

## Magnetic Resonance Therapy (MRT)

### 1. What is MRT?

MRT is a new, innovative, unique and patented procedure for the treatment of all joint pain be it the ankle, knee, hips, back, neck, fingers, elbow etc. These could be disc problems in the back, cartilage problems in the knee, tendon or ligament problems in the ankles etc. This exciting technology helps the body re-grow cartilage and reduces or eliminates swelling and inflammation. Diminished cartilage, which could be through normal wear and tear or injuries, is the major cause of joint pain. MRT therefore also helps in the treatment of osteoarthritis and rheumatoid arthritis and importantly helps the body increase bone density thus also treating osteoporosis.

### 2. Who developed MRT?

MRT has been under development by a team of German scientists, researchers and medical specialists since 1999 coming to the market in Germany and Austria following clinical trials on some 13,000 patients.

### 3. What technology is used?

One of the most important discoveries in recent medical history is the ability to “see” inside the body in incredible detail by way of a MRI (Magnetic Resonance Imaging) scan. This uses powerful magnetic and radio waves to align the protons of the hydrogen atoms of the body in the direction of these waves and a computer “reads” the energy given off which can be viewed on screen. MRT is a further, exciting derivative of this technology.

### 4. How does MRT work?

A very interesting phenomenon of MRI scanners is that under a special frequency, the Larmor frequency of Hydrogen atoms, the energy given out by these atoms can also be absorbed by some of the adjacent atoms. After discovering the specific frequency of cartilage and that of bone and by means of a world wide patented complex system of air-cored magnetic coils and radio frequencies, it was found possible to transfer pulsed magnetic resonance energy into damaged cartilage or bone cells, thereby initiating the metabolic process necessary for growth.

### 5. What studies have been done?

A number of scientific, double blind, placebo controlled and randomised tests, documented research and clinical trials on over 13,000 patients (September 2004) have shown that this technology can naturally stimulate the chondrocyte cells aiding in the re-growth of cartilage. Over 50,000 patients have now been helped.

**6. Is MRT safe?**

Just as in any other forms of new therapy, it was important to clarify at a very early stage whether this therapy could cause negative effects on the organisms being treated. By means of a study using primary chondrocytes (cartilage cells) and osteoblasts (responsible for bone formation), Temiz-Artmann et al (2005) were able to report no such contra indications. In fact, the study went on to further evidence the growth of cartilage cells with no known side effects.

**7. Is surgery involved?**

No surgery is involved at all.

**8. Do I need to take medication?**

No medication is involved at all? However, if you are currently on medication, it is not recommended to stop this without prior consultation with your medical practitioner.

**9. What is involved during treatments?**

Before embarking on MRT and to ensure that this is a suitable and proper treatment for your particular condition, a thorough examination and assessment will be made during which a “discomfort protocol” will be documented. Our standard charges will apply. After this examination and should you wish to continue, you will be treated for one hour each in 9 (interrupted by the weekend) consecutive therapy sessions. You do not have to take off any clothes for the treatment - if it is for an arm or a leg, you can remain seated comfortably and read or listen to music, if it is for your back, you will lie down comfortably on a couch. Osteoporosis is 10 (interspersed by the weekend) consecutive therapy sessions.

**10. Will I feel anything?**

The therapy is completely painless and totally silent, MRT acting almost unnoticed. Some patients report a pleasant tingling or agreeable warmth. In some cases, the pain in the joint worsens briefly after the third day of treatment but this is a positive reaction and should be viewed as the treatment working.

**11. Can I enhance the MRT results?**

Make sure that you drink enough water before, during and after your therapy sessions, at least 1.5 to 2 litres per day. This enhances the effectiveness of the treatment considerably. Avoid physical stress during the first two weeks after termination of your therapy sessions otherwise the effectiveness of the therapy can be reduced.

**12. How will I know it is working?**

Don't be impatient; even the best and newest therapy needs time! There are a number of factors that will affect the time taken; the most important of these is the existing condition of the cartilage or bone. You should be feeling significantly better and more mobile about 8 to 10 weeks after treatment and in this regard, the results of the therapy will be evaluated around 12 weeks after termination.