

AN INDEPENDENT STUDY ON THE BACK RACK **Orthopaedic Medical device**

Tests were carried out on 50 patients with the collaboration of Dr.D.Troup, Director of Spinal Research at the Royal Free hospital, London.

50 outpatients, within the period of 3 months between January - March 2004 in The Luklinski Spine Clinic, London.

The Back Rack consists of 16 wooden spindles with a frame like spine.

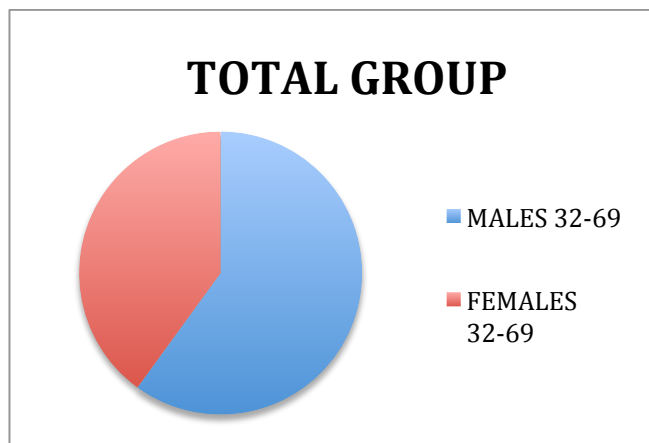
Patients were asked to use equipment as instructed 3x per week for the 3 month period:

Those were the following groups:

Total 50:

20 females: age 32 – 69

30 males / age, 32 – 69



A monthly check up was carried out.

Applied criteria of Orthopaedic Medicine / Maitland system.

Patients were examined prior to using the Backrack and at the end of the treatment - 3 months.

MRI scan was applied when appropriate - 28 cases / False positives.

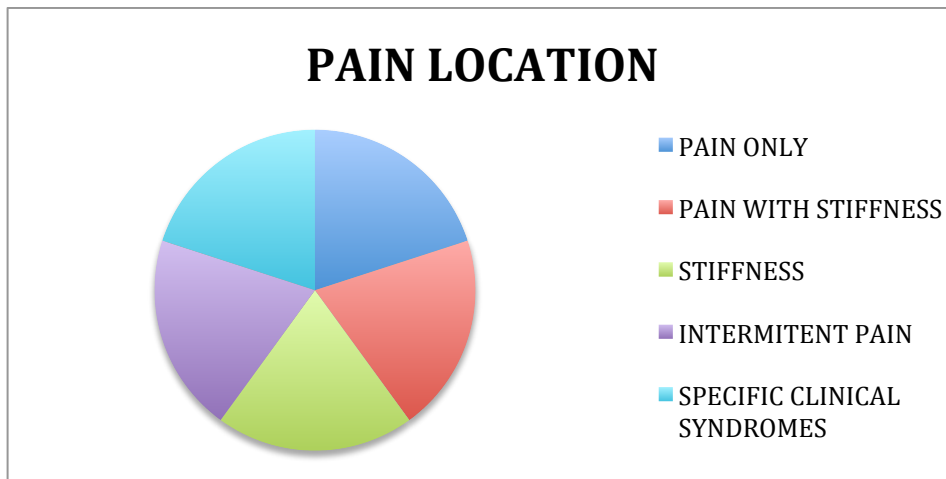
Spinal protocol was used, 3 exercises were applied:

1. Lying down / knees bent / whole spine elongation / sustained - 3 sec.
2. Pelvis elevation - neck / pelvis straight / cervical / upper thoracic sustained pressure - 3 sec.
3. Lumbar spine = increased abdominal pressure / sustained trunk up - 3 sec.

The Back Rack will apply stretching and over-pressure, the symptoms will typically improve rapidly. Passive movements are made easier, lying down compression is 25% of that of standing = SPINE. To elicit back pain PASSIVE -

ACTIVE of motion must be activated.

1. **Pain only** - 10 / severe disabling symptoms - spasm
2. **Pain with stiffness** - 10
3. **Stiffness** - 10
4. **Intermittent pain** - 10
5. **Specific clinical syndromes** - 10 / arthritis, spondylitis, spondylosis, short-leg syndrome.



The following clinical criteria were applied:

1. SLR / 30 - 70
2. PNB / O - 45
3. Lumbar FLEXION
4. Lumbar Extension
5. Lateral flexion
6. Lumbar Rotation
7. Lumbar quadrant
8. Cervical quadrant / cervical spine / F-E-LF-RR - LR /.
9. KJ - AJ
10. SKIN sensation
11. Skeletal deformity - spine
12. Short leg syndrome
13. MRI scan - 28 cases / False positives

Outcomes:

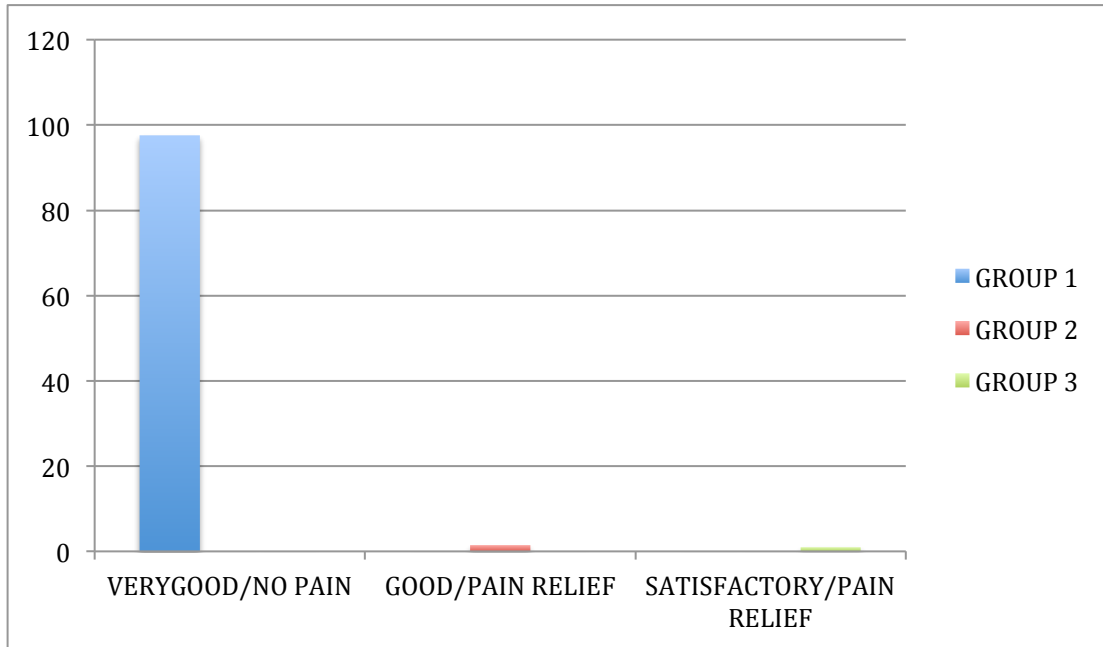
1. Very good / no pain 2. good / mild pain 3. satisfactory/pain relief

Results:

97.5 % / 38,5 patients / - group 1 very good

1.5 % / 6.5 patients / - group 2 / good

1% - group 3 / 5 patients / specific clinical syndromes / satisfactory.



Conclusion:

The Back Rack device is appropriate for ALL spinal conditions; pain and stiffness will decrease - regardless of conditions. No other device in the world found has this unique concept and application.

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