

## Summary and Analysis

The goal of the study was to explore whether the hhp Massage System has an influence on the existential orientation of users. Based on the data gathered, the answer is a clear yes: use of the massage mat had a positive influence on the existential orientation of the test subjects.

The study also conclusively proved that, with respect to the improvement in existential orientation, the self-evaluations of the male and female test subjects were statistically significant. Of particular interest: the data under “before/after” at point three: “How relaxed are you,” where relaxation increased 153% across the entire sample. This is particularly striking when one considers the fact that citizens in our performance oriented society seem to have lost the ability to relax. “Tense” has become the general state of being, setting off a terrible chain reaction: Tension causes pain, initially without any clear physical cause. Processing pain can cause long-lasting changes and, if not successful, can lead to chronic adverse conditions. These may include emotional changes (insecurity, depression, fear) or socioeconomic changes (reduced social contact, limited ability to work). And this is exactly where the study reveals the potential of the mat:

**it helps people relax.**

## Conclusion

**The mat is not only, as has been proven time and time again, optimal for use in rehabilitation, but also an important tool in the area of prevention. After just one application, the mat can lead to an increased sense of well-being. It has been effectively proven that use of the mat helps users achieve a state of relaxation quickly and highly effectively.**

## Study on the influence of the hhp Massage System on existential orientation

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**Time period:** March 14, 2005 to April 9, 2005  
**Place:** Fitness Company, Karlsruhe Postgalerie  
**Studienteilnehmer:** 629 test subjects

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**Study participants:** Prof. Dr. Alexander Woll

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### Study objective:

The study was aimed at clarifying whether the use of the hhp Massage System by people without a clearly defined diagnosis leads to an improvement in general well-being.

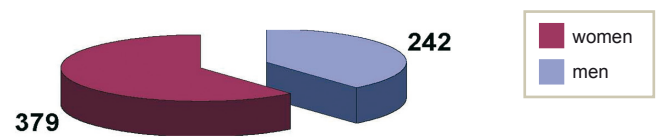
## Results

### Foreword

In this study, not only the number of test subjects was of interest, but also the number of interventions. This is due to the fact that the study was done using an existential orientation questionnaire. Answers about existential orientation from the same person can provide different results on different days. The questionnaires were analyzed with SPSS. During this process, the information provided by people before the intervention was compared to information provided after the intervention. This was accomplished by comparing the averages of the individual before/after values.

### Evaluation

In the time period from March 15 to April 9, a total of 629 interventions were completed, 242 on men (38.5%) and 379 on women (60.3%) (remainder of 8 = missing information; corresponds to 1.2%)



III.: Distribution of the samples on men and women (N=621)  
Comparison of the averages of the whole study

### The following averages arise from the four previous questions:

	Average	Standard Deviation
Are you in pain?	7,494	2,609
Is your spine mobile?	6,663	2,139
How relaxed are you?	5,521	2,346
I feel fine!	6,720	2,276

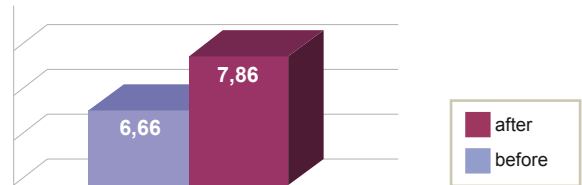
### The following averages arise from the four subsequent questions:

	Average	Standard Deviation
Are you in pain?	8,568	2,001
Is your spine mobile?	7,863	1,849
How relaxed are you?	8,458	1,668
I feel fine!	8,684	1,583

### 1. Mobility of spinal column

Here the average increased from 6.66 before (N = 628) to 7.86 after (N = 626), which is an increased of 1.2 or of 118%

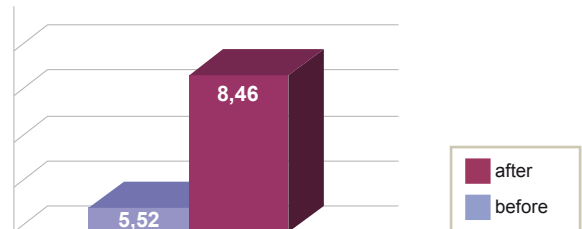
**Conclusion: The mobility of the spinal column improves after the first treatment.**



### 2. How relaxed are you?

The average of 5.52 before (N = 627) increased by 2.94 to 8.46 after (N = 626). This corresponds to an improvement of 153%.

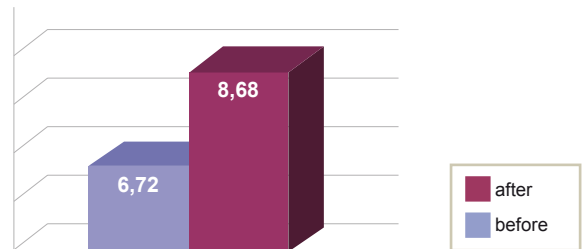
**Conclusion: The hhp Massage System helps users to reach a state of healthy relaxation very quickly.**



### 3. I feel good!

The average before treatment was 6.72 (N = 628), after treatment it was 8.68 (N = 625), an improvement of 1.96 or 129%.

**Conclusion: The patient experiences a pleasant sense of well-being after treatment.**



### 4. Are you in pain?

The change in the fifth category is truly exceptional: before it contained only 47.2 % (corresponds to 294 answers before for this question where N = 623) of those questioned, after 68.8% (corresponds to 426 responses after to this question where N = 619). The graph shows the positive migration quite clearly.

**Conclusion: Patients in pain experience an immediate reduction after use.**

