

Summary of Clinical Experiences

*Orthopaedic Clinic, Villingen-Schwenningen
Berliner Str. 23, 7730 Villingen-Swenningen
Head physician, Privat Doz. Dr. med. Dr.med. Habil J. Strauss*

The extension support by the Detensor-method has been applied successfully in the treatment of back pain attributed to different geneses in our clinic since 1982.

The Detensor-method for extension and long term traction therapy of the spine had already been introduced in the international literature on numerous occasions.

The Detensor-support extension principle for long term traction therapy had been applied to more than 400 patients afflicted by back pain of differing genesis during inpatient treatment from 1982 to the end of 1987. The origin of the complained back pain in 96 patients stemmed from the previously mentioned 400 patients suffering from the diagnosed diseases of the spine referred to in the table.

Aside from the extension support treatment and long term traction therapy, also initial medication, physical treatment measures, mobility bath and gymnastic exercise treatment were applied at different extent and magnitude, since not all of these were tolerated equally by all patients. Treatment with the Detensor-therapy mat was given twice daily for 40 minutes and extension support treatment with the Detensor-bed system during the night and during the rest periods at day time. More than 80% of the patients treated by the extension support of the Detensor-bed system exhibited a decisive, continually increasing and remaining improvement during the course of treatment. We attribute these remarkable treatment results with the Detensor-method to the extension of the spine by the Detensor-principle and the considerably larger support surface of the body provided by the design features of the Detensor-systems compared to conventional supports.

The Detensor-method constitutes a basic therapy concept according to the current state of knowledge. As such, it can be combined with other forms of conservative therapy. Excessive traction with the Detensor-system is not possible. Side effects and contraindications are not known.