

Mastercare

The Swedish Back Care System

Method description for using Mastercare - The Swedish Back Care System_ as a treatment method within physical therapy.
Registered physical therapist, Ulla Uller

Treatment Principle

Pressure free, active movements in a 15 or 30 degree inversion angle.

1. General Treatment

- * Follow the enclosed training program.
- * Instruct the patient to gently and methodically implement the program.
- * Should discomfort occur from having the head below the horizontal plane, instruct the patient to take a short rest in the horizontal position

2. Treatment of Limited Movement Neck Problem

- * Choose: with or without preparatory treatment.
- * Start by giving the patient a gentle traction in the horizontal position.
- * Let the patient perform painless stretch/relax exercises in all directions.
- * Lower to the 15 degree inversion angle.
- * Apply a gentle traction.
- * Let the patient perform an active program for increased mobility, coordination, stamina and strength.
- * If needed, guide with your hands.
- * Help the patient with mild stretching.
- * Return to horizontal position, and let the patient do a few active movements, in order to prepare the body for the normal load of gravity.

- * Instruct the patient to keep the knees slightly bent upon return to vertical position
- * Similar methods are used when treating limitation of movement, co-ordination. Strength and stamina in shoulders, upper/lower back, and hips.
- * An un-loaded "walk" at the 15-degree inclination is a very effective and gentle mobilization treatment for the lower back.
- * I have successfully treated knee-joint problems, as well as chondro-malacia.
- * Mastercare is a natural part of any training facility, be it MTT, Sequence training or other types of bodybuilding .
- * Mastercare is a self-treatment method for homes and work-places.
- * It shortens and renders the rehabilitation time more effective at the physical therapist's clinic, and eases the stress on both the physical therapist and the waiting list.
- * I have achieved treatment results in a couple of sessions, where I previously had to spend ten to fifteen sessions.
- * The patient very quickly becomes inspired to self-treatment, which extends the problem-free periods in chronic conditions, and encourages training motivation.

Henån, January 26, 1993.

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Authorized by the Swedish Association of Licensed and modalities used in the area of movement and supporting body parts.