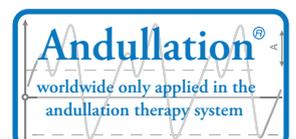




> Research Andullation Therapy
Influence on Non-Specific Acute Lower Back Pain

Dr. Roland Stutz



Influence of Andullation Therapy on Non-specific Acute Lower Back Pain

> Introduction

SPOREG has been active for many years in the field of rehabilitation and therapy. Its extensive know-how results from the treatment of professional sports people from almost all types of sport. SPOREG develops alternative treatments in classic, conservative medical science. In this context, SPOREG has been using andullation therapy with the andullation therapy system since 2001. After many sports patients have reacted positively to andullation therapy, it has been decided to look at the 'positive effect' in a more scientific manner, in conditions of non-specific acute lower back pain.

> The investigation process

Forty top sportsmen and women with non-specific acute lower back pain were divided at random into two equal groups. Each subgroup of twenty test patients was treated with one specific kind of massage. The first group underwent an andullation therapy for 15 minutes in accordance with an established standard programme. The second group (placebo group) was also massaged for 15 minutes with a normal massage treatment.

The investigators examined the following four factors before and after the massage:

- > Subjective feeling of pain
- > Mobility of the spinal column
- > Presence of cramps in the dorsal muscles
- > Lymph drainage

> Apparatus used

In order to analyse the four above-mentioned factors, the apparatus shown below were used.



Analysis of lymph drainage



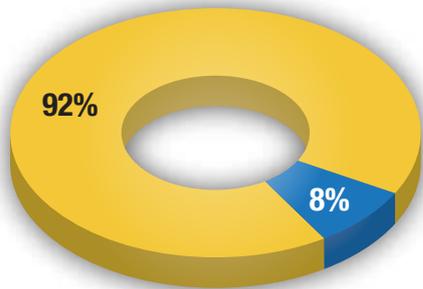
Rotation left/right



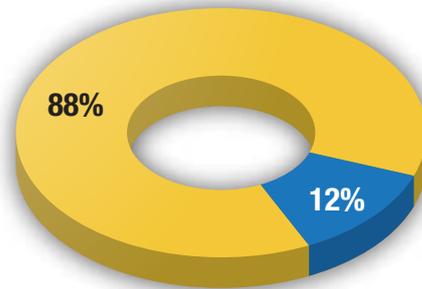
Bending sideways right/left



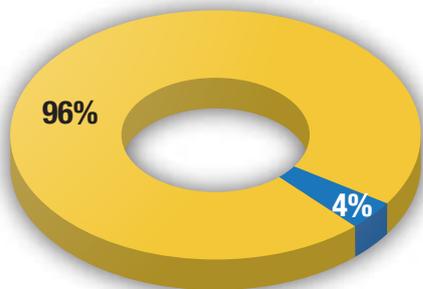
Stretching and bending abdominal muscles



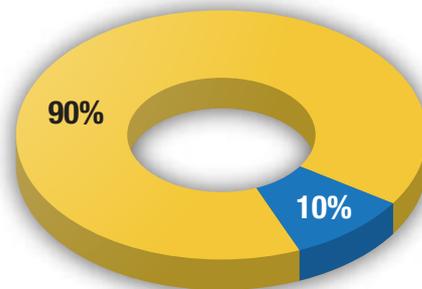
Reduction of the subjective feeling of pain



Increase in the mobility of the spinal column



Reduction of dorsal muscle cramps



Stimulation lymphatic system

 Treatment with andullation

 Placebo group

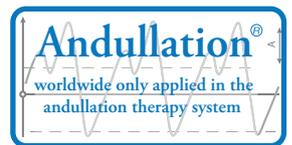
> Summary and conclusions

The results are convincing. The andullation therapy system is an innovative and valuable product, which has come to occupy an important place within the range of conservative treatment methods. Andullation therapy produces a remarkable improvement in the profile of the complaint for patients with non-specific acute back pain.

After this evaluation, it can be said that the andullation therapy system:

- > Reduces the subjective feeling of pain for patients.
- > Noticeably improves the mobility of spinal column.
- > Causes a major reduction in cramps of the dorsal muscles.
- > Stimulates the lymph drainage system.

The andullation therapy system, which can also be used at home, can undoubtedly be used as a preventive treatment method for a number of other health problems.



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