

# Oscillation Therapy Is a Unique and Recognized Therapeutic Procedure

Oscillation is a unique therapeutic procedure. By using electrostatic attraction and friction, impulses set the treated tissue into pleasant oscillations with a biologically effective deep action. In contrast to other forms of therapy, the oscillations act extremely gently and deeply on all tissue structures: skin, conducting tissue, subcutaneous adipose tissue, muscles, blood vessels and lymphatic vessels.

## **Clinically documented effects:**

- Pain reduction
- Anti-inflammatory effect
- Edema resorption
- Promotion of wound healing
- Antifibrotic effect
- Improvement of trophics / tissue nutrition
- Reduction of skin redness
- Detoxification
- Improvement of tissue quality

Treatment of trauma and overuse injuries.

Pre- and postoperative therapy.

Post-training care and performance stabilization.

Source: M. & M. Werding GmbH - [info@rehazentrum.d](mailto:info@rehazentrum.d)

## **Distress Study**

Empirical study on the reduction of stress-related back problems and negative stress (distress) through the use of oscillating massage

The study was conducted under the supervision of graduate psychologist Dr. phil. Heide Kraus.

## **Approach**

Oscillation treatment according to the functional principle of biomechanical stimulation is used in conventional medicine with great success as a supportive therapeutic measure for the treatment of many diseases, especially for back pain, muscle tension, intervertebral disc problems, as well as lymphatic complaints and circulatory disorders in the deep muscular area. The aim was to determine the extent to which the oscillating massage couch, or beyond that, may influence clinical pictures with a psychosomatic background; in particular, whether clear evidence could be demonstrated for the reduction of negative stress (distress) and improved psychological ability to relax.

## **Subject of Investigation**

The investigation was carried out using the oscillating massage couch. For this purpose, 41 subjects underwent 24 applications of 15 minutes each with the massage couch over a twelve-week period. The results were determined and evaluated, on the one hand, using a scaled questionnaire that the subjects had to complete before and after the treatment and, on the other hand, through a subjective questioning method integrated into the follow-up discussion.

## **Results**

Our survey with a selected number of subjects clearly showed that the use of the massage couch was associated with a noticeable reduction in the level of arousal and an improvement in psychological resilience.

Physiologically, during the relaxation process, a reduction is observed in the inflow of impulses from the brain into the muscle groups. The sensitivity of the muscle spindles, which are essential for muscle tension and relaxation, is positively altered. This leads to relaxation-related vasodilation and therefore to increased blood circulation. As a result, oxygen demand decreases and the breathing rhythm slows. The patient feels calm and relaxed.

## **Conclusion**

Treatment with the massage couch according to the principle of biomechanical stimulation has a direct and positive influence on the subjects' ability to relax. During and after the exercise, the subject feels loose, calm and relaxed. Therefore, regular use of the massage couch has a stress-preventive and stress-reducing effect and can therefore be used as a supportive measure to reduce distress.

*Note: This document is an English translation of the original German source text. The source wording and structure have been preserved as closely as possible.*