

THE WELLSYSTEM MEDICAL HYDRO-JET

My name is Angela D. Robinson and I was requested by T.S.K. Hydro-Therapy Engineering Limited to assess and report on the benefits of the Wellssystem Medical Hydro-Jet unit.

I have been a qualified Physiotherapist for the last twenty-eight years. The first twenty six years as a Physiotherapist with N.H.S. Dewsbury, North Yorkshire and the last two years with the Cheshire Homes as Attending Physiotherapist for the chronic disabled.

There are many benefits to be gained from using the Wellssystem Medical Hydro-Jet bed, and as a qualified Physiotherapist using this unit for the last two years, here are the main ones:-

1. **Well-being** - This must be one of the best advantages of using the Wellssystem Medical. The effect of a safe warm environment with gentle oscillation to the whole body is an ideal recipe to gain this feeling. The gentle oscillations cause superficial vessels to dilate and increase the blood supply causing relaxation. There is no distress caused by needing to undress or be immersed in water, and there is no hydrostatic pressure to affect the blood pressure.
2. **Reduced muscle change** – The varying pressure of the water jets gives the choice of sedative or stimulating massage effect. The increased blood supply to the tissues causes the muscle fibres to relax and reduce tension. The massaging effect is far more even pressured than manual massage could be.
3. **Reduce pain** – The reduction of pain through use of the warmth and the water jets. The general relaxing effect of increased blood supply will reduce muscle spasm, which usually causes the pain.
4. **Increased joint range** – This again is a conjunction of increased circulation and warmth giving rise to reduced muscle tension, joint movement can be then increased when exercise regime is used after treatment.
5. **Reduced pressure prone areas** – Using a stimulating oscillating jet under the membrane on a specific area, especially glutei and backs, will give a deep massaging effect on deeper tissues. This will cause an influx of fresh blood to the area and the covering dermis. This is especially beneficial to the clients who have little active movement.
6. **Aids digestion** – This is found especially in wheelchair bound clients who need to allow the viscera to be extended in a prone or supine position. The oscillating massage can have an effect on peristaltic motion. A treatment followed by standing at a tilt table is very beneficial.
7. **Lymphatic drainage** – The increased circulation caused by the water jets aids the removal of metabolic wastes from tissues. The reduction of swelling can also be aided in this way.
8. **Chest** – The oscillation used as a percussion over the thorax can aid in drainage of the chest and help induce a cough reflex.
9. **Time** – This is a benefit not in a therapeutic sense but the bed is a safe environment and clients do not need to be closely supervised and so other treatments can be given to other clients at the same time

These benefits are gained by the use of the Wellssystem Medical Hydro-Jet ; only twelve hours a week on physically disabled adults who are mainly wheelchair bound

TREATMENTS

a) **A sixty year old female with cerebral palsy.**

A full body massage at 1.6bar for twenty minutes, twice a week. Added to this a specific area for pain in left thigh due to arthritic changes in hip and knee. This has given rise to general well-being but combined with painkillers a reduction of pain in left thigh.

b) **A fifty five year old male, removal of brainstem tumour with some neurological disturbance.**

This gentleman presented a reluctance to get out of bed, a stiff knee and a fixed flexion deformity of the left hip.

The Wellssystem Medical Hydro-Jet was used twice a week at a pressure 2.2bar on full body massage.

The feeling of well-being manifested itself very quickly, the resulting effect is that this gentleman now has a much better attitude towards getting out of bed. The left knee joint has increased in range by at least 75 degrees, and he is now attempting to walk.

c) **A forty year old female with multiple sclerosis.**

The Wellssystem Medical Hydro-Jet is used for a full body massage on a weekly basis at a pressure of 2.0bar. The outcome being that this lady has a feeling of well-being and her muscle spasm is reduced which makes standing at the tilt table after treatment much easier

This report was written by Angela D. Robinson M.C.S.P., S.R.P.
Dated 10th October 2001