

TRIED AND TESTED

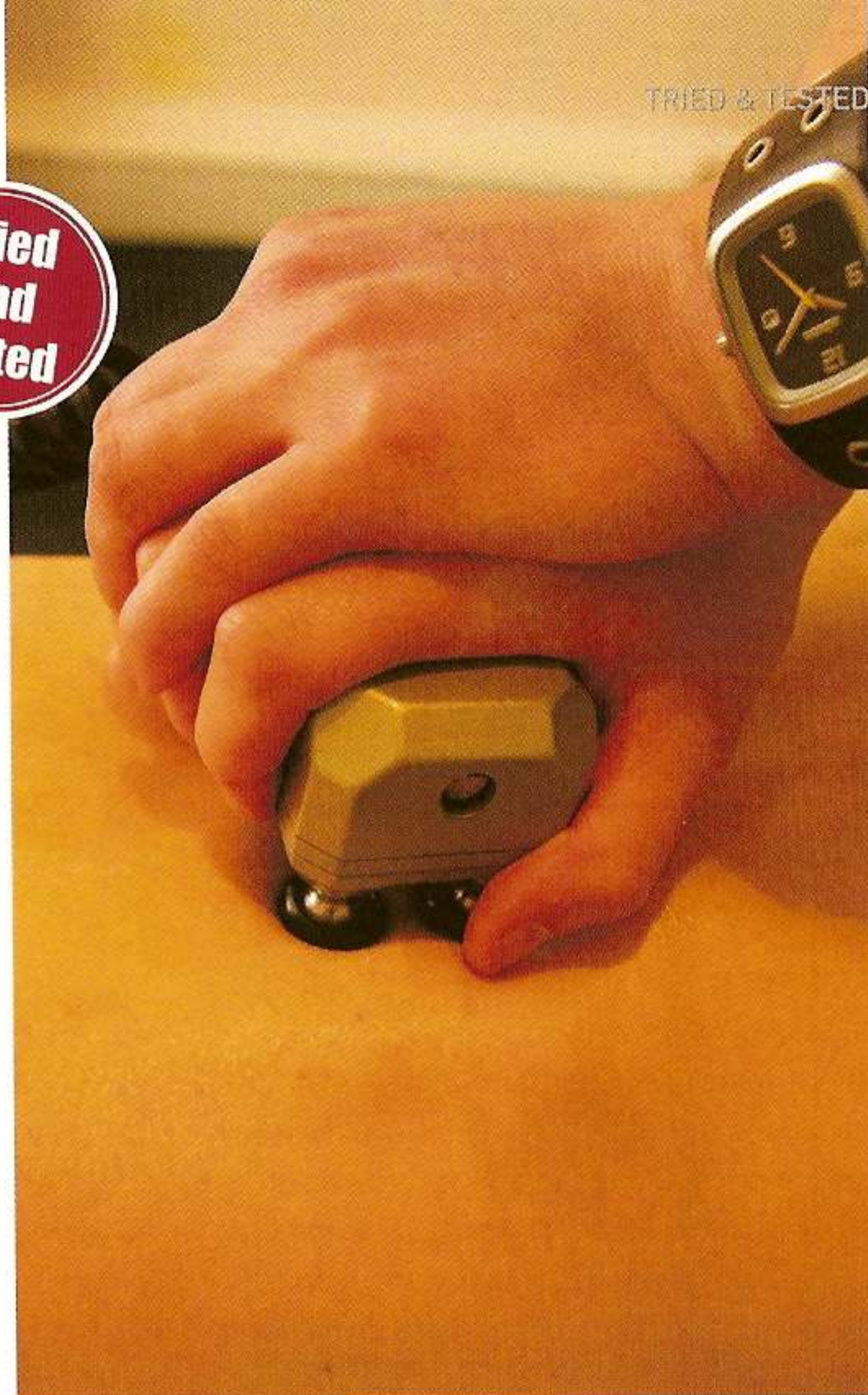
TAMARS

words Leila Williams

It's back awareness week in October (08-12) but I'm aware of my back every week in the year. Mostly the numb pain and discomfort caused by bad posture, my sedentary desk job and a bout of whiplash nearly 10 years ago. I've tried all sorts of massage and therapy to varying degrees of success, so was interested to give TAMARS a go.

What is it? TAMARS is a machine, invented in the UK but made in Japan, devised to get down to the root of most back and neck pain; the spine, instead of simply treating the symptoms. The theory is that, to function correctly, the spine must be free from conditions such as abnormal curvatures and patterns of pre-rotated vertebrae. TAMARS has rightly been described as a 'bionic hand', with four magic 'fingers' that can apply pressure to each joint along the spine and base of the neck that real fingers would find impossible. After an examination of the spine, the hand-held device is applied to gently free and straighten each individual vertebra. Its three modes of treatment are designed to restore mobility and flexibility to the joints, hence straightening the spine.

The verdict At last, it looks as if I have found a treatment for my back and neck pain that promises long term results. After only two sessions, I feel lighter, my posture has improved and my neck has eased up almost completely. TAMARS is a modern approach to back care. It is capable of a deep manipulation that delivers results whilst you lie down, relax and listen to the humming and clacking of the bionic hand as it works its magic. I recommend that fellow back pain sufferers give it a go.



Cost A one hour TAMARS session costs £65. Half hourly sessions cost £40. Throughout October the clinic has a special offer for new patients of £30 for a first treatment. ☺

21st Century Back Care, 9 Mansfield Place, EH3 6NB,
Tel: 0131 557 4404. www.tamars.co.uk