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> Research Andullation Therapy
Influence on the General Well-Being

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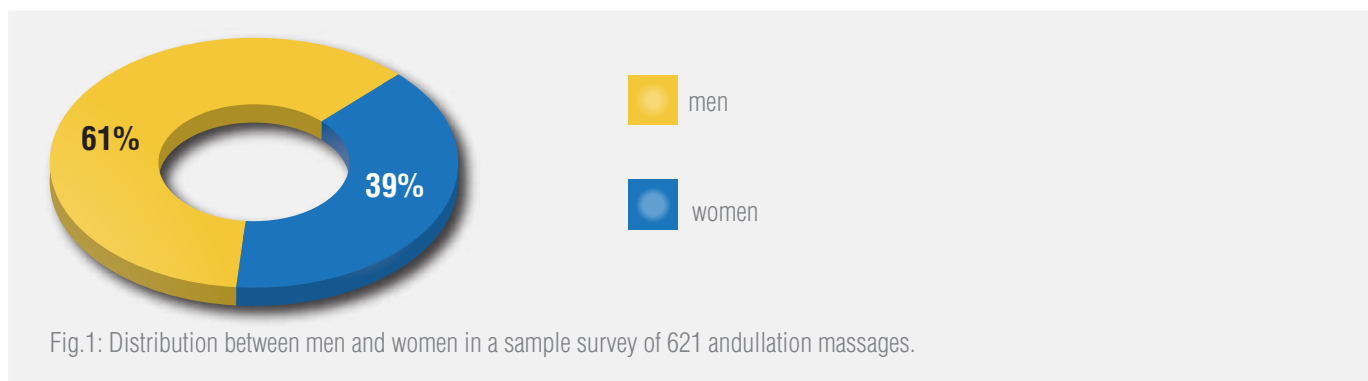
Research on the Effect of Andullation Therapy on the General Well-Being

> Introduction

The present study wishes to provide an answer to the question as to whether the use of andullation therapy produces an improvement in general wellbeing in persons who do not have a specifically defined illness profile.

> Evaluation

In March and April 2005 a total of 629 andullation treatments were carried out, of which 379 were carried out on the same group of women (60.3%) and 242 on the same group of men (38.5%). None of them showed evidence of any physical or psychological complaint. Each filled out a questionnaire on general wellbeing, both before and after the andullation massage. The evaluation concentrated on the answers to 4 specific questions: (1) how supple is your spinal column?, (2) can you feel yourself relaxing?, (3) do you feel fine?, (4) do you have any pain?. The answers were registered on a visual analogue scale and evaluated using the SPSS programme. The averaged values of the different items were compared. In 8 cases (1.2%) the questionnaires were not completely filled out.



> Results

Averages before application of the andullation massage.

Question	Average	Standard Deviation
How supple is your spinal column?	6,663	2,139
How relaxed are you?	5,521	2,346
Do you feel fine?	6,720	2,276
Do you have any pain?	7,494	2,609

Averages after application of the andullation massage

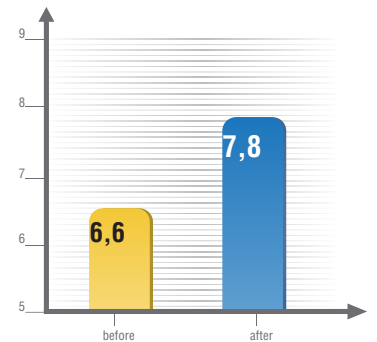
Question	Average	Standard Deviation
How supple is your spinal column?	7,863	1,849
How relaxed are you?	8,458	1,668
Do you feel fine?	8,684	1,583
Do you have any pain?	8,568	2,001

> Discussion

1. Does your spinal column feel supple?

In the illustration showing the suppleness of the spinal column 628 answers were given before the massage and 626 after it. The average on the VAS scale of 6.66 before the use ent to 7.86 after the use of andullation vibrations on the andullation therapy system. The average of the individual's maximum motility rose by 1.2 units or 18%.

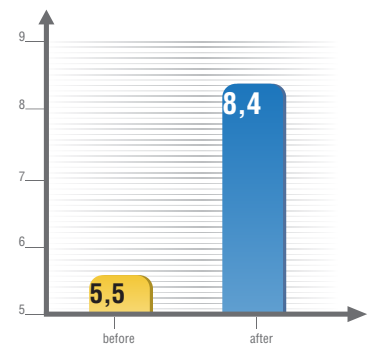
Conclusion: Patients with a less supple spinal column show a greater suppleness after andullation therapy using the andullation therapy system.



2. How relaxed do you feel?

In answer to the question "How relaxed do you feel?" a VAS average of 5.52 was registered from 627 answers before the first massage. After the last massage the average rose by 2.94 units to 8.46 for 626 registrations. This means an increase of 53%.

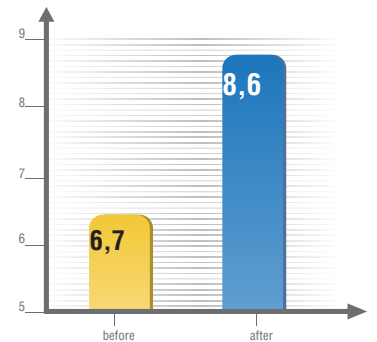
Conclusion: Andullation therapy system helps the users to very quickly reach a healthy state of relaxation.



3. Do you feel fine?

From the analysis of 628 answers to the questions "do you feel fine?" the VAS average of 6.72 was calculated before the andullation massages. This average increased by 1.96 units to 8.68 for 625 analyses after treatment, or an increase of 29%.

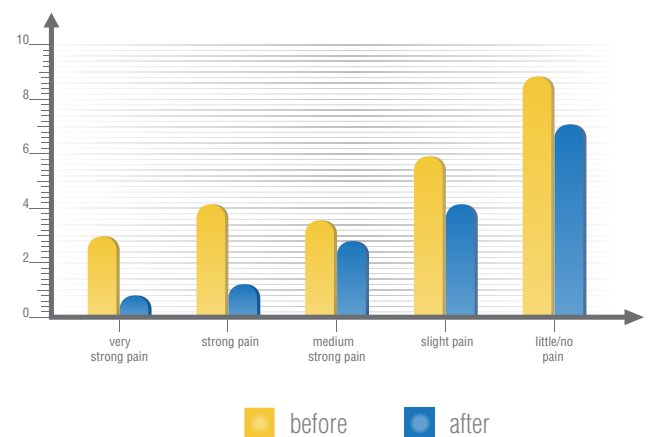
Conclusion: From the first use of the andullation therapy system, the user experiences a pleasant feeling of wellbeing.

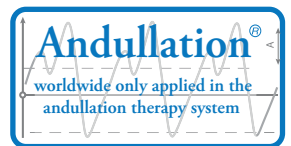


4. Do you have any pain?

The graph shows a clearly positive shift, which can be seen on the illustration with respect to subjective pain. Before the first massage 623 answers were registered, and 619 after the last massage. The group, which comprised those people who initially experienced a "very strong pain", was reduced by 47.2% after andullation therapy. The group of individuals who noted a "strong pain" faired even better and was reduced by 68.8 %.

Conclusion: Patients with pain feel a significant reduction after andullation therapy.





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