

wellsystem™
Hydro Jet in the company

translation in English from original german
"Wellsystem Hydro Jet im Unternehmen" by

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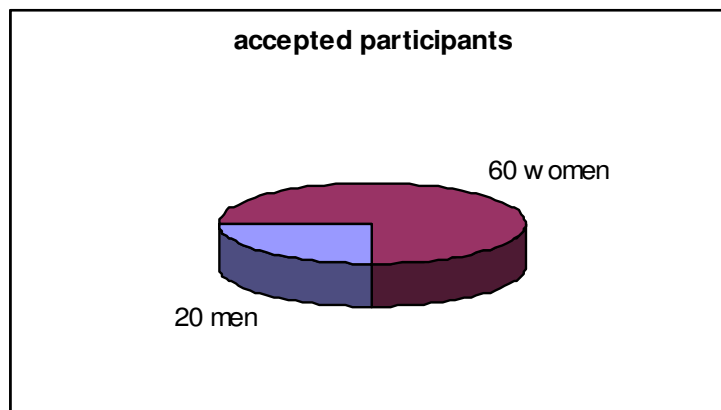
Wellsystem Hydro Jet application observation

The employees of the *DB Direkt- Servicegesellschaft der Deutschen Bank mbH* participated in the study.

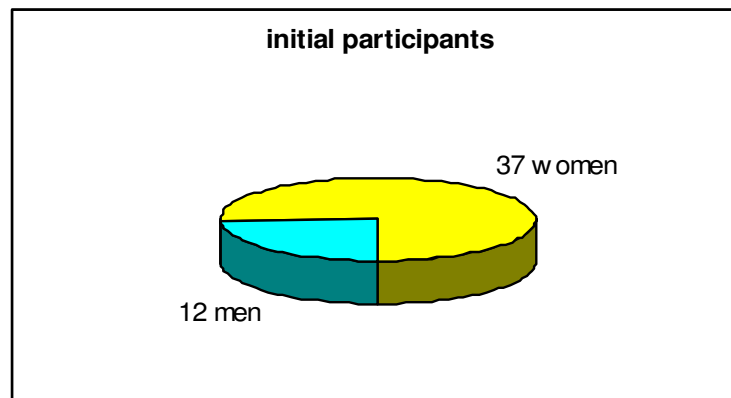
The Wellsystem Hydro Jet had been placed in an easily accessible room. There was no direct view on the entrance and there was a pleasant view to the outside.

The employees had been given the opportunity to use the Wellsystem Hydro Jet in a timeframe of 3 months. Every participant could use the device once a week for 12 minutes. During the observation the participants had to fill out 4 questionnaires.

Of the 250 potentially suitable employees, 90 agreed to participate and 80 people have been accepted.



For timing-reasons (planned absence, unfitting shift work) only 49 people could be taken into the observation.

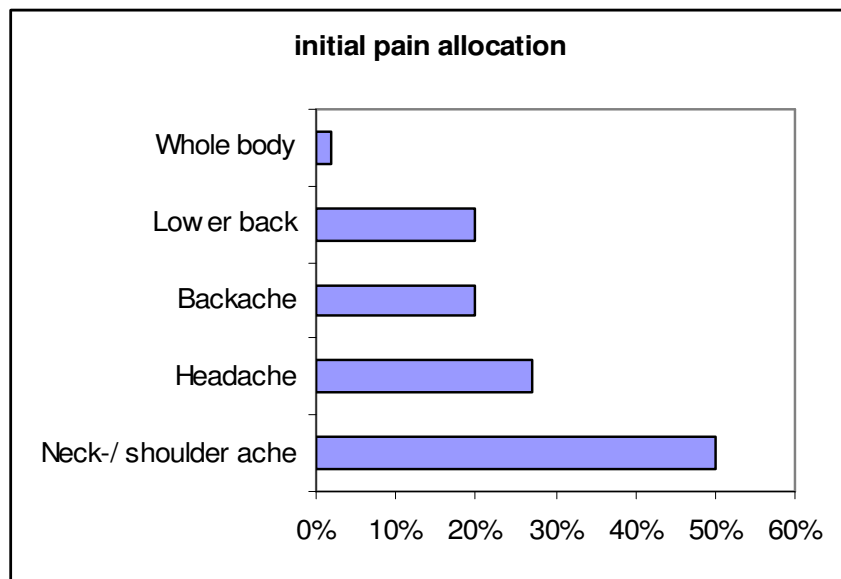


Starting point

In total 49 people participated in the observation.

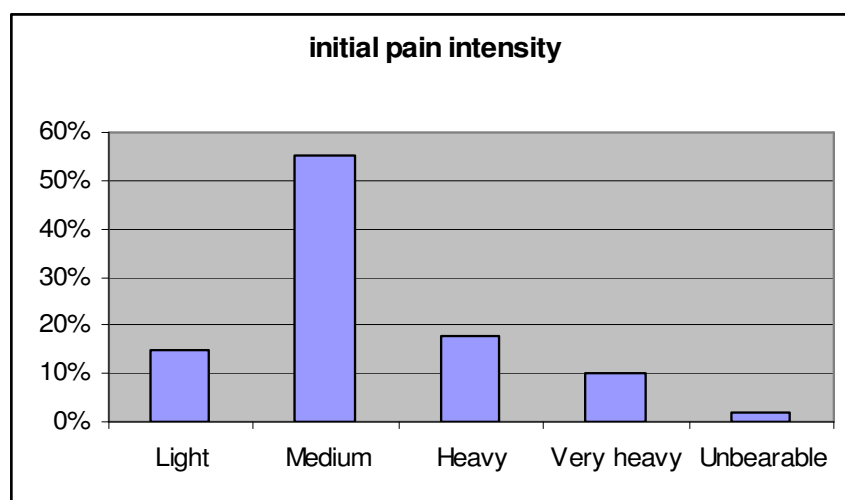
The participants generally worked at this company for 12 months or more.

Related to the private live so far more than half of the people complained about ongoing pain. Mostly this was allocated in the posture- or movement apparatus.

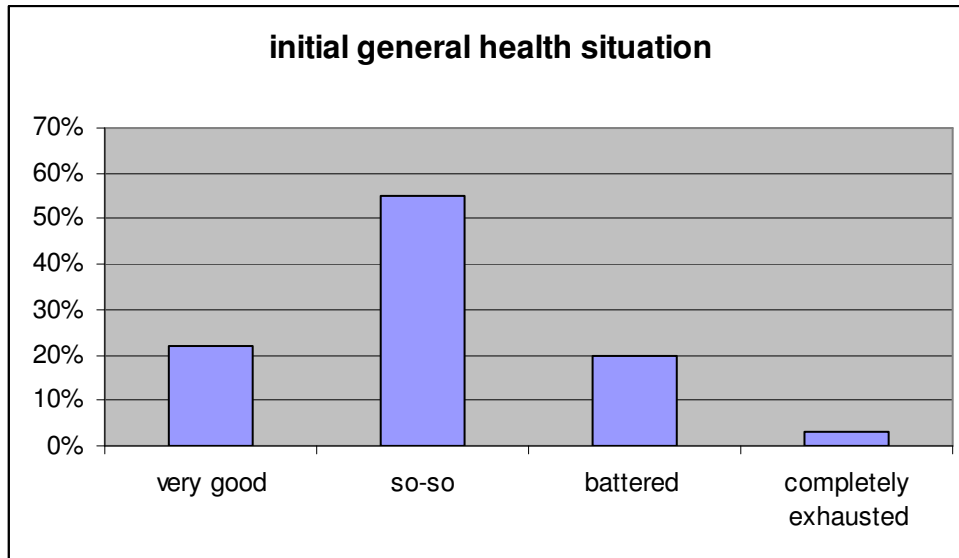


This pain caused in the last 12 months an average of one day disablement from work.

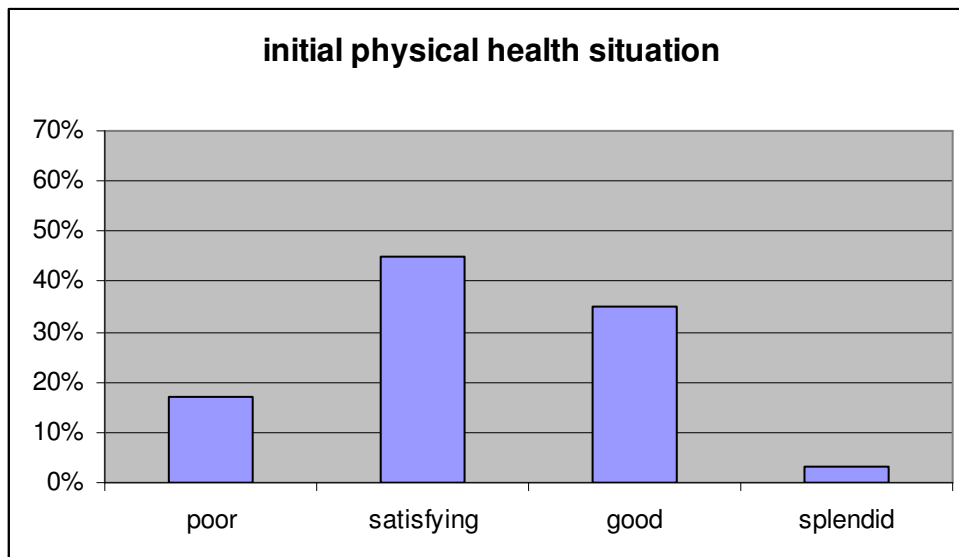
In the beginning 85% of the people suffered from pain, mostly in the neck- and back area. Most of the pain was of medium intensity. One man declared to have heavy pain.



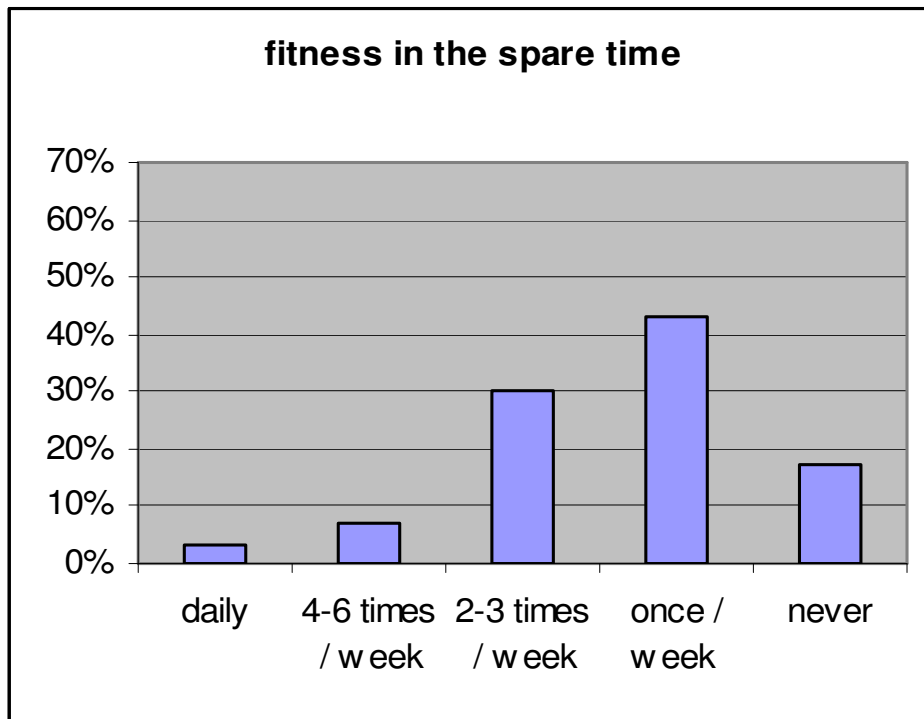
The indication of the own general health situation was distributed the same way



Better scored the physical finding: most people experienced it as satisfying to splendid (83%)

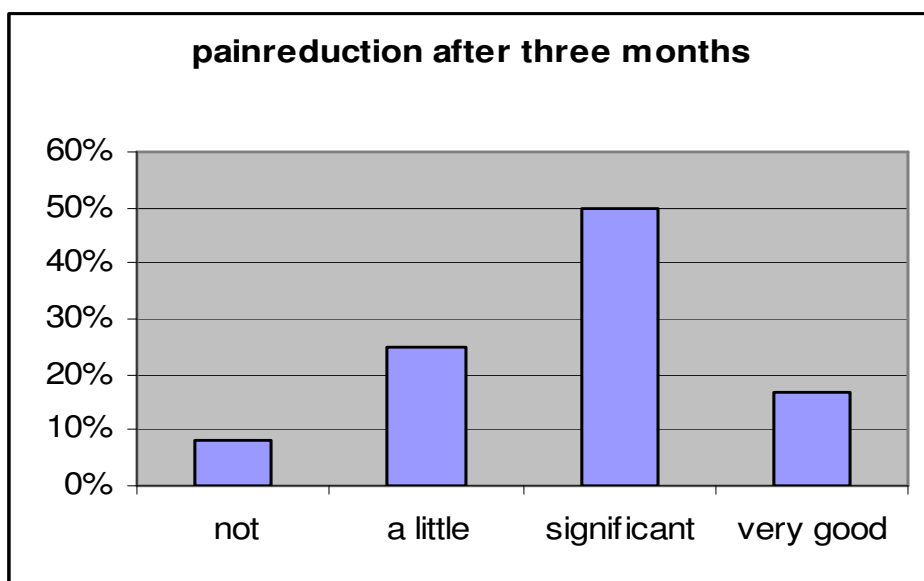


Most participants indicated to work on physical fitness at least once a week

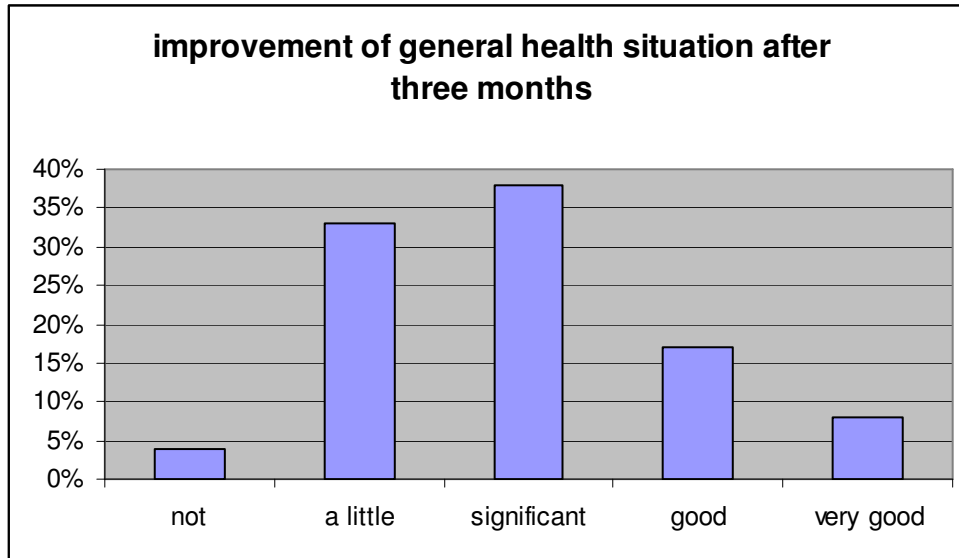


Results after three months of Wellssystem Hydro Jet use

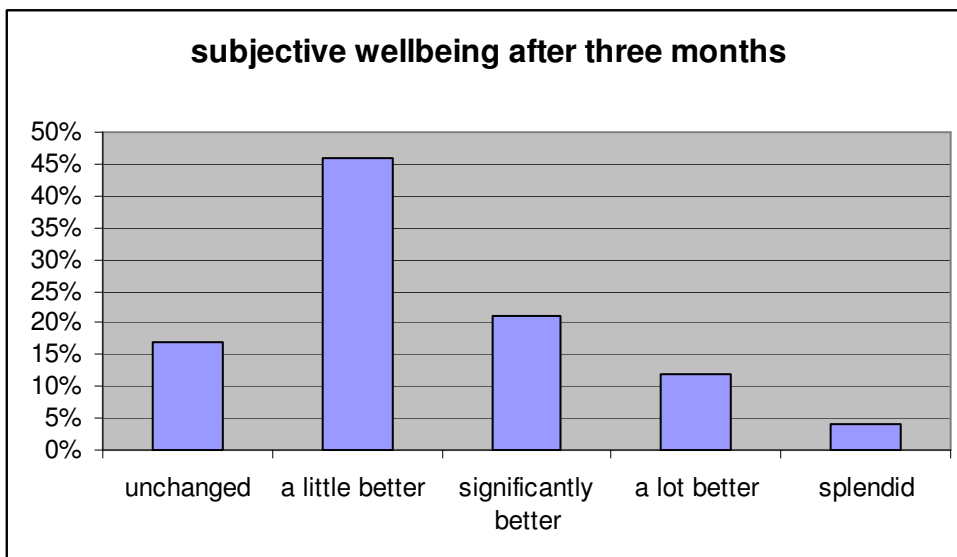
More than half of the people (67% of the participants) experienced a painreduction ascribed to the Wellssystem Hydro Jet



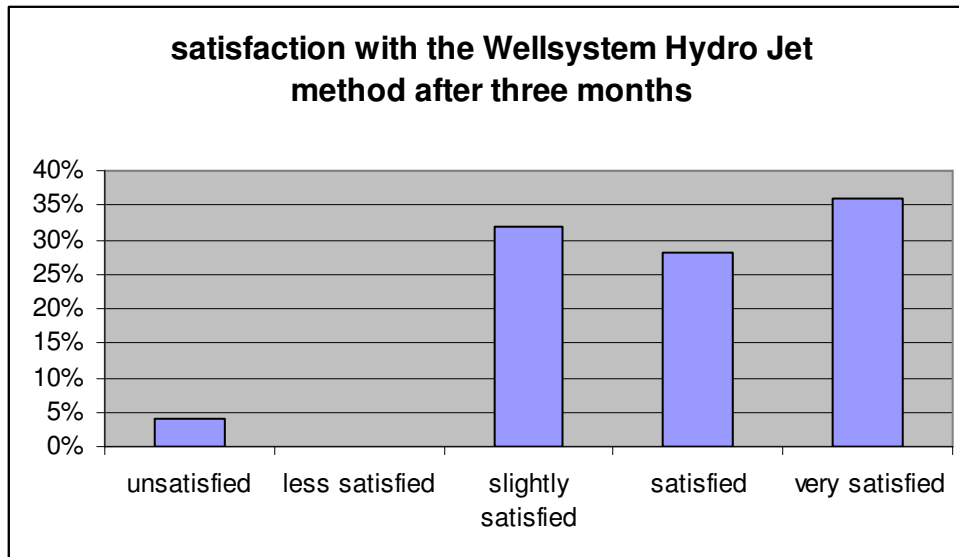
The indicated general health situation improved with 63% from significant to very good



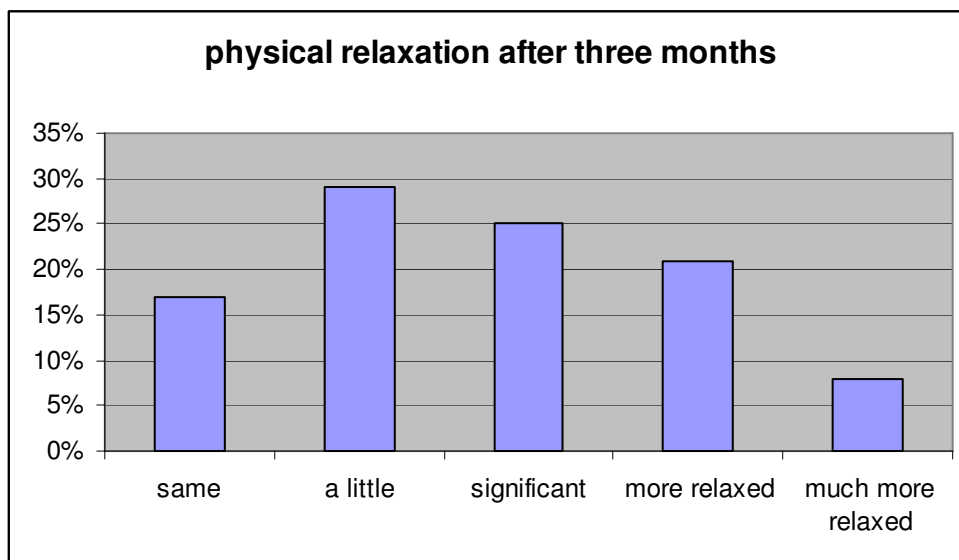
Also with reference to the subjective wellbeing experienced the majority, 83%, an improvement



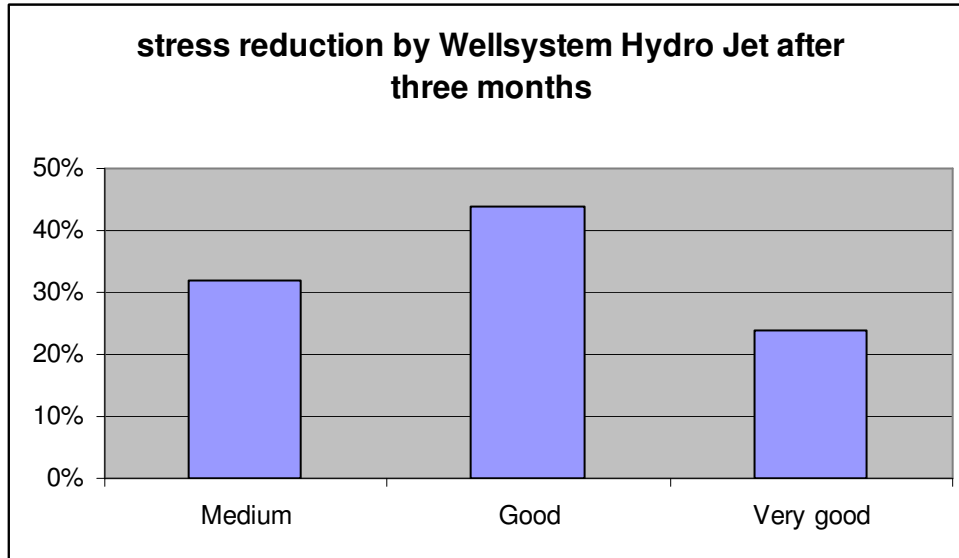
With regard to the satisfaction with the Wellssystem Hydro Jet method, the answers were unambiguous: almost all of the votes expressed a slight to distinct satisfaction



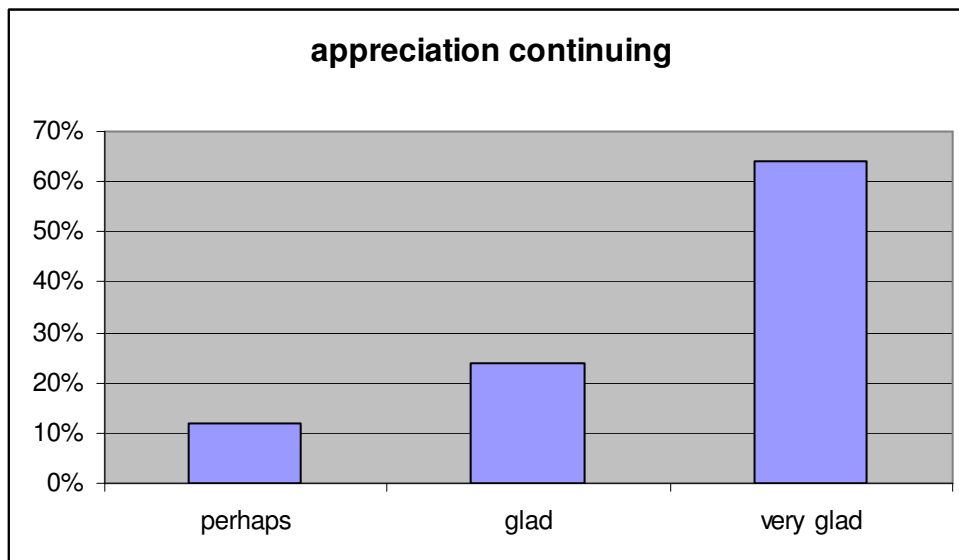
Especially accentuated was the physical relaxation: 83 % of the answers referred to it



Also ascribed 68% the using of the Wellssystem Hydro Jet a stress reducing effect.



All participants who talked about continuing the Wellssystem Hydro Jet method, advocated it.



Non-participants and quitters

During the interview it got clear, that the non-participants as well as the quitters appreciated the Wellssystem Hydro Jet very much. After ending the test, many requested a continuation. The appreciation for the Wellssystem Hydro Jet was very high

Discussion

The participants of the application observation classified their general health situation at the start as medium. Remarkable was, that people with chronicle pain were particularly interested in the Wellssystem Hydro Jet.

After the treatment most people described a pain reduction.

Also the participants, who felt no pain reduction at the end, advocated nevertheless a continuation of the Wellssystem Hydro Jet method.

The reason for the appreciation of the Wellssystem Hydro Jet is the rising of the general health situation. This effect is caused by the explicit relaxing - and stress reducing function. This effect seems to be independent from the fitness status of the user. Also factors like gender, age or function in the company seem to have almost no influence.

Summary of the observation results

The users are satisfied with the Wellssystem Hydro Jet.

With this method they manage to reduce stress.

They experience reduction of pain.

With the Wellssystem Hydro Jet they can relax.

The Wellssystem Hydro Jet method gets results with all user groups. That makes it successful without large limitations.

The majority of the employees was happy with the availability of the system. They wish a permanent installation of the Wellssystem Hydro Jet.

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