

Real Back Pain Relief!

Ground-breaking Technology in Spinal Treatment

TheraFlex (also known as PAMM – Power assisted Micro Mobilisation) is a revolutionary approach to the treatment of chronic and acute back& neck pain.

The TheraFlex tool can help to restore the mechanical efficiency of the spine by using state of the art computer technology, innovative engineering and most of all skilled practitioners.

This tool is substantially more effective and is capable of a highly specific and consistently replicated regimen which cannot be achieved with conventional manual therapy. The TheraFlex treatment is gentle, passive and progressive and is designed to fix the underlying problem, and **not** the symptoms of the problem. Best of all, the non-invasive nature of the TheraFlex treatment, and the wide range of settings, means that it can be safely used on people of all age groups; at the discretion of skilled practitioners'.

[This truly revolutionary new spinal treatment has been developed by an expert British Team based in the South West and is fast becoming the worldwide benchmark for spinal treatment.](#)

How TheraFlex will help Back & Neck Pain. We can say that 95% of back and neck problems are mechanically based. Examples are sciatica, disc prolapsed, joint locking etcetera.

It is worth remembering that the spine is a completely mechanical structure. A wonderful structure of bone, muscle and tissue; and the best way of treating back & neck problems is achieved by using an effective mechanical approach.

The solution to back and neck pain is to restore the balance between suppleness and strength throughout the spine, therefore restoring the mechanical efficiency. This eliminates the overstraining of the spinal joints in the neck and lower back. This is where the TheraFlex tool can help and treat your spine very effectively.

Ideally this should be done before structural damage occurs. The restoration of the mechanical efficiency will allow the body to carry out its own healing processes unhindered.

If supple elasticity is not restored, the overstraining continues and the prognosis is grim. The problem may be exacerbated by a modern inactive lifestyle, injuries and past episodes of back pain. However, while exercise may slow or even halt the loss, exercise does not reverse the process.

During exercise, the mobile joints tend to be exercised while the fixed joints stubbornly remain fixed. In practice, exercises designed to mobilise the spine tend to exacerbate the patients' complaint.

Chronic back pain sufferers have typically attended various clinics over several years, only for their condition to deteriorate. Dependence on pain killers and anti-inflammatory medicines increases. Surgery will be the only offered alternative. Following surgery, there is every possibility of a recurrence of similar problems as the overstraining moves to another joint level.

'There has never been
an effective treatment
for back and neck pain,
until now.
Extraordinary results'
DAILY MAIL

The THERAFLEX device has received FDA marketing and treatment clearance in the U.S. and has also received the CE mark.

Clearly, not everybody who suffers a twinge is destined to suffer this fate. While, in all cases loss of supple elasticity will result in the overstraining of particular joints, the consequences will be influenced by the degree of loss, the duration of the loss and the mechanical details.

How the TheraFlex works. The speed and strength required to free up the intervertebral joints (spinal joints) and stimulate the back muscles effectively is beyond the ability of the human hand. Using the TheraFlex tool, skilled practitioners can deliver the treatment quickly, safely and effectively.

The TheraFlex treatment is administered in three phases, Spasm, Reflex and Mobilisation:

- **Spasm** – Prepares the muscles & relaxes the back, commencing and ending each treatment.
- **Reflex** – Stimulates and strengthens the back muscles and serves to stimulate stretch reflexes in these muscle groups.
- **Mobilisation** – Gently and gradually frees up the joints between the vertebrae.

The mobilising technique differs from traditional manual therapy in that gentle, alternating pressure is applied; therefore mobilisation is achieved through counter-rotational forces. Fixed or stiff vertebral pairs are gently moved through the normal ranges of motion. Also, there are no sudden, violent movements. Contrast this, for example, with conventional

manipulation – in relative terms, this can be violent, clumsy and poorly targeted. Importantly, the handset will not force vertebrae to move by any predetermined amount as the amount of applied pressure is limited by safety features of the device.

TheraFlex practitioners use a combination of these modes, customised to the specific needs of each patient.

In the hands of a skilled practitioner the TheraFlex treatment will:

- Restore the mechanical efficiency of the spine
- Relieve pain
- Counteract structural defects
- Rejuvenate your spine

A healthy spine for life. Have you had treatment for back & neck pain? Ever wondered why your pain is always recurring?

Conventional manual therapy techniques can help to loosen the spinal joints, but the mechanical efficiency of the spine will not be restored. Therefore, the ongoing overstressing of these joints and surrounding structures will only continue and within a few weeks or months the spinal joints will lock again. This process will continue over and over until the problems worsen (structural damage may occur) and your symptoms become continuous.

The long term solution for minimising the recurrence of pain and/or structural damage is maintenance. The TheraFlex tool allows people, if they wish to do so, to look after the long term health of their spine by maintaining the mechanical efficiency of the spine.

The frequency is dependent on the age, history of the problems and the nature of the job. People also regularly decide to take TheraFlex treatment more frequently, having felt the enormous benefits from the treatment, and who are keen to avoid recurrence of their pain.

EXCELLENCE – BEST PRACTICE – INNOVATION