

Treatment in the Mastercare-Back-A-Traction for patients with whiplash injury

Purpose

- To exercise in a load-relieving position.
- To decrease pain.
- To increase mobility.
- To increase circulation and in doing that decrease swelling etc.
- Lessen fear of movement.
- To decrease dizziness and other symptoms.
- To relieve pressure to painful areas.
- To increase stamina and strength
- Relaxation

Method

- Start working with the patient in standing-inclination. (First pre-set stop in the Back-A-Traction.)
- Work with slow and small movements.
- Work standing the first few times and then you can go to horizontal position. (Second Pre-set stop in the Back-A-Traction)
- Do one movement and then rest. Do not rush.
- When you are able, no faster than your third time, go to the 15 degrees inversion (Third Pre-set stop in the Back-A-Traction.)

Important!

Always start with small slow movements. The time of rest is just as important as the movements in them selves. Try to find a balance. Do not force individual movements or training.

Make sure you can do the movements standing before you go to the horizontal position. Remember to relax your shoulders through lifting your shoulders and relaxing a couple of times and breathe deeply. After completing the movements in inversion, go to horizontal and rest for 2-3 minutes before you get out of the Back-A-Traction.

You will experience some discomfort, like dizziness, initially. This can make you afraid when you go into inversion but this is nothing to worry about. The Symptom will decrease in time. It is important though that when you get dizzy while working out you should not close your eyes.

Movements

- Start in the standing-inclination for the first treatment times.
- If need be put a support pillow in the arch of your back to prevent a sway-back.
- Release tension in the shoulders.
- Do the movements as shown below.
- After the first three treatments you should be able to go horizontal.

Neck stretch 1

Nod your head, stretching your chin towards your chest.
Start with very small movements
Maybe as small as 0,5 cm in the beginning.

Repeat 4-6 times, rest in between

Neck stretch 2

Bend your head back, stretching your chin away from your chest.

Rotation 1

Turn your head to the right as far as you can. Return slowly.

Repeat 4-6 times, and then change and do the left side.

Rotation 2

Turn your head as far to the right as you can.

In the stretched position nod your head in very small movements 8-10 times.

Return slowly.

Repeat the whole movement 4-5 times before you change and do the left side.

Important!

If your symptoms increase in intensity with radiating pain for example, decrease the size of the movements and the number of repetitions. If it is impossible for you, at this time, to perform a certain movement in a certain direction, do not force it. But keep doing the movements you are able to do.