

# Master-care®



The Swedish Back Care System  
Svenska Hälsobanken  
Back-A-Traction

**The main intention of this presentation is to explain  
about Mastercare - The Swedish Back Care System.**

**What it *is*, what it *does* and how to *use*.**

# Company Profile



Established in **1987**.



Reputation of **outstanding treatment results, product performance** and **breakthroughs** in the field of **occupational health care, clinical use**, and **self treatment** in the home.



The Mastercare trademark **Master-care®** is the symbol of **quality, safety**, and **customer satisfaction**.



Unique treatment system.

## The Mastercare Vision







*To have the most outstanding worldwide health solution for people of all ages, focusing on **back, neck, shoulder, hip, knee and circulation problems** in the field of **prevention, rehabilitation, sports performance and general wellness**.*

*This Mastercare vision will be achieved by establishing distributors, all around the world, who are dedicated to achieving customer satisfaction.*

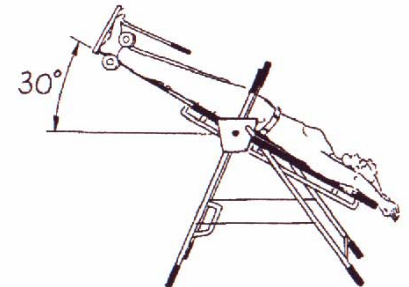
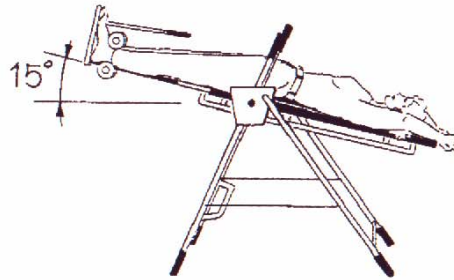
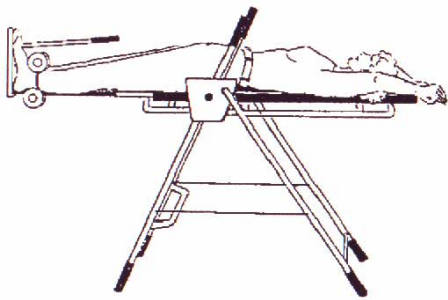
## Business Concept

*The Mastercare "**Relaxation and Wellness**" concept is based on the belief that people need to take more control of their own health. The customers' "**health rewards**" are the foundation of our ultimate ambition.*

## **Mastercare: All the qualities of a good product!**

-  Unique qualities.
-  Easy to use.
-  Good for the customer.
-  No complicated service.
-  Reasonable price level.
-  All people are presumptive users.

**A healthy back results in shorter absence due to illness.**



**A Swedish method of self-treatment that prevents and alleviates pain in the back, neck, shoulders, hips and knees in an easy and natural way.**



# Users of Mastercare

Mastercare is used for both **prevention** and **rehabilitation** of problems in **neck, shoulder, back, hips, knees**, and **circulation**.

## *As a self treatment device at:*

-  Home
-  Workplaces
-  Offices
-  Gyms, Health Clubs, Spas
-  Hotels
-  Athletes and Sports Team
-  Etc. etc.

## *In clinics by:*

-  Medical Doctors
-  Physiotherapists
-  Chiropractors
-  Massage Therapists
-  Osteopaths
-  Etc. etc.



# What happens in the body?

**Relieves hundreds of joints.**

**Increased relaxation in the whole body.**










**Increased circulation and facilitates the backflow of venous blood.**

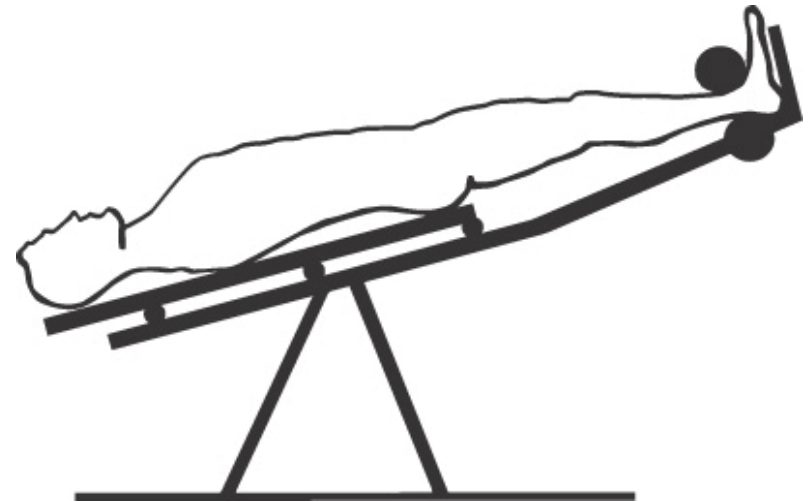
**Elasticity effect on ligaments, joint-capsules and muscles.**

**Increases the exchange of liquids in joints and discs.  
Increases the oxygenation: nutriment in – dross products out!**

## Relief instead of tension

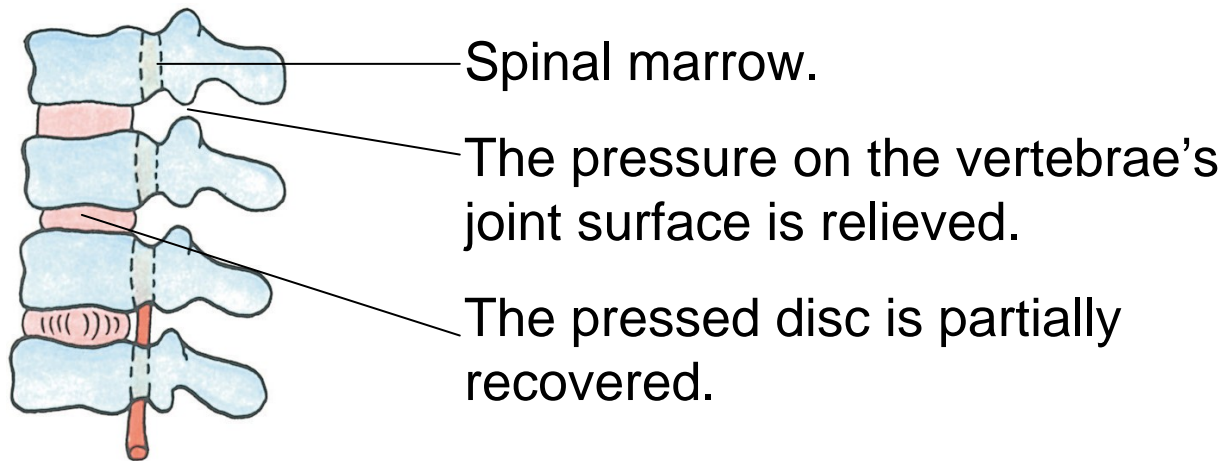
According to M.D./Osteopath Dr. Lloyd Smith, the **unique moving backrest** transforms the body weight into **traction power**, which in combination with specific exercises relieves:

-  Ankle-Knee-Hip Dysfunctions.
-  Stiffness and Inflammation of Joints.
-  Nerve Root Pressure.
-  Pelvic Pressure.
-  Muscle Spasm.
-  Shoulder Stiffness.
-  Sciatica.
-  Low Back Pain
-  Neck Pain



## When using the Mastercare you get:

Relaxation, decreasing of pain and muscle spasm, increase mobility, increase circulation and nutrition towards discs and joints, decompression of joints and discs, postural correction and re-alignment of pelvic and spine, increasing muscle balance and power in an unloaded position.



## The uniqueness of Mastercare



The **moving back rest** transforms the body weight into traction power.



With an inclination of 15° the traction force is big enough to effect a structural change.



15° is a very **comfortable position** and can be **safely used** by nearly **all patients**, despite age or weight.



The 15° position also permits to combine traction with **useful exercises** to relieve pressure on the joints and stretch the muscles.

## The uniqueness of Mastercare



**Exercise program** developed in co-operation with **Physical Therapists** and **Medical Doctors**.



Both **prone** and **supine** positions possible.



The safety lock and 30° maximum inversion assure **safety** and **security**.



Both for **prevention** and **rehabilitation**.



**Scientifically proven**. Several studies made.

## Mastercare Safety Concepts



Solid construction.



Safety catch allows **full control**.



Inclination of **15°** or max. 30° for **safe treatment**.



Low and secure.



Scientifically **tested** and **approved**.



Safety foot rollers.



**CE**-registration; Medical Device, class 1.

# Mastercare Safety Concepts





# References

## Karin Timmermans, Physiotherapist, Belgium:



Uses the Mastercare table at her **Mastercare Training Center**. Especially in cases of chronic back and neck problems. By putting patients in **prone position** she obtains very good results in cases of **nuclear lumbago** and **acute annular lumbago** with **complete recovery in 2-3 days, treating twice a day**.



Treats up to **5 patients** at the **same time** using 5 Mastercare Tables.



The **only treatment device** she uses.







Applying the Mc Kenzie-method  
in Mastercare.







## **Sara Meeks, P.T., M.S, G.C.S. (Geriatric Clinical Specialist), , Florida, USA:**

-  Keynote speaker at the **World Congress of Physical Therapy** in Melbourne, Australia, September 2005.
-  Uses **Mastercare** in her clinic to treat patients with **osteoporosis, scoliosis, spinal stenosis, spondylolisthesis, degenerative disc disease, chronic back pain**, and different **postural problems**, all with tremendous clinical results.
-  Also recommends the use of Mastercare for athletes as an **adjunct to training**.
-  Thanks to the 15° and 30° locking device, patients can be taught to **use Mastercare independently**, thus freeing up therapists for other work in the clinic.







# Physiotherapy Convention, New Orleans, USA, February 2005.



# Studies







## Trollhättan "City Health", Sweden, 1992

-  Employees at 22 work places.
-  A Mastercare table at every work place. Utilized daily during 3 months.
-  Participants were asked to describe how the training had affected their neck/shoulder and lower back pain experiences using VAS-scale.
-  Evaluation included both pain intensity and problem frequency.
-  **Result:** Participants indicated both neck/shoulder and lower back improvements.
-  Today they have **purchased** and **implemented** over **100 units** of Mastercare Tables in more than **50 workplaces**.

(Ask for your copy of the study)





# Volvo Aero Corp., Trollhättan, Sweden, 1993

## Methods

-  Effects of gravity-facilitated traction of the lumbar spine in persons with chronic low back pain (LBP) at the workplace.
-  Duration 1 year of which 3 months were mandatory.
-  Inclusion criteria: Employees that have undergone medical treatment for LBP at the company's medical department during the last 3 years.
-  Participants were divided into three groups:
  - Group 1:** Training once daily.
  - Group 2:** Training twice daily.
  - Group 3:** Control group.




# Volvo Aero Corp., Trollhättan, Sweden, 1993

## Results

-  Distribution of pain last week of the study was lower in group 1 and 2 than in group 3.
-  Total sick-days and sick-days for LBP during the study were lower for group 1 and 2 than for group 3.
-  Total sick episodes and for LBP were fewer for the training groups than for the control group during the study.
-  A clear reduction of neck/shoulder pain was seen in the training groups as regard to the control group.

# Volvo Aero Corp., Trollhättan, Sweden, 1993

## Summary

-  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.






(Ask for your copy of the study)

# Carpe Diem, Rehabilitation Department, Trollhättan, Sweden, 1996-1997




*Study of traction treatment for diagnosed **knee-joint-osteoarthritis** using Mastercare.*

## Methods



-  People of working age, diagnosed with knee-joint-osteoarthritis.
-  1 test group, 1 control group.
-  Patients used Mastercare at home during a **20 week period**:  
First week: **once a day** for 2 minutes, 15° inclination.  
Remaining time: **twice a day** for 5-10 minutes.

# Carpe Diem, Rehabilitation Department, Trollhättan, Sweden, 1996-1997

## Results

-  VAS-scale was used.
-  Changes in the degree of pain and strength as well as the limitations in the professional life and the social and daily living were looked at.
-  Improvements occurred on all points for the test group.

## Conclusion

-  Mastercare is a simple way to treat a patient group that earlier were difficult to treat.
-  Patients can take care of the treatment themselves.

(Ask for your copy of the study)

# **K. Timmermans & D. Lambeets, University Department of Physiotherapy in Antwerp, Belgium, 2003.**

*The effect of the Mastercare Back-A-Traction in combination with exercise therapy on chronic low back pain.*

## **Methods**



Patients with chronic LBP.



Patients were treated daily during 2 weeks. Each treatment took 45 minutes.






All treatments in prone position.



## **K. Timmermans & D. Lambeets, University Department of Physiotherapy in Antwerp, Belgium, 2003.**

### **Results**

-  The suggested treatment has a positive effect on the pain and functional status of chronic LBP patients.
-  Average pain was lower after the study, and even lower 6 weeks after the conclusion of the study.
-  Functional status of the patients improved during the study and was even better 6 weeks after the study.


(Ask for your copy of the study)



# Who can and who cannot use Mastercare?

 Statement by an orthopedic surgeon in Canada:

*"If you can walk by yourself, you can always use Mastercare in 15° inversion."*

 As with any therapy equipment, it is always **recommended to consult a physician** before regular use, so that **other sources of pain** such as cancer etc. can be excluded.

 High and low **blood pressure**?








- Never exceed 15°.

- In 15° inversion, due to the small difference in vertical position between heart and stomach, it is in most cases **not dangerous**.

Just rotate backwards and return **slowly**. In 15° inversion, the blood pressure will actually be lower than normal.

- At the University of Lund in Sweden an ongoing study shows that repeated changing in positive and negative inversion is better than any medicine for heart fibrillation.

# How to handle

-  In the beginning, before the user feel safe and accustomed to the Mastercare, always have **someone to assist**.
-  **Never exceed 15°** inclination during the **first two months**.
-  Recommended to always **make the exercises in 15°** inversion.
-  Recommended to use **twice daily** or more, seven days a week.
-  Mornings 5-10 minutes, evenings 10-15 minutes. (The time depending on the health status).
-  In the beginning, don't overdo the time and exercises as it may cause training pain.
-  If the user has a serious back problem, he may experience a peak of pain, probably within 3-4 weeks. If this happens, slow down the training but never quit using Mastercare.

# Mastercare Accessories for Clinical use.



CN-SP1, Support Pillow  
"Neck and Hips"



CN-SP2, Support Pillow "Lumbar"



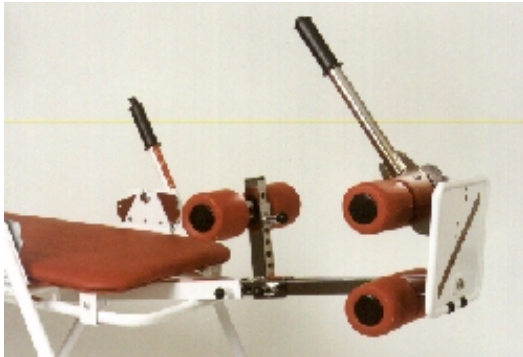
CN-SP3, Support Pillow "Neck"



CN-SP4, Support Pillow "Hips"



## Mastercare Accessories for Clinical use.



CN-K2, Knee Support



CN-T2, Toe Protection



CN-SL1, Support Leg

# Why Mastercare in Physiotherapy Clinics?

- Accomplish **better treatment results**. Mastercare makes it possible to reach areas hard to treat.
- Avoid many unnecessary back surgeries.
- Makes the “hard work” easier.
- One Physiotherapist can work with **several patients at the same time**.
- The Physiotherapists give treatments for the “severe” problems in the table, and train the patient for “in clinical” self treatment.
- When the patient feel comfortable with the product, recommend it for home use to continue the treatment. (The clinic can rent the table to the patient.)
- Make the patient aware of the importance of taking control of their own health by using Mastercare at home.



## **My challenge to you!**

Start treat your "worst case" patient in the Mastercare Table, twice a day for at least six months. It can be a patient with no results on earlier treatments and who has suffered for many years, maybe scheduled for surgery or had surgery.

Ask the patient to take notes and keep a journal of the treatment and the pain etc.

**You will experience tremendous results!**

# **Medical Video**

**From Trollhättan City Health, Sweden.**

With M.D. Claes Lenngerd and Physiotherapist Jeanette Soprani









# THANK YOU!

**For listening and for your kind attention.**



Hereby follows a live demonstration and the possibility  
to try the Mastercare Table for yourself.

## Guidelines for using the Mastercare.

-  Set the proper balance.
-  Take off the shoes.
-  Step in and fasten the feet.
-  Release thumb locks and push back and start using the Mastercare.
-  Do not exceed 15°.
-  Do the exercises.
-  **Note!** When starting to rotate, immediately release the thumb locks.
-  **Note!** The user is in control of his own body. During exercises, if he experiences “bad pain”, stop doing that particular exercise. If he experiences “good pain”, continue. Only the user knows and can judge for himself.