

User Report

The WELLSYSTEM HYDRO-JET MEDICAL at Bad Oeynhausen Rehabilitation Clinic

Successful Innovation in the Use of Massage for Rehabilitation

In 1995, the Bad Oeynhausen Rehabilitation Clinic introduced a new form of physiotherapy. Since February 1995, 4 WELLSYSTEM HYDRO JET MEDICAL units have been in use at the 650-bed clinic in Bad Oeynhausen, offering an innovative new form of patient treatment - therapy which combines elements of underwater jet massage, heat treatment and conventional massage.

The Bad Oeynhausen Rehabilitation Clinic is involved in three principal fields of treatment:

- rehabilitation of chronic orthopaedic diseases,
- cardio-vascular diseases,
- follow-up curative treatment for degenerative rheumatic illnesses and trauma to the locomotor organs,
- as well as prevention in case of potentially harmful, occupation-related and general strain.

Based on the demand for optimum patient care and versatile treatment, the Clinic has now been practising HYDRO JET therapy for one year.

The WELLSYSTEM HYDRO JET MEDICAL is an innovative technique combining the advantages of both, conventional and underwater massage with the positive effects of heat treatment.

How does the WELLSYSTEM HYDRO-JET MEDICAL work?

The benefits of massage treatment are well-known: loosening tight muscles, eliminating myogelosis, warming the muscles, encouraging circulation, easing pain, enhancing the formation of endogenous hormones and - last but by no means least - reducing emotional and mental stress.

The advantages of this innovative new system lie in its principle of underwater massage, which the patient can enjoy without getting wet, since he lies on a pleasantly soft, elastic film of natural material directly on the surface of the water of the WELLSYSTEM HYDRO JET MEDICAL, which is filled with 420 litres of water.

The individually adjustable nozzles focus the massaging jets of water directly beneath the body parts being treated, with an infinitely variable pressure of between 0.5 and 4.0 bar.

Moreover, the WELLSYSTEM HYDRO-JET MEDICAL is suitable for numerous types of conventional massage and therefore satisfies the requirements of medical and therapeutic practices, clinics and nursing homes.

Section massage, for example, allows concentrated treatment of individual sections of the body. In addition, the system provides the technical facilities for spot massage, since the tandem nozzle with its eccentric movement can be focused on virtually any point of the body, deliberately avoiding the spinal column.

The beneficial effect of heat treatment is achieved via a built-in heater which maintains a constant water temperature within the appropriate range.

A special head cushion ensures correct, relaxed head posture.

The system can be tailored to the patient's individual requirements using the manual control unit.

Following extensive testing, the clinic management decided to purchase four WELLSYSTEM HYDRO JET MEDICAL units in order to incorporate an additional, less staff-intensive facility for muscle relaxation into its therapeutic programme. The intention was not to replace conventional, manual massage with a mechanical form of massage, but instead to supplement the conventional massage repertoire.

Conventional massage is still used for localised muscle hardening and muscle tension, and to treat myogelosis. Up to now, the WELLSYSTEM HYDRO-JET MEDICAL has been used to treat muscle tension which is spread evenly across the entire back; the therapist can also offer the patient localised treatment.

Initially, patients were only treated lying on their backs, although treatment is also possible with patients lying on their sides or stomachs.

Metering of the massage jet force and the area to be massaged are set by the therapist, and modified by him if necessary. The length of treatment has been set at 15 minutes.

So far, several hundred patients have been treated with the WELLSYSTEM HYDRO-JET MEDICAL and were asked to describe their impressions and experiences. On average, 2-3 massages per patient were prescribed. In a few exceptional cases only, these patients had received no conventional massage prior to application of the mechanical massage. In general, the medical management favours alternating between manual and mechanical massage, provided this is indicated by diagnosis.

According to Dr. med. Hinrichs, Medical Director of the clinic, WELLSYSTEM HYDRO-JET MEDICAL-massage can be used to relax tense back muscles in the following cases:

- Lumbar syndrome without nerve root damage,
- Thoracic syndrome without intercostal neuralgia,
- Minor scoliosis (with curvature of up to 7°),
- Rheumatic diseases, but not during acute inflammatory attacks,
- So-called vegetative dystonia and
- Secondary muscle tension as a result of coxitis or omarthritis.

By far the majority of patients treated expressed a favourable opinion of the effects. The following positive statements were unanimously expressed:

- Improved general well-being
- Subsequent sensation of warmth and relaxation
- Pain eased by the positioning in warm water and simultaneous massage
- Uniform massage in terms of intensity

Patients often expressed the wish to alternate between mechanical and conventional, manual massage; others often requested the mechanical massage only.

Since treatment first began, it has now been possible to formulate the indications for mechanical massage more precisely. Patients recovering from an operation for a slipped disk who are not yet adequately stabilised are not considered suitable, nor are patients with extremely painful muscle tension, particularly in the case of myogelosis which is painful to the touch. Nor is mechanical massage used for major scoliosis, neurological syndromes with deficits in the motoric and sensory systems, or inflammatory diseases.

The equipment is installed in a special treatment room. The four treatment units are managed by one therapist.

As a general rule, the treatment can be performed with the patient wearing lightweight clothing.

This helps save time, water and energy. Hygienic care of the system is simple; and the patients do not get wet.

The Medical Director of the Bad Oeynhausen Rehabilitation Clinic, Dr. med. H. U. Hinrichs, reports on his experiences with the WELLSYSTEM HYDRO-JET MEDICAL:

"Our initial concepts and expectations of a useful supplement to the conventional massage programme have been satisfied in full. Use of the WELLSYSTEM HYDRO-JET MEDICAL has been very well accepted by our patients. The therapeutic benefits are convincing".

Expedient use of the WELLSYSTEM HYDRO-JET MEDICAL is not restricted to clinics; specialists in orthopaedics, internal medicine, general practitioners and physiotherapists have likewise found the WELLSYSTEM HYDRO-JET MEDICAL to be a successful, cost-cutting addition to their practices. Retirement and nursing homes, as well as company medical facilities, now use the WELLSYSTEM HYDRO-JET MEDICAL successfully, as do masseurs, bath superintendents, sports clinics and out-patient rehabilitation centres.