

## Introduction of the Detensor-therapy at the Station Neurology of ZR

A hospital room equipped with a Detensor-mattress and a therapy mat. An additional therapy mat used in a treatment room.

Therapy duration (mat) ranges from 30 to 40 minutes, one to three times daily for 10-15 days. A total of 152 patients were treated amongst them:

- 29 - with deforming osteoarthritis in the cervical region
- 14 - in the cervico-thoracic range
- 28 - sacropelvic range, as well as
- 18 - cervical region with DE symptomatic involvement of vertebro basilar arteries
- 52 - spinal deformities (differing scoliosis, amongst antalgic)
- 9 - following spinal surgery
- 2 - post-traumatic consequences in cervical and thoracic region

Age of Patients:

<u>No.</u>	<u>Years</u>	
16	16-25	
41	26-35	
41	36-45	85 males
31	46-55	67 females
19	56-65	
4	over 65	

A reduction of pain syndrome was observed in all patients, amongst:

- 73 patients after the 4<sup>th</sup> treatment
- 59 patients after the 9<sup>th</sup> treatment and
- 20 patients after the 15<sup>th</sup> treatment

The last patients were mainly in the eldest age group.

An improvement during treatment was observed in all patients (99) reestablishing their physiological posture, a positive dynamics of their vascular insufficiencies of the vertebro basilar arteries, normalization (53) and stabilization (in all) of all hemodynamic parameters. A considerable improvement in the psychoemotional condition was noticed. The results were further improved when the Detensor-therapy was accompanied by psychorelaxation (autotraining, rational psychotherapy). A positive experience in the Detensor-therapy is registered when it is accompanied by individual treatment, one patient - in one room.