

Clinical trials

Fracture repair

Best documented area with studies from all over the world covering past 30 years, indicating substantial benefits in all aspects of the treatment. First machines were dedicated to just this task. In study of 1007 patients' use of LFMF contributed significantly to the healing process in 79%. Another study reported reduction of time in bone formation from average of 29 weeks to 16 weeks (44.8% improvement).

REFERENCES: Bassett C.A.L., Mitchell S.N., Gaston S.R.: *Pulsing electronic field treatment in ununited fractures and failed arthrodeses.* USA. Haimovici N., Negoescu M.: *Beeinflussung der Kallusbildung unter Behandlung mit niederfrequenten gepulsten Magnetfeldern.* Germany.

Soft tissue injuries

Again in this area speeding up of the healing process was universally observed. Usually the beneficial effects are assessed by double blind studies on rats.

REFERENCES: Sierbiuk W.W., Giercien I.G., Krylow H.L., Szeliakowski M.W., Rucki W., Uszakow A.A., Alyszev W.A., Wiaznikow A.L., Rojzin W.L.: *Prieduprezhdenije I lechenije gnojnykh oslozhenij otrkrytykh povrezhdenij kostiej I sustawow.* Russia.

In many dermatological conditions

New light assisted LFMF therapy increased greatly efficiency of treating soft tissue and skin inflammation, bedsores, burns and psoriasis. In study of 920 patients the treatment with LFMF always considerably improved speed and quality of recovery with 50% reduction of conditions leading to permanent disability.

REFERENCES: Sierbiuk W.W., Giercien I.G., Krylow H.L., Szeliakowski M.W., Rucki W., Uszakow A.A., Alyszev W.A., Wiaznikow A.L., Rojzin W.L.: *Prieduprezhdenije I lechenije gnojnykh oslozhenij otrkrytykh povrezhdenij kostiej I sustawow.* Russia.

Susanna Priest

In the 1930s Dr Emil Vodder created MLD. This is now a recognised therapy within the NHS Hospitals. Susanna trained in the Dr. Vodder Schule method based in Austria.

Susanna has worked in a major London NHS Hospital on the wards and for the Outpatients in the Dermatology Lymphatic Department. She has also worked in the Oncology department as a therapist for M'Technique Massage for pre and post operative 'in' and 'out' patients at Cheltenham General Hospital.

Susanna is also an EMS therapist.

Other therapies

- Manual Lymphatic Drainage
- Decongestive Lymphoedema Therapy (DLT which is combined MLD and Multi-Layer Lymphoedema Therapy)
- Compression Hosiery ● M'Technique
- Fusion Light etc.



Clinics

Nailsworth

EMS Pain Relief Sanctuary
Suite 2, 2 Market Street
Nailsworth, Stroud GL6 0BX
Entrance is on the A46

Cheltenham

The Isbourne Holistic Centre
4 Wolseley Terrace
Cheltenham GL50 1TH

Bristol

Whiteladies Health Centre
Whately Road, Clifton
Bristol BS8 2PU
Easy parking 11am-4pm

Mobile service

Mobile therapy at home
service available

Maps and directions to the clinics can be viewed at

www.centre4health.co.uk

Email: susanna@centre4health.co.uk

01453 836230 / 07867 934677

Please remember that all pre and post-operative therapies should be discussed with the surgeon directing your treatment. A therapy is not a substitute for medical treatment.

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SPORTS INJURIES

- Torn hamstring
- Fractured & broken bones
- Strained ligaments & tendons
- Post race bruising
- Contact sport injuries
- Blistering & skin conditions
- Tennis elbow
- & similar conditions

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At Centre 4 Health we use the following therapies to assist with sports injuries.

Electro magnetic therapy (EMS)

A major benefit of EMS Therapy is that it is drug free - recovery is speeded but no medication is introduced. For professional sports-people drug testing is part and parcel of life but the list of banned substances grows. All amateur sports men and women also benefit from a drug free recovery and can recover with the confidence that the therapy will have no harmful side effects on any other medical treatment that is on-going. EMS therapy is non-invasive, side effect free and entirely natural, working with the body and not against it!

EMS v Magnet therapy

Viofor EMS Therapy versus Magnet Therapy. Viofor uses Electro Magnetic Field Therapy, which is very different from Magnet Therapy. Magnets offer limited benefits due to delivering static localized frequency whereas EMS Therapy, via a sophisticated computer processor and coils, produces a magnetic field similar to the Earth's magnetic field and delivers a range of pulsed frequencies to the body at a cellular level to boost reparation, vitality and circulation.

What happens during treatment?

Initially, you will receive a consultation followed by a treatment that will specifically meet your needs. You simply lie fully-clothed on the bed whilst the low induction electro-magnetic stimulation (EMS) system is switched on. There is no sound and most people do not feel anything - a slight warmth or tingling at the most. Treatments usually last for half an hour and painful or problem areas may be targeted specifically.

An individual treatment program is worked out for you to optimise the recovery process and minimise the time away from training and performance. We will ask about your injury history before your first treatment making the first session last rather longer. A series of repeated muscle pulls for instance could be indicative of other problems.

The system we use, the Viofor JPS system is the only one available in the UK to be certified by the EU as a medical

apparatus, EMS Therapy has undergone stringent clinical and scientific research which has demonstrated that it is a significant breakthrough in the treatment of pain and the reversal of many major conditions. Sports related injuries are particularly suited to treatment by EMS - the results are outstanding, and after all it's the result that counts!

Sports injuries

We can treat the injury every six hours, this benefits the patient as they are not out of circulation for long periods of time. We give them a programme, which is suited to the type of injury they have sustained. We get the person back on their feet as soon as possible. Directly after treatment joints might feel strange at first. This is because of changes in lubrication. Because of the way the treatment works, healing continues for up to eight hours after application, so an improvement may be felt in the symptoms some time later. The treatment is safe because no foreign bodies are being introduced and the level of magnetic induction is low.

"I am extremely impressed with how EMS and MLD supported my recovery from surgery. The treatments were relaxed and friendly. I would strongly recommend EMS and MLD therapy for anybody recovering from surgery."

Mr P, Gloucestershire

Rugby injury, resulting in hamstring anterior cruciate ligament reconstruction.

"I had badly sprained my ankle a year ago after a fall from my horse. It took a long time to recover but eventually the pain went away, however a year later I was suffering from it again, my ankle was puffy, swollen and throbbing and stopping me from enjoying my horses. After only two sessions with the Viofor EMS equipment my ankle had lost all of it's swelling, after 3 sessions the pain had virtually gone. I stopped wearing a support and was able to ride my horses again without any pain. I have had 5 sessions now and there is no pain or swelling at all."

Miss C, Gloucestershire

Riding accident.

Manual Lymphatic Drainage (MLD)

The Lymphatic System helps in the removal of waste products, toxins and excess fluid from the bodies tissues. For swollen joints, pre and post-operative swelling EMS and MLD can be used. MLD is a light, gentle effective medical massage, which helps to improve the efficiency of the Lymphatic System. Susanna encourages the Lymph to drain away from the swollen area, which in turn reduces the swelling and promotes healing. MLD is regularly prescribed in Europe to improve healing and reduce recovery time after surgery, to help the swelling and bruising. Which in turn encourages better scar formation and ultimately reveal the new you in less time.

Kinesio taping

Bright tape can often be seen on top athletes at the Olympics and on TV. This bright tape (black, blue, pink and beige) is used to help reduce swelling around a painful joint, muscle or ligament. Consisting of polymer elastic strand wrapped by 100% cotton fibres (which allows for evaporation of body moisture and quick drying). There is no latex and adhesive is body heat activated. The wave like structure under the bandage lifts the skin, which promotes the normal flow of blood and the lymphatic fluids.



Physiopod

Susanna uses Physiopod to assist in Sport Injury pain relief. Indications successfully treated are Achilles Tendon, Distortion rupture of a ligament, Tearing of a ligament, rupture of a muscle fibre, haematoma (bruising), pain after muscular exertion over acidified muscles, swellings and pain.