

# An end to back pain?

When you have suffered chronic back pain for many years and can find no real relief, you will get to point that you will try anything.

Jeffrey Knox was at such a stage when he finally found a treatment that seemed to work for him. In fact so impressed was he with the results that he ultimately decided to train in the technology himself and open his own clinic in Northern Ireland nearly three years ago.

The business has been steadily growing and Jeffrey has now opened a clinic in Edinburgh.

Known as TAMARS (Technology Assisted Micro-mobilisation And Reflex Stimulation), this system represents an entirely new approach to the treatment of chronic and acute back and neck pain and basically consists of a full spinal treatment. "We treat the entire spine because it is not a good enough solution to treat parts of the spine in isolation as all the vertebra of the spine are connected and if there are problems in one part of the spine, there's a good chance that it can be causing problems elsewhere," states Jeffrey.

"We've mostly treated patients that have failed to find benefit with physiotherapy, chiropractors, osteopaths and even surgery but with our treatment they have been getting great results even though they may have had the problem

for as long as 30-40 years. "It is stated that the exact cause of back pain is often unclear. However, the answer generally lies in a simple mechanical problem of the spine. To function correctly, the spine must be free from conditions such as abnormal curvatures (scoliosis, excessive kyphosis and lordosis) and patterns of pre-rotated vertebrae. As the spine becomes less supple, stresses begin to concentrate at particular points in the spine during activity. Where stresses concentrate (usually in the low back and the base of the neck), the joints are overstressed. Back pain, stretched ligaments, excessive wear and tear and disc prolapse are the natural consequences of this oversteering. "Through the use of TAMARS we can resolve these problems by gently freeing and straightening each individual vertebra. In short, we are treating the cause of back pain and not the symptoms."

The results have been amazing with people coming in practically unable to walk and leaving after one treatment a different person. For more information on back pain call Jeffrey Knox on 07775682459



## HOW TAMARS WORKS

**The Technology Assisted Micro-mobilisation And Reflex Stimulation (TAMARS) treatment was devised by engineer Robert Taylor and employs a tool that can best be described as a bionic hand with four fingers. The tool is very touch sensitive and enables practitioners to feel movements of individual vertebra through it.**

The procedure is gentle, passive and progressive and allows mobility to be restored quite naturally through three modes of treatment.

1. Spasm mode prepares the muscles and commences and ends each treatment.
2. The reflex mode stimulates the cervical, thoracic and lumbo-sacral para-spinal muscles
3. The mobilising technique differs to traditional manual therapy in that gentle, alternating pressure is applied over diagonally opposed transverse processes of adjacent vertebral pairs.

and serves to stimulate stretch reflexes in these muscle groups. However, it is not enough to stress relieve an individual vertebra once. To stress relieve abnormal curvatures, a great number of reflexes must be stimulated and in reflex mode, the handset is adjusted so that all four pads are operating as rapidly moving patellar hammers. As the handset is continuously moved up and down the length of the spine, the configuration of the pads and the speed of operation ensures every reflex is stimulated.

## TAMARS DID THE TRICK

**Teacher Eilidh Cameron from West Lothian has suffered from back problems for over a year, probably as a result from leaning over the desks of her primary school class. She was eventually diagnosed with a prolapsed disc and underwent surgery. This cured the problem to a degree but not entirely.**

Hearing about 21<sup>st</sup> Century Back Care, she figured she had nothing to lose.

"I went for one treatment as sceptical as the next person, however after the treatment was explained to me, I felt it made logical sense and decided to go ahead. The 'bionic hand' wasn't told there was a definite curve to my spine – it was like an 'S' shape. That was apparently what was causing my problem.

"Initially I felt quite sore but

after 10 minutes or so, all the stiffness went and I felt better than I had in weeks – flexible enough to hit the shops!, laughs Eilidh.

She was so impressed with the treatment that she signed up for another session for the following week. Jeffrey says most people will see significant if not total improvement, after four or five sessions and can then come back sporadically if they feel the need.

"After the disc surgery I thought I would be cured, but the pain continued and according to Jeffrey, left untreated, the curve in my spine would just mean another disc could go at a later time.

"The Tamars treatment made sense to me and it certainly seems to be working. My back feels so much freer and I have been relatively pain free."