

[Bernardeschi Michele for MyBack](#)



For 10 years, I have been using the PAL (posizionatore antalgico lombare - lumbar analgesic positioner) within the GPR (Global Postural Rehabilitation) work protocols and analgesic and corrective gymnastics. The results obtained in terms of discharge and decompression of the lumbosacral column -- thanks mainly to a deactivation of the tension of the posterior kinetic chain and to a gradual detensioning of the iliopsoas quadriceps -- have been good. And I must say that the MyBack® tool perfectly reproduces these effects on the spinal column, optimizing its utilization through the best convenience of use and also a greater comfort of application.

Nine patients who had in the past used PAL underwent a GPR protocol utilizing MyBack. Application times and comfort were assessed. Ten sessions were performed, part of a more general GPR protocol. In 6 cases, application time was progressive (from 5 up to 10 min.); in 2 cases, application time was constant (5 - 6 min.); in one case, application time was decreasing (5 min. then 4 min.) They were asked to express a subjective assessment of Myback® compared to PAL. The first group highlighted greater comfort and a longer application time. The second group did not highlight essential differences in the comfort and duration of the application. The third group (1 patient) highlighted instead reduced comfort and reduced application time. All the patients, however, agreed on a greater convenience of use. For all subjects, exercise interruption was due to a pain in the popliteus (which was almost always bilateral) with, in some cases, induction to paresthesia of the leg and foot, with spontaneous resolution within a few minutes from the end of the exercise and once they resumed the erect position and ambulation. In all 9 cases of patients with rachialgia prevalently in the back-lumbar tract that have undergone a 10-session GPR program at my center also with the use of Myback®, improvements took place in the starting symptoms, which are to all effects similar to those obtained with the same GPR protocol using PAL. I can hence conclude by saying that, from this small study, Myback® is surely an effective tool, reliable, practical and comfortable to use. It can rightly be considered a valid technological evolution of the "old" PAL because it reproduces its effects but adds greater comfort and a greater convenience of use.

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