

## Treatment of spinal diseases with the multipurpose system Detensor

*K.L. Kienlein, O.V. Balakirewa  
Institute for Detensorology (Germany)  
Company „MEDART POLYCURA“ (Russia)*

Traction therapy has been accepted worldwide. Traction is defined as a method of stretching which may be applied in certain spinal diseases.

Inclined ribs, from a material which alters its surface resistance depending upon the body weight, are used in the Detensor-System. Placing the patient on the system produces optimally directed extension forces which in their entirety unload the kinematic system of the spine, while assuming an anatomically and functionally conducive position. The system consists of a mattress and a therapy mat for intensive treatment. The traction mattress develops an extension force of 5-10% of body weight. To achieve this, the patient must be positioned horizontally on the mattress without being stretched by straps and weights. Torsional movements of the patient (turning) are not only possible but more so even desired. The extension force of the therapy mat amounts to approximately 18-25% of the body weight.

Comparison of the Detensor-System with the classical methods of extension reveal the absence of loaded tissues, psychological stress to the patient and other side effects. The passing years, however, revealed additional positive influences as the active massage to the tendinous tissues, improvement of the biomechanics, quality of sleep, organic response, increase in lung volume and others.

The most important results derived from the application of the Detensor-Systems can be summarized as follows.

1. Considerable relaxation of the paravertebral musculature
2. Setting free neural structures by reduction of tension in muscles and tendons and increased intervertebral space
3. Possible normalization of anatomical structures in vertebral dislocations and diskal prolapse
4. The realignment of vertebral foramen leads to elevation or elimination of nerve root compression, thus increasing local circulation
5. The possibilities for application are unlimited since it is impossible to overextend the spinal column
6. The material of the Detensor is extremely durable, experiences in German clinics (where they are in daily use for 10-15 years) show that their properties have not undergone any changes
7. Due to the simplicity of the system it is not only used clinically but may be applied by the patients themselves at home
8. Measurements show an increase in spinal length from 0,5 to 2,8 cm following treatment of 40 minutes
9. The effect of the Detensor-System produces diskal rehydration and improved nutritional supply in tissue regeneration.

This treatment method has been applied successfully, without complications in clinics of different countries in the 12 years (since 1988 also in Russia). Amongst the afore