

The first is that of the C.C.

C.C. came with the request of the general practitioner to do gymnastics for Back Pain. This is a lady of 40 years, no sports, overweight (with a weight gain of 10 kg in a year) who works as a maid.

Since our first meeting I was able to detect a general hypotonia and, above all, an accentuated curved back and a marked stiffness of the hips.

When you start the first exercises have asked some unusual difficulties:

- to shrink abdominal pain felt in the lower dorsal and lumbar
- when performing some simple exercises for the shoulder pain always reported in the dorsal area.

In short, it was not possible to make almost any active exercise. The use of MyBack ® has been instrumental in addressing and overcoming these obstacles first.

In fact, the machine by lifting the pelvis puts the lumbar drain, allowing the de-contraction of muscles.

After an initial stay on My Back for 2-3 min gradually increased to 8-10 minute I managed to break this vicious cycle of pain / muscle contraction, allowing, in about ten sessions, the resumption of active work and get good results.

The second case is to A.B. of 49 years.

A.B. Commander is by boat during the summer season, has the spine so stressed by the trend, having to constantly adjust the posture to it.

A.B. had already attended my courses in gymnastics for about 4 years. The first time I saw showed a herniated L5-S1 is not expelled, and a curved back drive that turned out to be the result of a Scheuermann.

During this time the situation was resolved, not having had acute episodes. For various reasons, physical activity has stopped for about a year and a half. Almost a year ago has returned an acute episode of lumbosciatica which was followed by another 5 within 6 months with loss of strength and feeling of lack of control in the lower limbs. Radiographic examination showed a herniated L5-S1 and eject disc disease at L3-L4 and L4-L5 (with small protrusions), therefore, a more complex situation than the last. A.B. has always done a lot of physical activity for reasons of work and during the period he attended the exercise classes was able to perform exercises very challenging: for example strengthening the abdominal rings.

In work that I re-set I was able to take advantage of getting the MyBack ® decontraction back quickly and start with the active work. A.B. has returned to do the exercises she did before with a decent speed while continuing to use the MyBack ® at regular intervals. Besides the description of these cases I must say that for all situations in which people feel even a simple lumbar strain I make them use the ® MyBack unexpected results. In conclusion, I would say that the use of MyBack ® can only be one more tool in addressing a very valid issue, and as widespread as the "Back Pain" highlighting the ease of use and ease of execution autonomy in .

CONTRAINDICATIONS

I personally do not use in cases of retrolisthesis and anterior cruciate ligament injury of the knee. Other contraindications are the slight tingling in some cases, the kneecap and toes, in which case do I stop the exercise and return gradually.