

# Magnetic Resonance Therapy

MAGNETIC RESONANCE THERAPY

## WHAT DOES MAGNETIC RESONANCE THERAPY (MRT) TREAT?

The specific diagnoses can vary hugely but, if your pain affects one of these 4 types of tissue, then MRT can be a powerful tool to reduce pain and inflammation and promote a healthier joint environment both short and long term.

### **Cartilage**

The rubbery “cushion” between bones and in each disc in your spine.

### **Tendons**

The sinews that join muscles onto bone.

### **Ligaments**

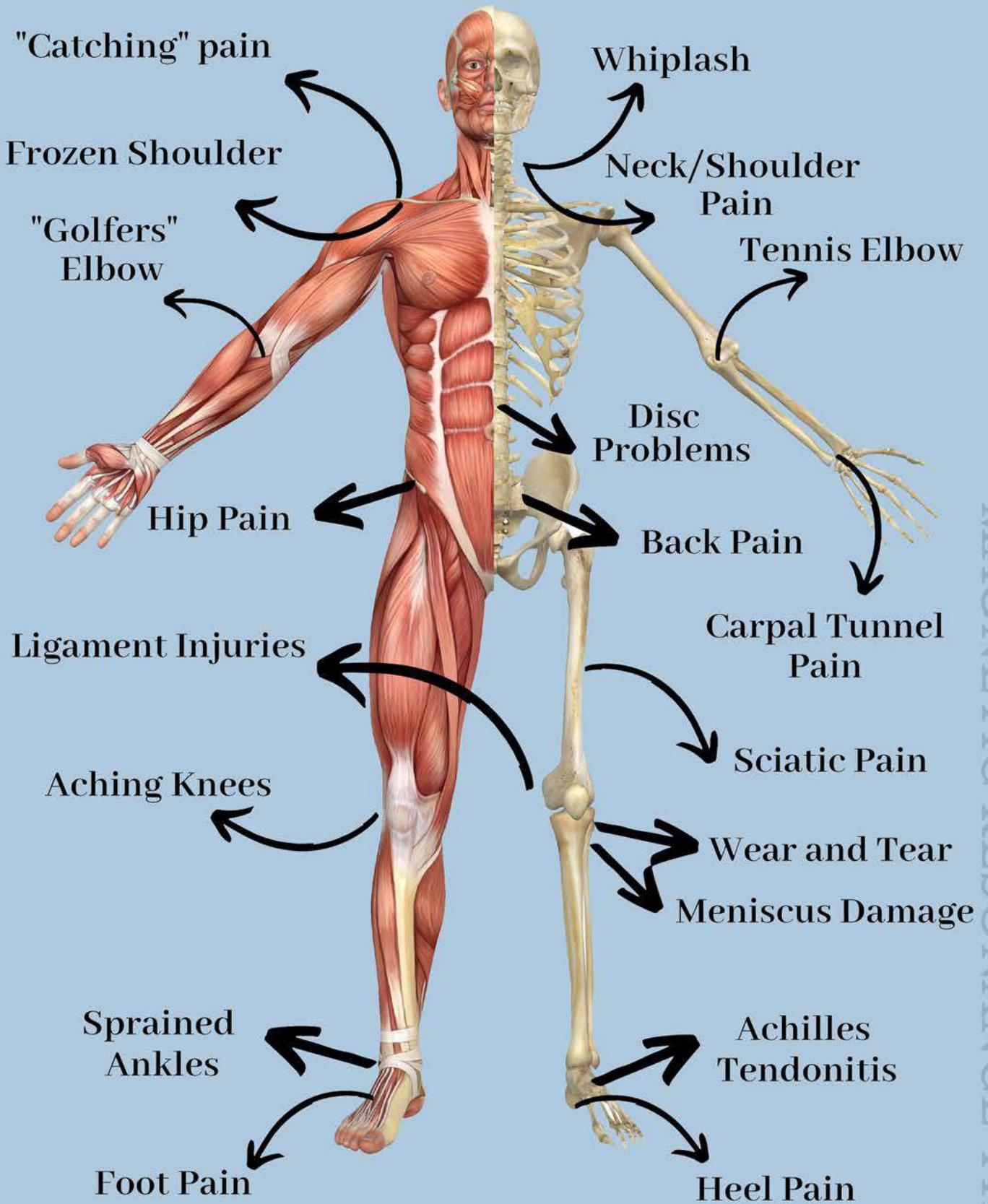
The little “strings” that join one bone to another.

### **Bones**

Big, strong parts that hold you up!



# WHAT DOES MAGNETIC RESONANCE THERAPY (MRT) TREAT?



MAGNETIC RESONANCE THERAPY

## TREATING JOINTS

As you can see from the diagram we can use MRT to treat every joint in the body, and it is particularly useful for patients with long term joint conditions and degeneration:

- Osteo Arthritis and Arthrosis
- Spinal injuries (including post-operative rehabilitation)
  - Slipped discs and Herniated discs in lumbar, thoracic and cervical spine
- Torn or damaged Mensicus

## SPORTS INJURIES

MRT can speed up recovery after accident or injury and prevent recurrence of training or sport injuries.

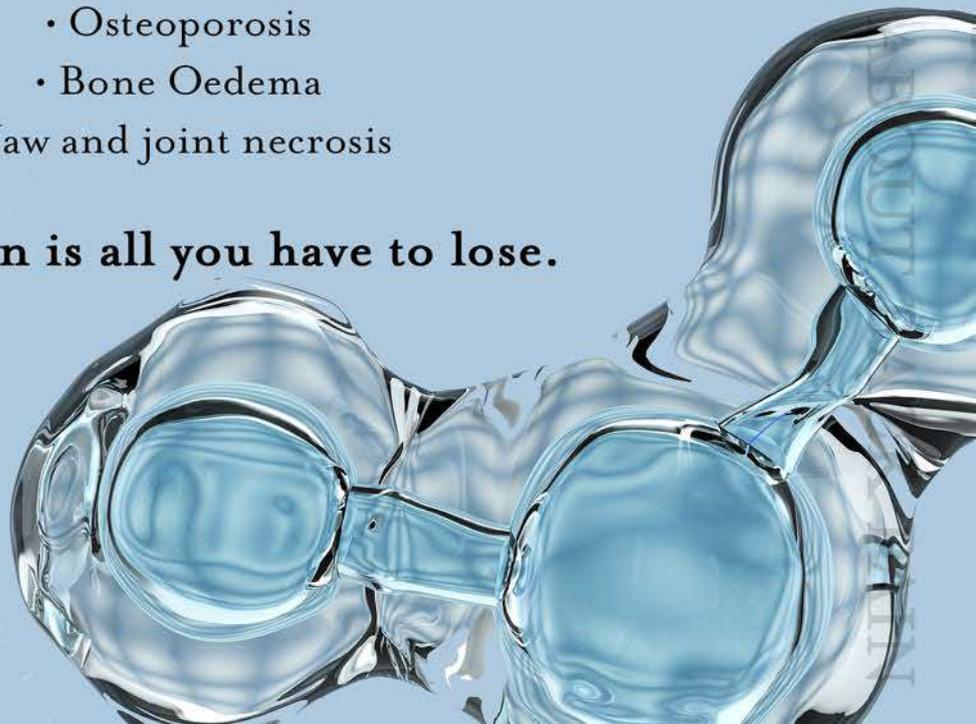
- Post accident or surgical wound healing
  - ACL and other knee ligament issues
    - Achilles Tendonitis
  - Tennis and Golfers Elbow

## TREATING THE BONES

MRT can also be used to improve bone health and healing

- Bone fractures
- Osteoporosis
- Bone Oedema
- Jaw and joint necrosis

**Your pain is all you have to lose.**



## HOW DOES IT WORK?

One of the most amazing discoveries in recent medical history is the ability to “see” inside the body in incredible detail using an MRI (Magnetic Resonance Imaging) scan.

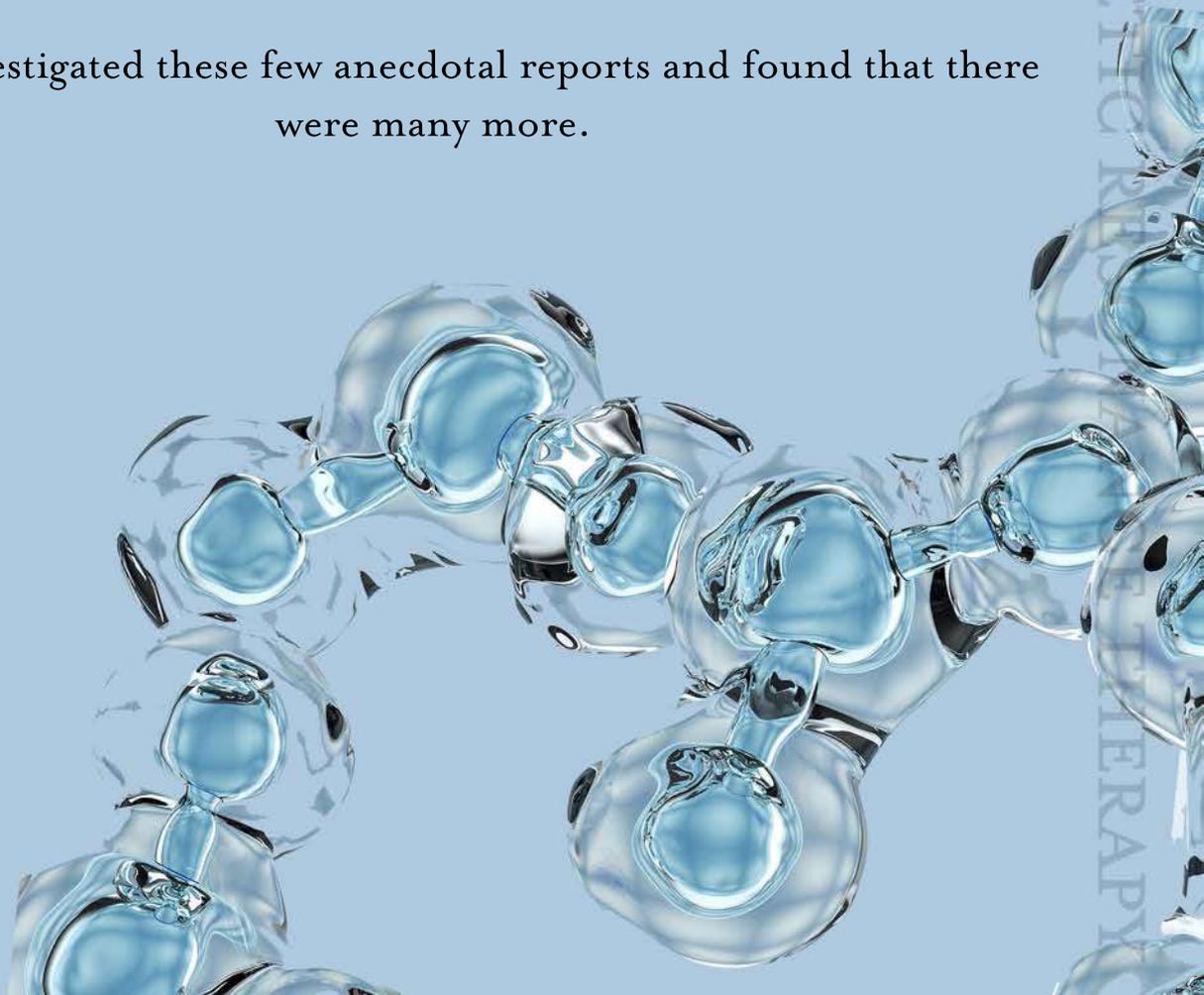
An MRI uses powerful magnets to temporarily line up all the protons of the Hydrogen atoms in your body (that’s the H in H<sub>2</sub>O aka water!).

When the field is turned off all the protons in the Hydrogen atoms go back to their normal, random, messy positions. It is this movement of the protons which the MRI takes a picture of. Different frequencies highlight different tissues.

The whole procedure is completely safe and painless (although the old scanners could be a bit claustrophobic!) and has no radiation.

As MRI scanners began to be used more frequently a group of German scientists noticed that a few patients felt better after having an MRI scan, without any other treatment at all.

They investigated these few anecdotal reports and found that there were many more.



## HOW DOES IT WORK?

Following this path they looked to see if there was a clinical reason this was happening. They found that the energy from the movement of the protons that the scanner was reading was also being passed into the nearby tissue, and that this was having a regenerative effect on this tissue.

The many different frequencies used by an MRI scanner were tested and refined to identify those that have a useful, provable effect on the surrounding tissue.

**And thus MRT was born – using the effect of magnets on Hydrogen atoms to rejuvenate cells.**



## DOES IT WORK?

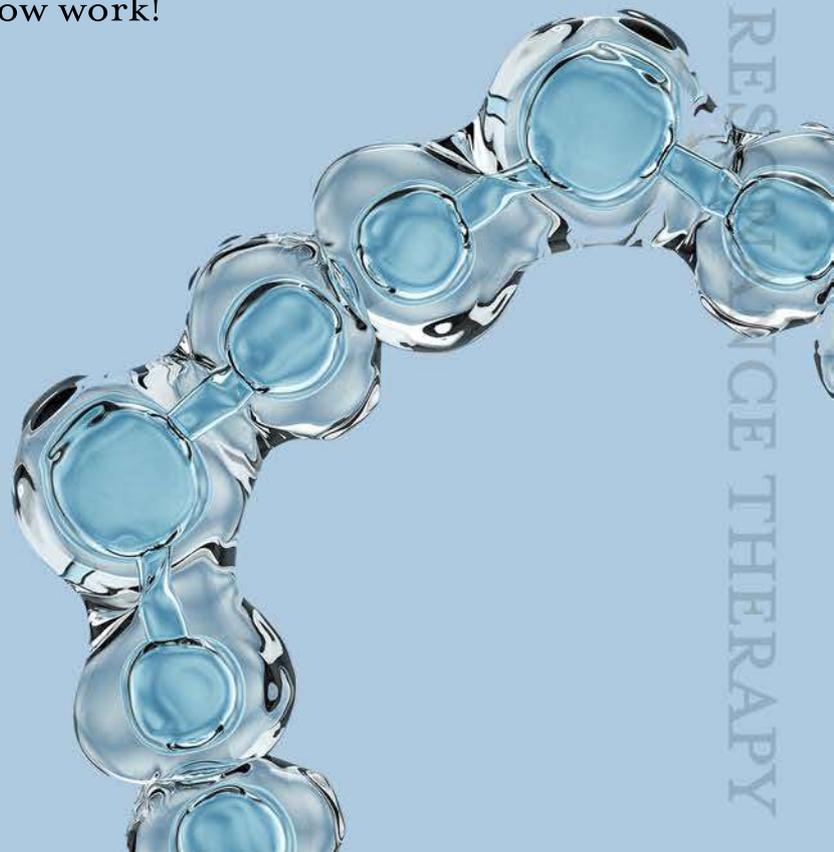
Over the last 20 years a large number of studies have been conducted into the efficacy of Magnetotherapy in its many and varied forms.

On our website we have a comprehensive list of the studies done using the specific technology we use in English. These studies are available in Spanish, German and many other languages on request. In the various clinical trials MRT as a stand alone treatment has a success rate of around 75-80%.

When we compare that with some common surgical procedures such as arthroscopy which has a success rate of approx. 3% you can see why we got so excited!

In clinic we track our own success rates but these are for our combined treatment packages. Our specific success rates are closer to 90-95%.

We are very proud of our success rate and work extremely hard to maintain it. For this reason we have designed and refined our treatment process over the last 15 years to focus on the things we know work!



# WHAT HAPPENS DURING TREATMENT

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## GETTING STARTED

Each and every treatment starts with a full consultation with our Consultant Physiotherapist. This detailed and thorough examination of your history, symptoms and current condition will answer 3 important questions:

### **Are you a good candidate for MRT?**

While an amazing piece of technology this is not a magic wand. It has limitations and not everybody is suitable. Our Consultant Physiotherapist will always be completely honest about what you can expect if you go ahead with treatment.

### **Which joint to treat?**

One of the most common side effects of improper diagnosis is that the symptoms are treated but not the true problem. For example, hip pain can often cause pain in the knee with the patient experiencing little or no pain in the hip, but if you only treat the knee the pain never gets better! A waste of time, money and effort for everyone. It is important to take the time at the beginning to truly understand the problem so that you get quick, efficient results.

### **How best to treat it?**

MRT alone gets good results. MRT in combination with other treatments gets GREAT results. These combinations vary depending on which joint needs treatment and your personal situation. We will clearly explain these and ensure they are part of the “package” we design for you.



# WHAT TO EXPECT DURING TREATMENT

Now that you've been assessed and have chosen the right treatment package for you, it's time to help you feel better!

During the 3-9 days of treatment you will be spending 1-2 hours at the clinic every day.

Although your treatment plan may vary for most patients a typical day during the course of treatment includes:

**1 hour MRT** – lying or sitting comfortably within the machine. You can listen to music, read a book, watch a movie on your tablet or just snooze!

**30 minutes physiotherapy** – this can include your stretches, exercise review, support fitting and pain relief . . . whatever extra combination of support YOU need.

**15 minutes Mobiliser** – this is included with almost all of our MRT packages regardless of the joint we are treating. Our entire body is connected and when we have an injury in one part, the entire body alters its patterns to support it. So we need to support the entire body in returning to “normal”.



# WHAT TO EXPECT DURING TREATMENT

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We need 3 consecutive days of treatment before a break for the weekend so treatment can start no later than Wednesday. Also note that, it can be possible to do 2 sessions in 1 day if required (but results may be affected).

During the MRT treatment some people experience a tingling or warm sensation while others don't feel a thing, both are normal and OK.

Fatigue can be a side effect of MRT. During the treatment period you may feel more tired or sleepy than usual. Please remember to keep hydrated as it helps to reduce tiredness. This won't affect your ability to perform every day tasks.

You may also feel a bit achy around day 3 or 4.  
But don't panic, this is actually a good sign!

Communication is key, please let us know if you have any concerns or you go from uncomfortable to painful. Our job is to make you feel better!



MAGNETIC RESONANCE THERAPY

# WHAT TO EXPECT AFTER TREATMENT

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The first thing you will notice is a considerable reduction in inflammation which means you will move more and better. Pain during the night is normally the first to reduce, and I don't think we need to tell you how important that is!

We recommend not doing any high impact activities during the week of treatment and the week after. Of course, going back to your sport will depend on the level of injury and the conversation you previously had during your consultation.

It's not about stopping, it's about moving differently. You may need to slow down the first weeks after the treatment or find a gym routine that works best as you get back on track.

Your improvement will happen gradually. That's why following our advice and using the tools we've provided are crucial to make this process as smooth and effective as possible.

Don't get us wrong, there will be bad days, but the good ones will start to outnumber them.



# WHAT TO EXPECT AFTER TREATMENT

Ideally, we would like to see you again for your review in 5-6 weeks, but we understand that life happens and it might end up being sooner or after that. Don't forget this is an ongoing treatment, and your review is as important as the initial consultation.

Keep in touch with us so we can provide you with all the help and support you need during this time.

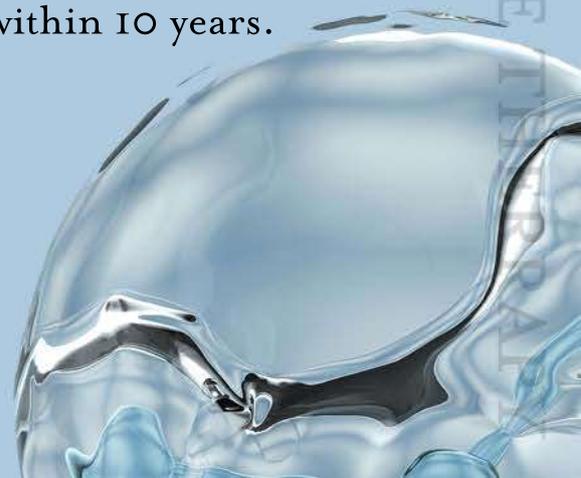
All our packages include support for the next 3 – 6 months after treatment. The MRT does the hard work, it's our job to add the extras to get you to your goal. Support can be via phone or email or WhatsApp but it can also be in person, whatever you need to keep improving.

## HOW LONG DOES IT LAST?

Your situation will be discussed in detail during your initial consultation but here are some general guidelines on what you can expect.

If you have a very serious condition, other health complications or were unable to complete a full course then you might be looking at a top up within 12-24 months.

Otherwise there is a small percentage of patients who require a top up within 3-5 years (approx. 10%) and a slightly larger percentage (approx. 20%) who require a top up within 10 years.



## TREATMENT PACKAGES

So let's talk money.

At Bodyworks our aim is to get you back to your life in the quickest, most effective way possible.

With that in mind, over the last decade or so we have found that there are certain combinations of treatments that get consistent results for most people. To try and make this as clear as possible for you we have outlined them below.

This way you know what to expect of your time with us at Bodyworks. Now there is a LARGE caveat to all of this – YOU! Because you are a unique person and have unique challenges. So, after our initial consultation we might need to alter this a bit, swap one thing for another, change things up a bit, rearrange the usual schedule . . . . . if that's required we will make sure to explain that to you right at the beginning so you know what will be different for you.

## INITIAL CONSULTATION

Nothing starts until you have had a full consultation and assessment with our Consultant Physiotherapist.

Generally speaking this takes 1 hour and costs 100€.

However, for some of our patients who have a longer history, want more time to ask questions or want to make sure that we have time for all the talking part of the consultation and STILL have time for some hands on pain relief, then we can arrange a longer appointment of 1.5 hours for 150€.

**\*please be aware that extra time must be booked in advance.**



## MRT PACKAGES

### QUICK FIX 900€

This is the option if you're stuck for time. We understand that real life sometimes gets in the way of an ideal treatment plan. This will get you out of pain and buy you enough time to get comprehensive treatment when life allows.

Alternatively this might be the complete solution if your injury is less than 12 weeks old.

This includes

- 5 hours of MRT
- 1 pair of Formthtoics insoles
- Daily physiotherapy sessions during treatment as well as follow up reviews
- 5 Mobiliser sessions

### LONG TERM SOLUTION 1300€

This is the most common solution for our patients. It treats and manages long term problems and a wide range of issues.

This includes

- 7 hours of MRT
- 1 pair of Formthtoics insoles
- Daily physiotherapy sessions during treatment as well as follow up reviews
- 10 Mobiliser sessions



## MRT PACKAGES

### CHRONIC PAIN 1500€

This therapy option is for those patients who have other, complicating factors involved in their diagnosis.

For those patients who require this option we will only do 1 hour of treatment per day.

This includes

- 9 hours of MRT
- 1 pair of Formthotics insoles
- Daily physiotherapy sessions during treatment as well as follow up reviews
- 10 Mobiliser sessions

### SPORTS INJURIES

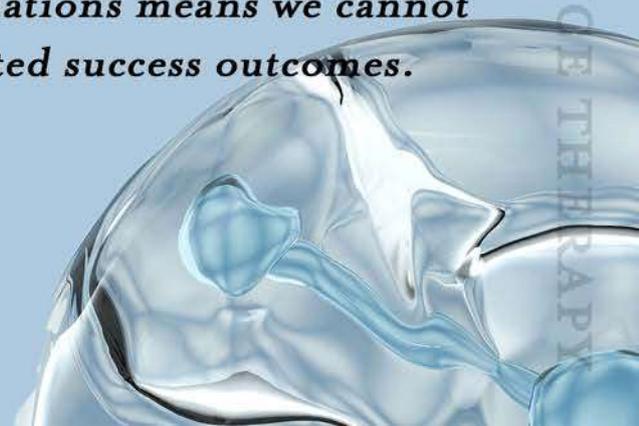
Need a quick solution for a recent injury?

For our members we offer 3 hour packages for quick rehabilitation and return to sport after injury for:

- Single foot-
- Single ankle-
- Single knee-
- Single elbow-
- Hands-
- Wrists-

Prices are detailed in our membership package. Please note that membership packages do not include the initial consultation

***Failure to follow treatment recommendations means we cannot support you in achieving your expected success outcomes.***



## ALTERATIONS WHERE NEEDED

These packages can (and will!) be tailored to provide the support that you need during your treatment here at the clinic. That's the whole point of our initial consultation – to establish exactly what is best for you as an individual.

## ONGOING SUPPORT

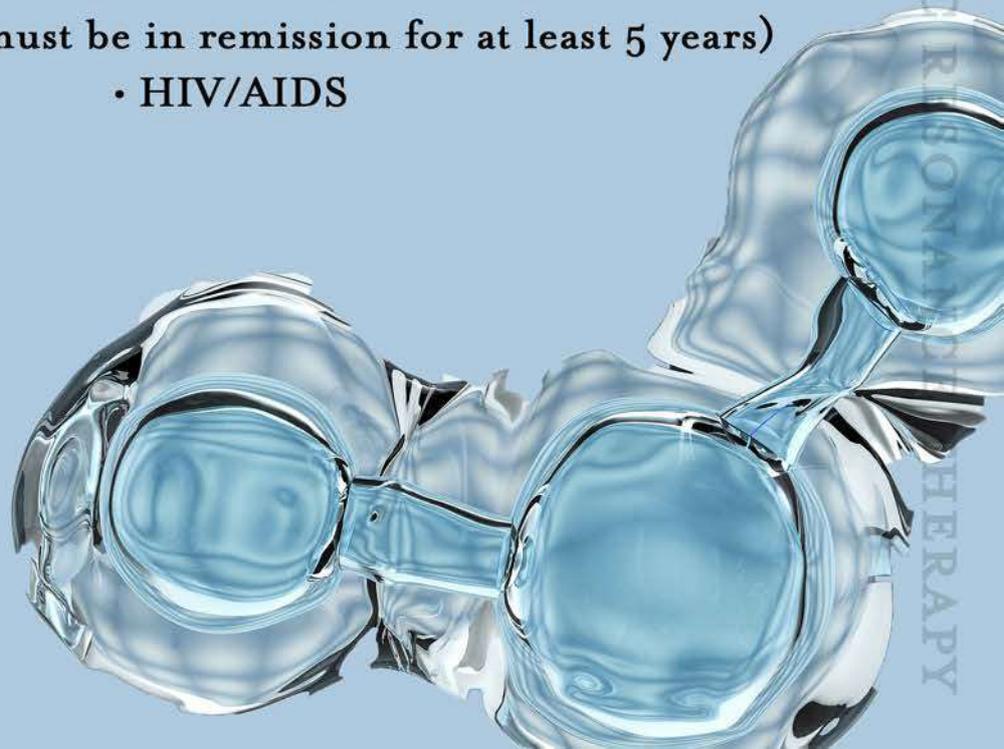
Every MRT patient receives 3 months membership as part of their package. This gives you full access to as much support as you require in the form that you require it. And the control to create the support that works best for you.

## CAVEATS AND SMALL PRINT

All packages are payable in full on the first day of treatment, otherwise individual prices will apply.

Magnetic Resonance Therapy is NOT suitable for the following patients:

- Pregnant
- Pacemaker
- Cancer (you must be in remission for at least 5 years)
- HIV/AIDS



# PATIENT COMMITMENT

We recognise that you have made a big commitment to us, not just financially but in time and trust as well.

We are making an equal commitment to YOU.

This is a 3-6 month process to get better. Sadly, while we wish it was a straight rocket upwards there will be bumps in the road.

Our job is to help smooth those bumps out. (Not to ask for a credit card every time we talk to you!)

## OUR COMMITMENT

1. Take the time to understand your specific situation using our clinical knowledge and experience.
2. Make treatment recommendations based on best current clinical practice.
3. Use the most advanced tools and technology available to provide effective and efficient treatment plans.
4. Explain your situation to you and make sure you understand what you can expect from the process and the eventual goal
5. Be realistic about how long that takes, how it will feel and what's going to happen
6. Work with any other health care professionals as required to get the best outcome for you.
7. Support you and answer your questions accurately and quickly.
8. Make sure that we have a Plan B if real life gets in the way!



# PATIENT COMMITMENT

## YOUR COMMITMENT

1. Follow the treatment plan laid out by your practitioner
  - Missed appointments will affect your outcome-
2. Staying well hydrated (not drinking alcohol on days when you're having treatment and drinking at least 1.5 L of water a day during treatment)
3. Follow the exercises prescribed by your practitioner
4. Use any supports/braces /walking aids as requested by your practitioner
5. Reduce high impact activity during treatment and for 1 week afterwards
6. Communicate with us at all times so that we can provide the best, most timely support.

***Failure to follow treatment recommendations means we cannot support you in achieving your expected success outcomes.***



## WHAT TO DO NOW?

From here you have a few different options:

### **Book a consultation**

If you feel this is the best route forward for you then go ahead and book an appointment and get answers specific to you.

### **Got more questions?**

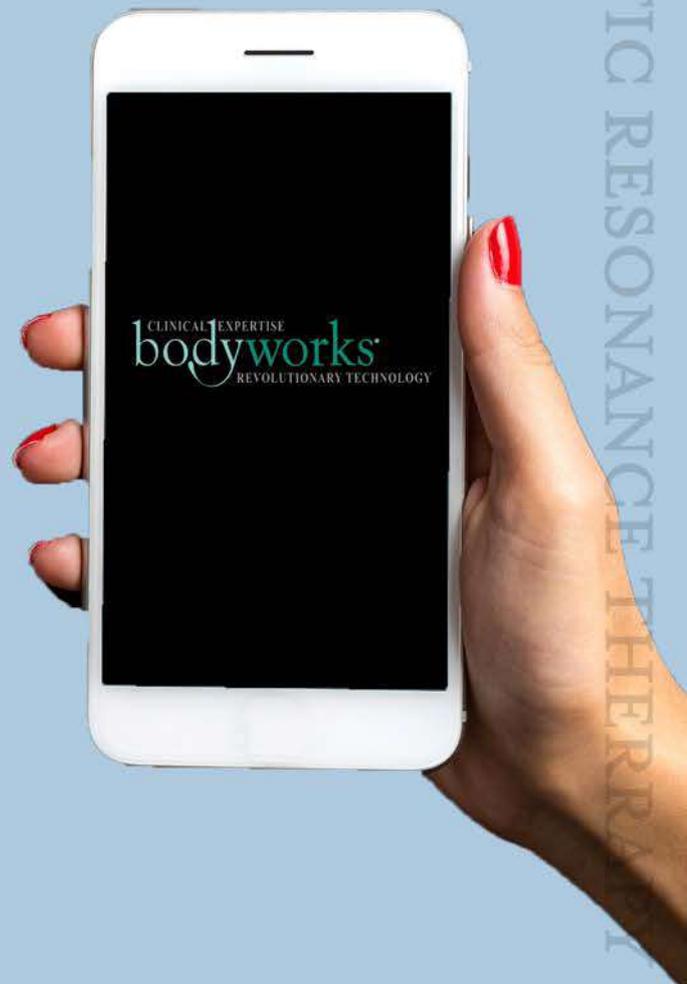
Send us an email at [reception@thebodyworksclinic.com](mailto:reception@thebodyworksclinic.com)

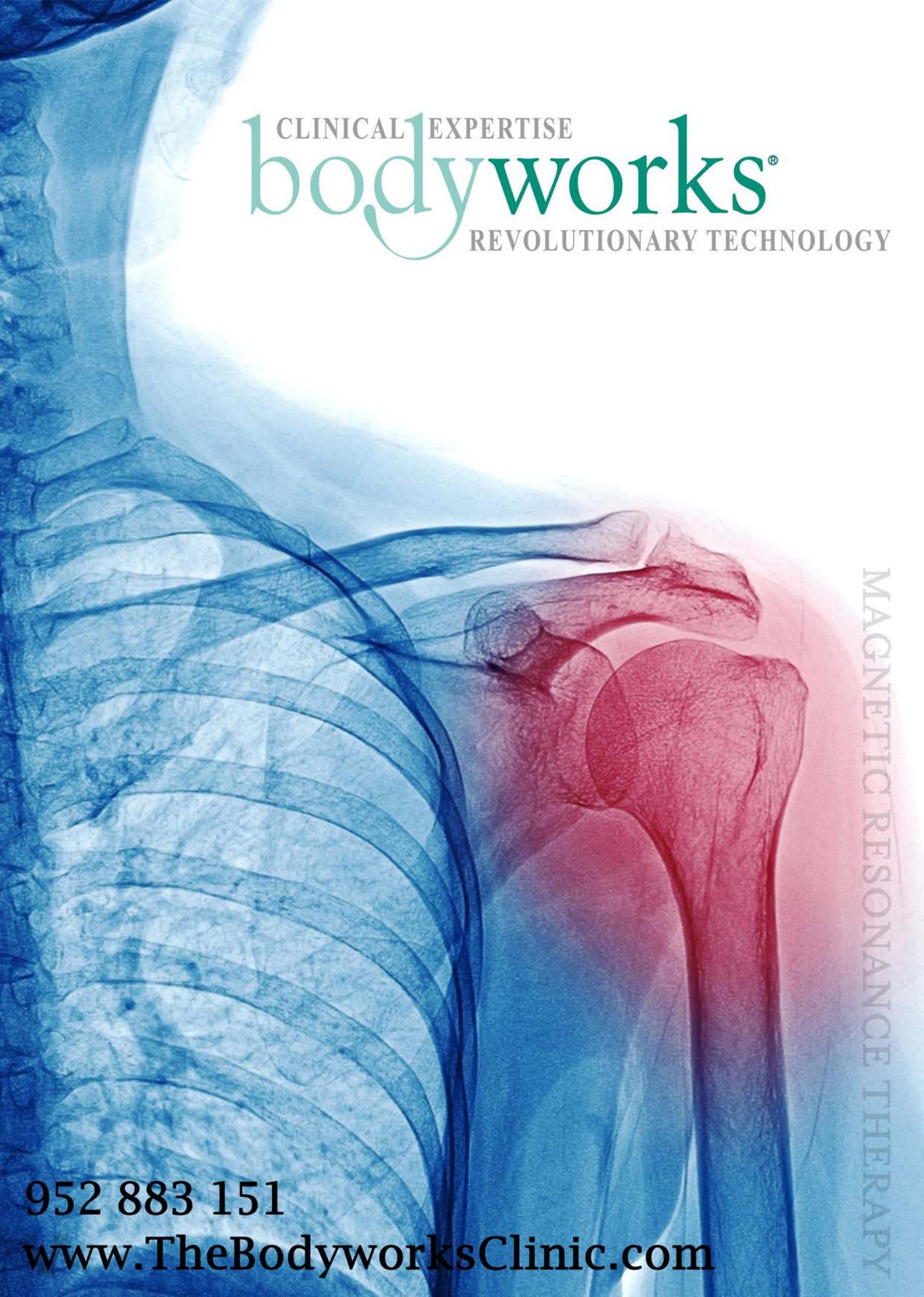
### **Want to discuss your questions?**

Book a **FREE** 15 minute telephone consultation with our team to answer your specific questions.

### **Do more research**

Check out the manufacturer's website at [www.mbst.de](http://www.mbst.de) and our website at [www.TheBodyworksClinic.com](http://www.TheBodyworksClinic.com)





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