



**MAGNETIC RESONANCE THERAPY®**  
**FOR OSTEOPOROSIS**



# OSTEOPOROSIS

Osteoporosis is considered a silent condition but it can often be painful and seriously affect your lifestyle

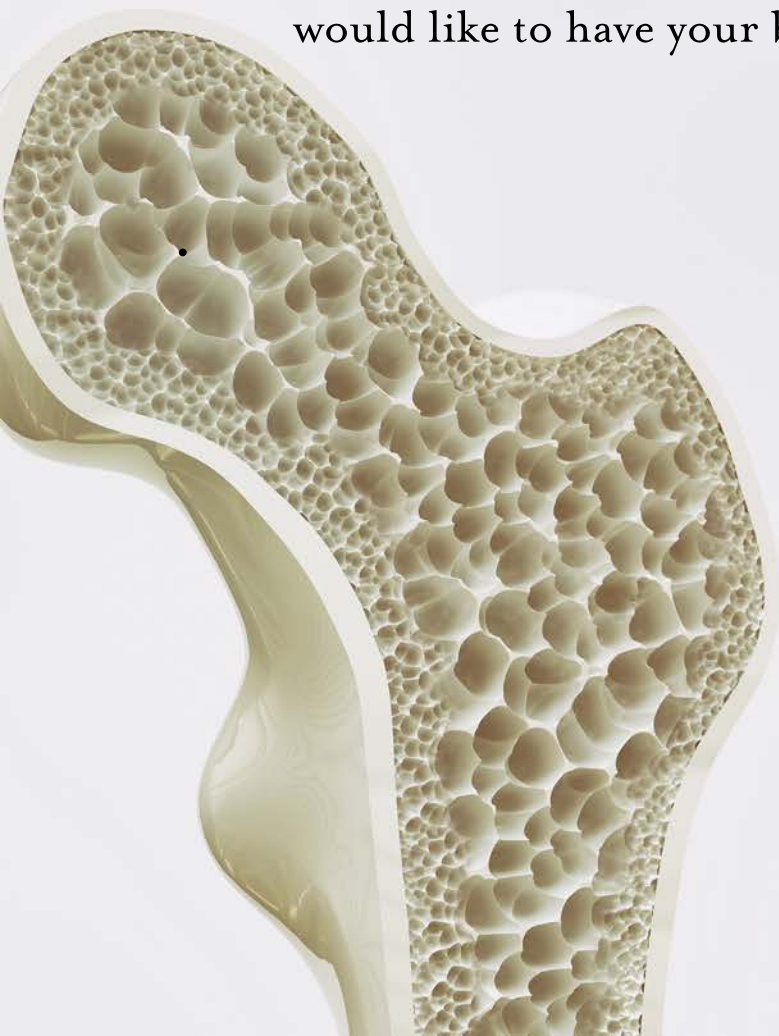
The aim of osteoporosis treatment is to strengthen the bones. This prevents fractures and reduces the rate of bone loss.

## DIAGNOSIS AND RISKS

Osteoporosis is often called a “silent disease” as it doesn’t have any obvious symptoms. For many people the first time they are diagnosed is after a fall when an X-ray reveals a broken bone.

The most conclusive test for bone density (and therefore osteoporosis or not!) is a Bone Density Test or Bone Mineral Density Test. This gives you a T-score which will diagnose osteoporosis or osteopenia.

We use a local clinic here in San Pedro de Alcantara if you would like to have your bone density score checked.



## CAUSES

The biggest one is being female! There are some other disorders and medications that can contribute to bone loss but being a female over 50 is the biggest cause.

Other conditions, operations and medicines that can speed up loss of bone density and therefore trigger osteoporosis are outlined below:

*(for a more complete list please check out the National Osteoporosis Foundation)*

**Auto Immune Disorders such as Rheumatoid Arthritis**

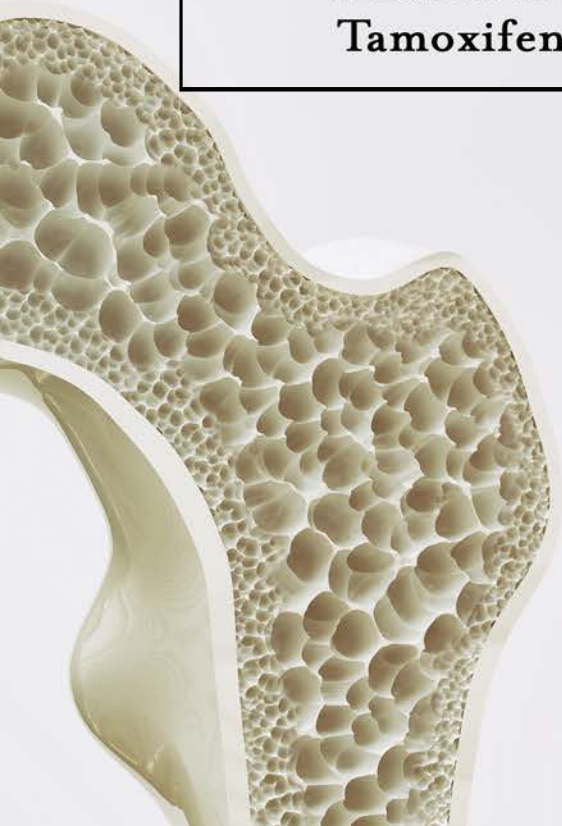
**Digestive disorders (inc some bowel surgeries)**

**Blood Disorders like leukaemia**

**Neurological Disorders like Parkinson's  
and spinal cord injuries**

**Hormone disorders such as thyroid issues**

**Medications like Steroids, Lithium, SSRIs,  
Tamoxifen and the contraceptive injection**



## **WHAT TO DO**

### **Medication**

There are a wide variety of medications available to treat osteoporosis and you will need to work with your doctor to choose the one that is right for you.

However, many of the most effective medications come with some serious side effects and often focus on reducing the removal of waste bone rather than creating new, healthy bone.

### **Nutrition and Exercise**

A diet rich in the right nutrients and weight bearing exercise are 2 of the pillars to combating osteoporosis that **MUST** be included in all treatment plans.

That's why, as standard, we include sessions with our physiotherapy team to support you through an exercise programme that's right for you.

But these changes are slow and hard to monitor.

### **MRT**

Personally I didn't feel that either of these were options I would choose for myself, my mother or my family.

So we found the Magnetic Resonance Therapy.  
Simple and pain free with measurable results in 6-12 months.

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



## MRT CLINICAL RESULTS

## EXPERIENCE AND PROOF

I was a skeptic too. How could something this easy and this effective not be everywhere? (Why isn't it everywhere?!)

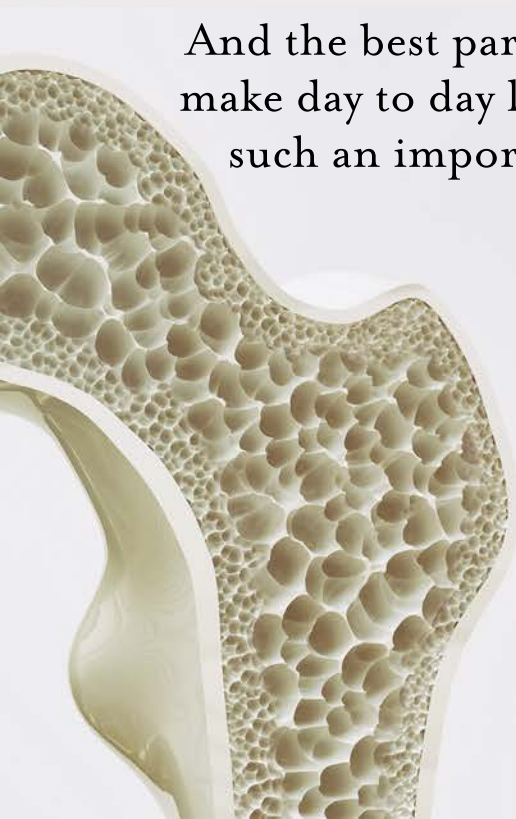
15 years later and everyone is finally starting to catch up. There are more and more centres throughout Europe, although most are still located around the manufacturer's base in Germany.

In the clinical trials patients gained 4.15 – 33.9% in bone density after receiving 10 sessions of MRT!

And the results we have seen in those patients who have had treatment with us in the last 15 years? Phenomenal.

The minimum we have seen is a lady whose condition stabilised (5 years and counting!). The most amazing results have seen ladies with a 20-30% improvement in bone density scores within 3-6 months. That means patients have gone from T-Scores in the osteoporosis range to a healthy range after 1 course of MRT.

And the best part is that the initial anti-inflammatory effects make day to day living, and the weight bearing exercise that is such an important part of long term management, more comfortable.



## 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.



## 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 for osteoporosis shows improvement in bone density scores of 4-30% within 6 months.

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 some important questions:

## Are you a good candidate for MRT?

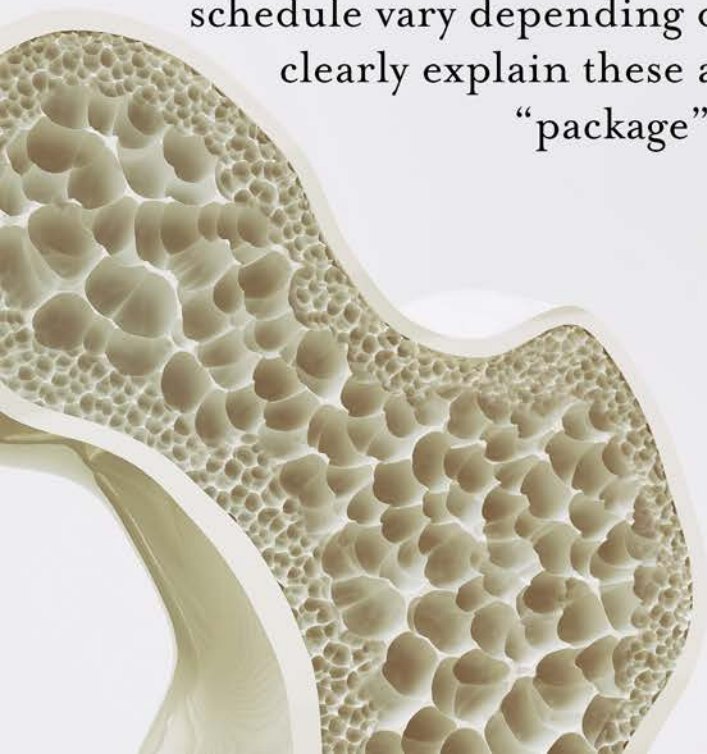
While an amazing piece of technology this is not a magic wand. It has limitations and not everybody is suitable. Our Consultant Physiotherapist will always be completely honest about what you can expect if you go ahead with treatment.

## Where are you now?

We strongly recommend bringing a bone density test that has been completed in the last 6-12 months so that we can speak to your exact situation.  
(this can be arranged at a local clinic if required).

## How best to treat it

MRT alone gets good results. MRT in combination with support for weight bearing exercise and your movement requirements gets GREAT results. These combinations and schedule vary depending on your personal situation. We will clearly explain these and ensure they are part of the “package” we design for you.



## WHAT TO EXPECT DURING YOUR MRT TREATMENT?

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

During the 10 days of treatment you will be spending at least 1 hour at the clinic every day. On those days you choose to have your physiotherapy session as well you will be with us a little longer.

Although your treatment plan will vary day by day a typical day during the course of treatment could include:

### **-1 hour MRT -**

Lying comfortably on 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. Many patients with osteoporosis start to modify how they move or begin to hunch over. Supporting the back and spine to sit more comfortably and stably can help prevent future injury and discomfort.



## WHAT TO EXPECT DURING YOUR MRT TREATMENT?

We need 3 consecutive days of treatment before a break for the weekend so treatment can start no later than Wednesday.

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.

You may also feel a bit achy around day 3 or 4. But don't panic, this is actually a good sign! And often a good opportunity to schedule one of your physiotherapy sessions to help with pain relief.

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!

### **Treating the person, not just the pain**

As you'll soon realise when working with us, we strongly believe that everything in your body is connected and works as a team. So we will also work on supporting the rest of the body, restoring function and giving you the tools to maintain good bone health.



## WHAT TO EXPECT AFTER YOUR MRT TREATMENT?

It's hard to be specific as this can vary from person to person, the regeneration of the osteoblasts takes around 3-6 months.

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 weeks of treatment and the week after.

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.

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.

Most patients notice a minimum of stabilisation of bone density within 6 months. Many record an increase of 4-30% on subsequent bone density scans after a 6-12 month period.

For some patients who had a very low bone density prior to treatment they may wish to repeat the treatment in 12-24 months.

However most patients find that they do not need to consider a repeat for a minimum of 3-5 years and even more may only require a top up within 10 years.



## TREATMENT COURSE

**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.



# TREATMENT COURSE

## 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 as it may not be available on the day\*

### **MRT Package for Osteoporosis – 1,200€**

- 10 hours MRT-
- 1 pair Formthotics insoles-
- 6 physiotherapy sessions (before, during or after)-
- 10 Mobiliser Sessions-



## TREATMENT COURSE

### **Alterations where needed**

The treatment 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.

### **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 have been 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!)



# PATIENT COMMITMENT

## 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!

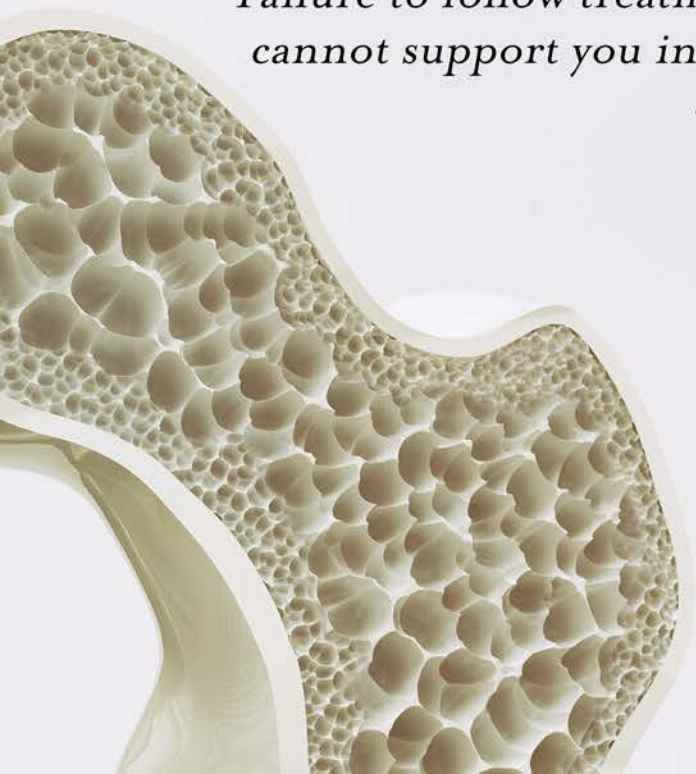


# PATIENT COMMITMENT

## 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 are having treatment, drinking at least 1.5 litres of water a day and a bit more in summer!)
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?**

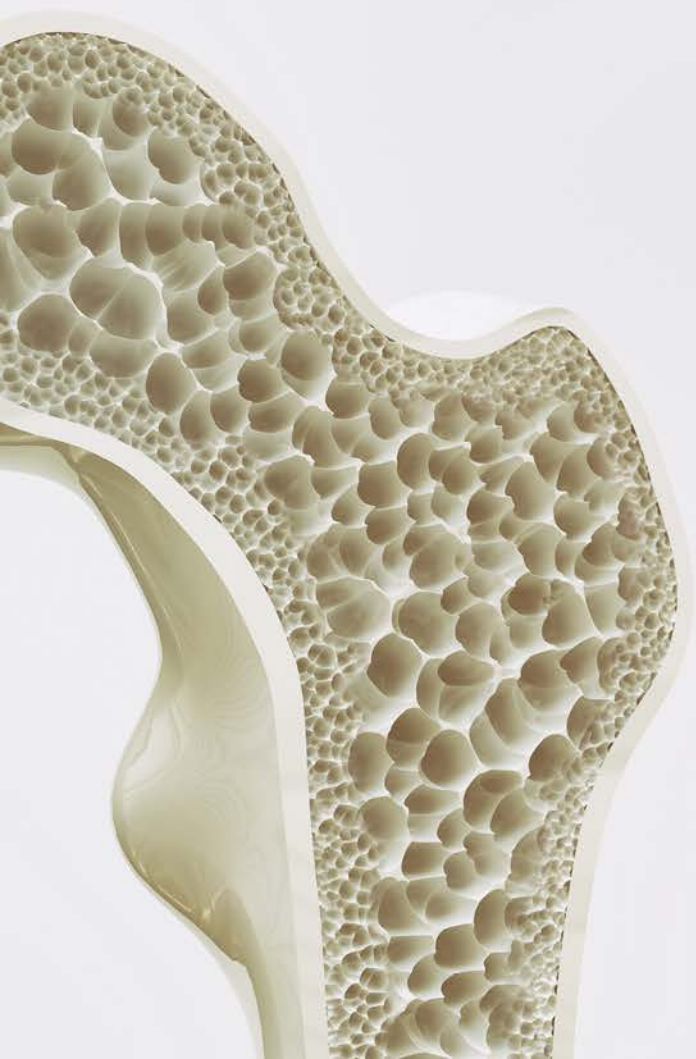
Send us an email at [reception@thebodyworksclinic.com](mailto:reception@thebodyworksclinic.com)

### **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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