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**MASTERTR@KK**



Back-A-Traction®  
The Swedish Back  
Care System

Kalmthout, 14 juni 2001

**Conc.: Mastercare Back-A-Traction**

Dear Magnus,

Thanks for your interest in our Mastercare Training center we've created here in Belgium. I'm sure following information will be useful for other physiotherapists:

As you know in our training center we are specialized and use the Mastercare traction tables especially in cases of back- and neck problems. Putting patients in prone position (+ abdominal pillow), we saw very good results in cases of **nuclear lumbago**, as expected, but also in cases of **acute annular lumbago**, where normally manual therapy is used. We tried out the Mastercare Traction table in a few cases of acute annular lumbago and we saw complete recovery in 2-3 days, treating twice a day.

All posteromed and posterolat protrusions that were treated on the table were showing full recovery in a period of 2 weeks to 2 months. Those using the table daily had much faster results than those using it 2-3 times a week. Posteromed protrusions always healed faster than the posterolat protrusions.

We can also add some remarkable results:

- Pain of the mm. Intercostales after traumatic experience takes approximately 6-8 weeks to recover. We've put one patient after 3 weeks on the Mastercare Traction table, because she was also suffering from severe back- and neck pain. Surprise: after 2 days all pain (ribs-, back- and neck pain) was gone!!
- One patient with back and vascular problems lost 4 Kg in 7 days by using the Mastercare table!!
- Hip problems recover much better in prone position on the Mastercare Traction table.

The Mastercare Traction table is also very effective in the warming-up. Tennis pro's, using the Mastercare Traction table at our Training center, told us they normally needed 30-45 minutes to warm up and to loosen up their muscles. When using the table during 10 minutes before the match, they feel good from the first ball!

We also found the support-leg a very effective tool, in case the muscle spasm is very high. Using the support-leg, we can slowly increase the inclination from 1° to 15°. This way, we can control the muscle spasm even better, and get faster and better results.

We hope this can be of any assistance to other physiotherapists and once again we would like to thank you for giving us the opportunity of being part of your success!!

Yours sincerely,

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