a really good thing for our company.

Curt Gustafsson,  
Main safety controller, Volvo Aero Corp, Trollhättan.

-We have used Mastercare in the workshop for 4 years now. We have several Mastercare tables placed through the factory and if we even talked of taking them out there would be an uproar.

Private homes

Ingrid Augustsson

-After a fall in my youth I suffered from pain in my body constantly and I also suffered from asthma as soon as I did anything. I couldn't lift a bottle of milk and I had to rely on my family for everything. When I got in contact with Mastercare The Swedish Back Care System I became curious and I decided to try it. After ten days the asthma was gone and two months later I could lift 25 kilos. Today my pain is totally gone. I saw how important it was to breathe deeply between the exercises.

Mairi Larsson, Tandsbyn

-I worked as a home help and hurt my back in 1982. I have been on sick leave since then. I have tried everything from physiotherapy to laser. Nothing has helped for more than some minutes. The Mastercare has become my salvation. I went to a course in Åre for those with chronic pain and I got to try the table. After the third time I felt the relief. I bought one and

took it home. The Mastercare is expensive, but it is worth every crown. Now I have gotten my life back and I don't have to take painkillers anymore.

Erik Sundberg,  
Tekn.dr.h.c. Helsingborg

- I got a Mastercare about ten years ago. I had lumbago all the time. During these years my wife and I have used the Mastercare regularly and at least we know that our backs are in good shape. My wife is 93 and I am 3 years younger. My son-in-law, actor Nils Poppe, who is the same age as us, used the table every time he was here until he stopped acting on stage. I think this is the reason he could still act and be on stage for a full evening at age 85!