



**Spinal Decompression using
the Spinal Backrack System**
Dedicated Training for Professionals

Innovative technology in spinal care & pain relief

Spinal BackrackSystem

- Spinal Backrack is a Decompression System, classified as “Medical Device Class I” by MHRA (Medicines and Healthcare products Regulatory Agency).
- It is a wooden frame with rows and nodules, that is designed to mirror and fit the exact curvature of the spine and apply massage to the spine through special exercises.
- It was designed by Mr B. M. Luklinski, M.Sc. in Medical Rehabilitation and Physical Education, using his over 45 years of clinical experience in back pain treatment, back in 2003.



How the Backrack is used

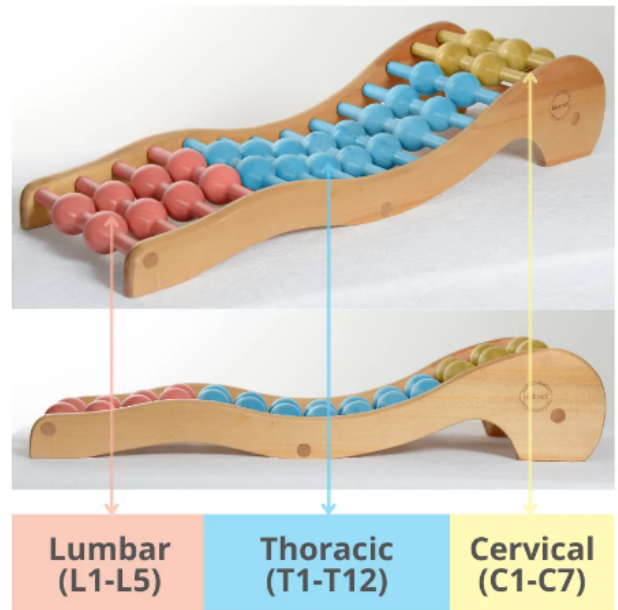
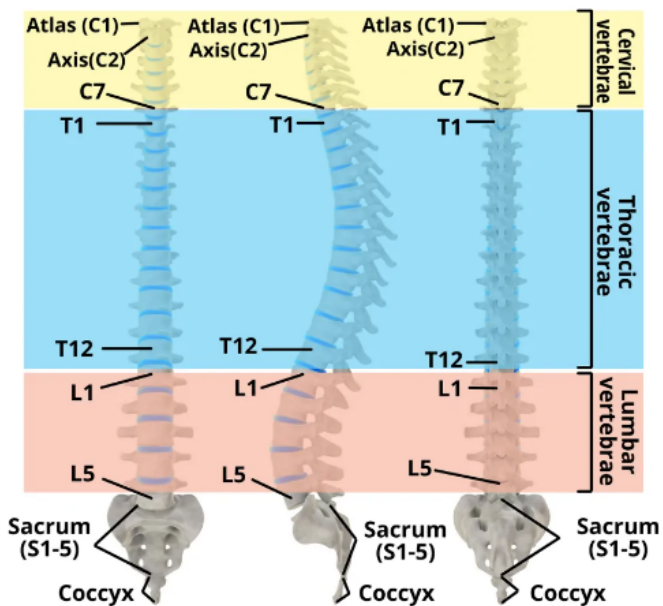
Professionals:

- Receive training on **how to teach, guide and help people with back issues** learn how to perform exercises for their specific problem.
- **Training provided by Spinal Backrack Academy**, which offers a certificate upon successful completion.
- Use their acquired knowledge to **explain to patients how to get on the Backrack and to perform exercises** with its aid, and how these are beneficial for their condition.

People suffering from back problems:

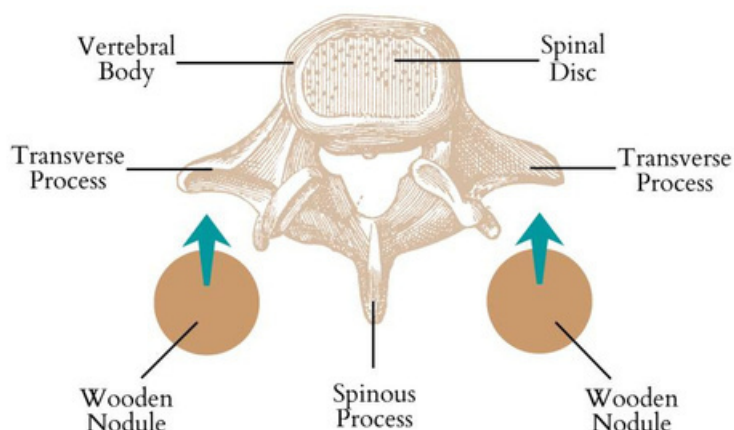
- Following the initial guidance of the physiotherapist, **place the rack on a sturdy surface, then lie on it in a neutral position.**
- Depending on where their problem originates, they will perform exercises that target one, or multiple regions of the back (cervical, thoracic and lumbar).
- Exercises can help with **back, neck and hip pain**, and also **increase mobility of the spine.**

Vertebral Column



How the Backrack works on Back Pain

- Most cases of back pain are mechanical, due to so called "compression", leading to deformity of the spine, which results in back pain.
- Spinal Backrack LTD proposes the **ultimate non-invasive solution** to prevent the deformity of the spine and therefore, treat and prevent back pain: **The Spinal Backrack System**.
- **The wooden nodules of the device** (presented on the side) **push on either side of the spine** to lift individual vertebrae, causing them to pivot about the joints in the back, which is the process that decompresses the spine.



Conditions that can be possibly relieved by the Backrack

LUMBAR

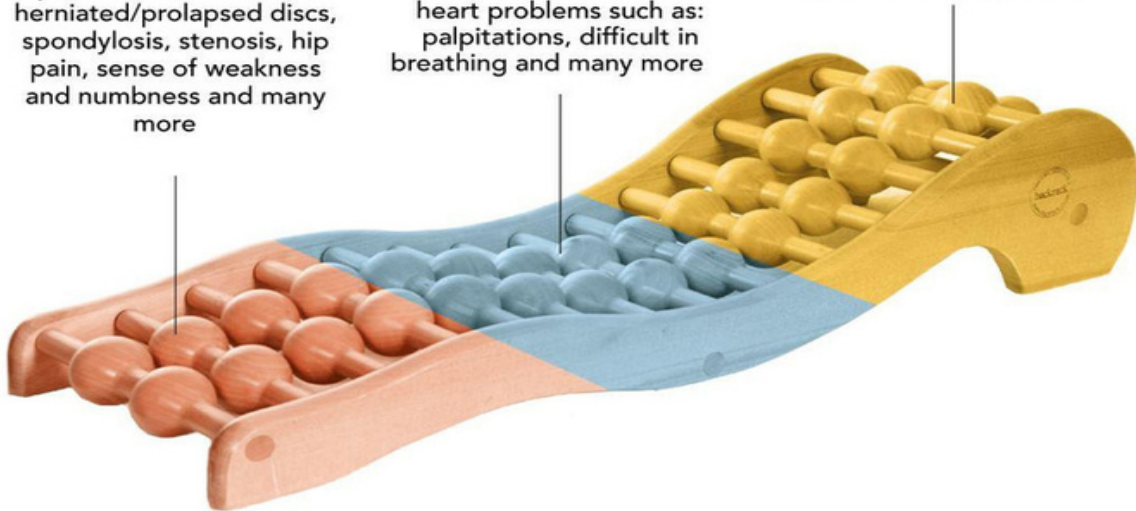
Relief for back pain, leg pain, scoliosis, sciatica, herniated/prolapsed discs, spondylosis, stenosis, hip pain, sense of weakness and numbness and many more

THORACIC

Relief for chest and rib pain, leg pain, nerve impingement, ageing spine, stenosis, visceral disorders such as constipation, bowel problems and bladder weakness, heart problems such as: palpitations, difficult in breathing and many more

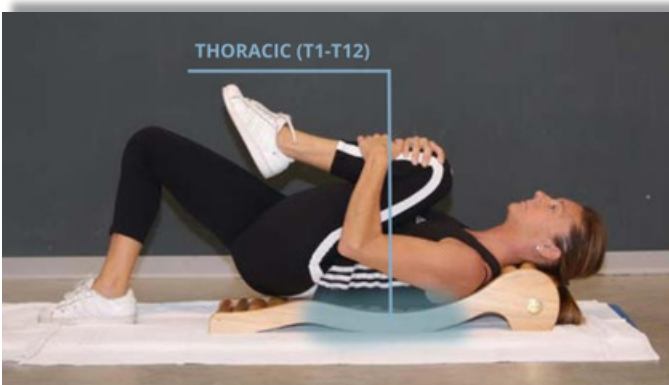
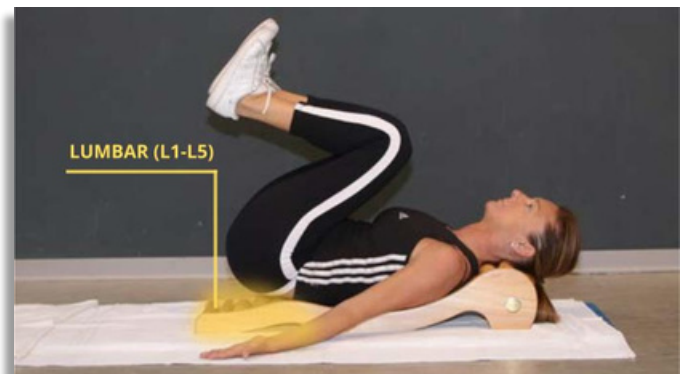
CERVICAL

Relief for headaches, migraines, neck pain, toothache, stenosis, dizziness, sense of weakness and numbness, pain between blades C6-C7 and many more



The principle of the Spinal Backrack System, in simple terms

- When the spinal column gets squashed or shortened from its natural length or otherwise becomes deformed, then one can decompress the spine using the Backrack device.
- The Spinal Backrack works directly on the spinal deformity, which of course is the outcome of the continuing and persistent “compression” and the root cause of back pain.
- It doesn't address the symptoms alone but deals with the cause of the back pain, and the pain can be treated, or disappear for good depending on the conditions.



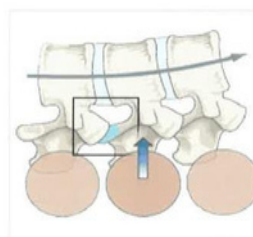
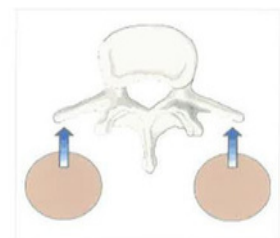
Detailed description on the mechanisms behind the Backrack:

- The Backrack **mirrors the natural curvature of the spine**.
- The result is that **the back rests in a neutral position**, being fully supported by the Backrack underneath.
- The wooden nodules push upwards, on either side of the spine. This, in turn, lifts the individual vertebrae, causing them to pivot about the joints in the back.
- This makes the joints “decompressed“, the spine lengthens, and joint mobility increases.
- The pressure on the joints is lowered, which leads to a lower risk of spinal osteoarthritis and bulging or herniated discs.
- Consequently, **the pressure on the spinal nerves is reduced** and this reduced pressure on the nerves will treat the symptoms of medical conditions such as acute local pain, sciatica, pins and needles and so on.

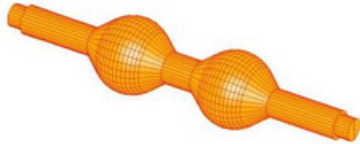
How the Backrack Works

- A simulation was carried out on a single spindle for **three different parts** of a human spine: **thoracic, cervical and lumbar**.
- The measurements were performed for a number of cases:
- Standard lying position of a person with an average weight, and also for situations when an increased local load was applied to different parts, against a range of exercise-positions of a person lying on the device.

The principle of the Backrack function and mechanism, showing loading points onto the spinal facets



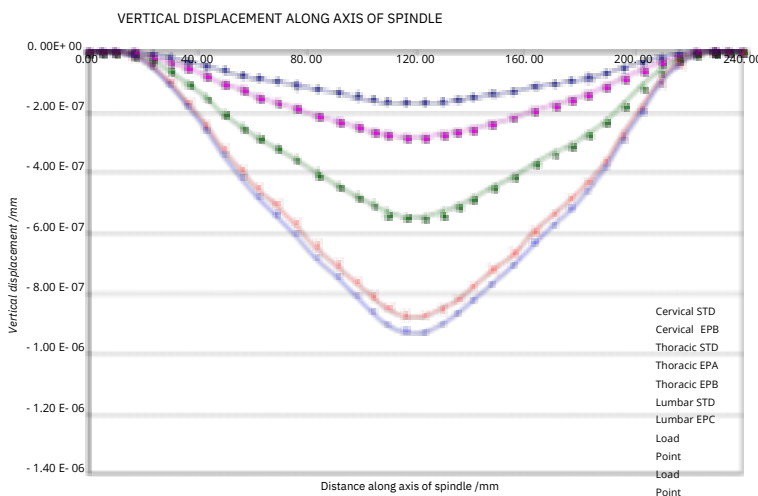
Single Spindle



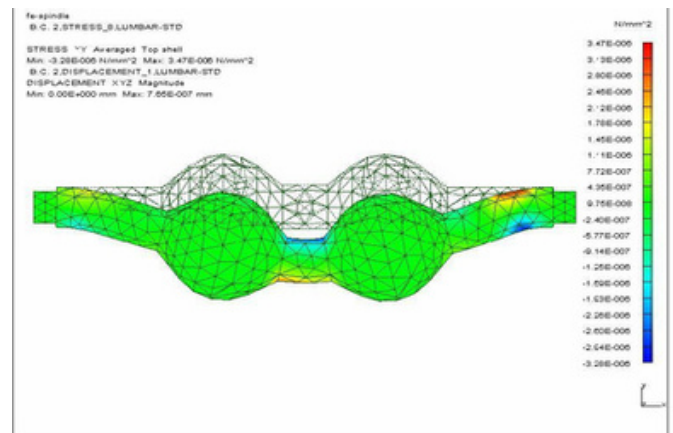
Final element analysis mesh model of a single spindle composed of two pseudo-balls

- The dimensions and shape of the presented spindles are identical to the patented model.
- The modulus value of the material in consideration was properly chosen, as well as the whole length of the human spine for the purpose of the analysis
- This allowed the actual displacement values along the spindle, as a result of the applied load to the specific points.
- The displacement is directly responsible for the mechanical movement of the facet joint leading to stress release relating to back pain issues

Results of FE analysis for different positions on the spine



Displacements due to applied load, graphical representation



Who is the Backrack suitable for?

Patients

- The Backrack is appropriate for people suffering from pain and back bone disorders to alleviate pain and aid recovery along the back, neck or hips, and to also improve mobility and range of movement.
- It also helps such people to reduce the symptoms associated with many other back pain conditions, such as sciatica, herniated discs and muscle injuries.
- The Backrack is available in two different sizes, small and large. This depends on the height of the individual.

Advantages of incorporating the Backrack System into your business

- Get dedicated training for your or your centre.
- Increase the range of services you provide by running either 1:1 sessions with people or even run group classes.
- Low initial cost and quick return on investment.



What you'll learn during this course

- Concept of the Spinal BackrackSystem
- Anatomy and biomechanics of the spine
- Muscle chains (concepts)
- Difference between analytical and global stretching and muscle compression
- Initial Test: VAS & Range of Motion
- The four basic positions and the diaphragm
- Lumbar area: muscle compression exercises and active mobilisation
- The variations in exercises:
 - basic exercises for the cervical region
 - basic exercises for the thoracic region
 - basic exercises for the lumbar region
- The correct approach for different sequences of exercises
- How to develop a group work within a centre
- Final tests and verification

Course Qualification

At the end of the course, there is a final exam that consists of 2 tests.

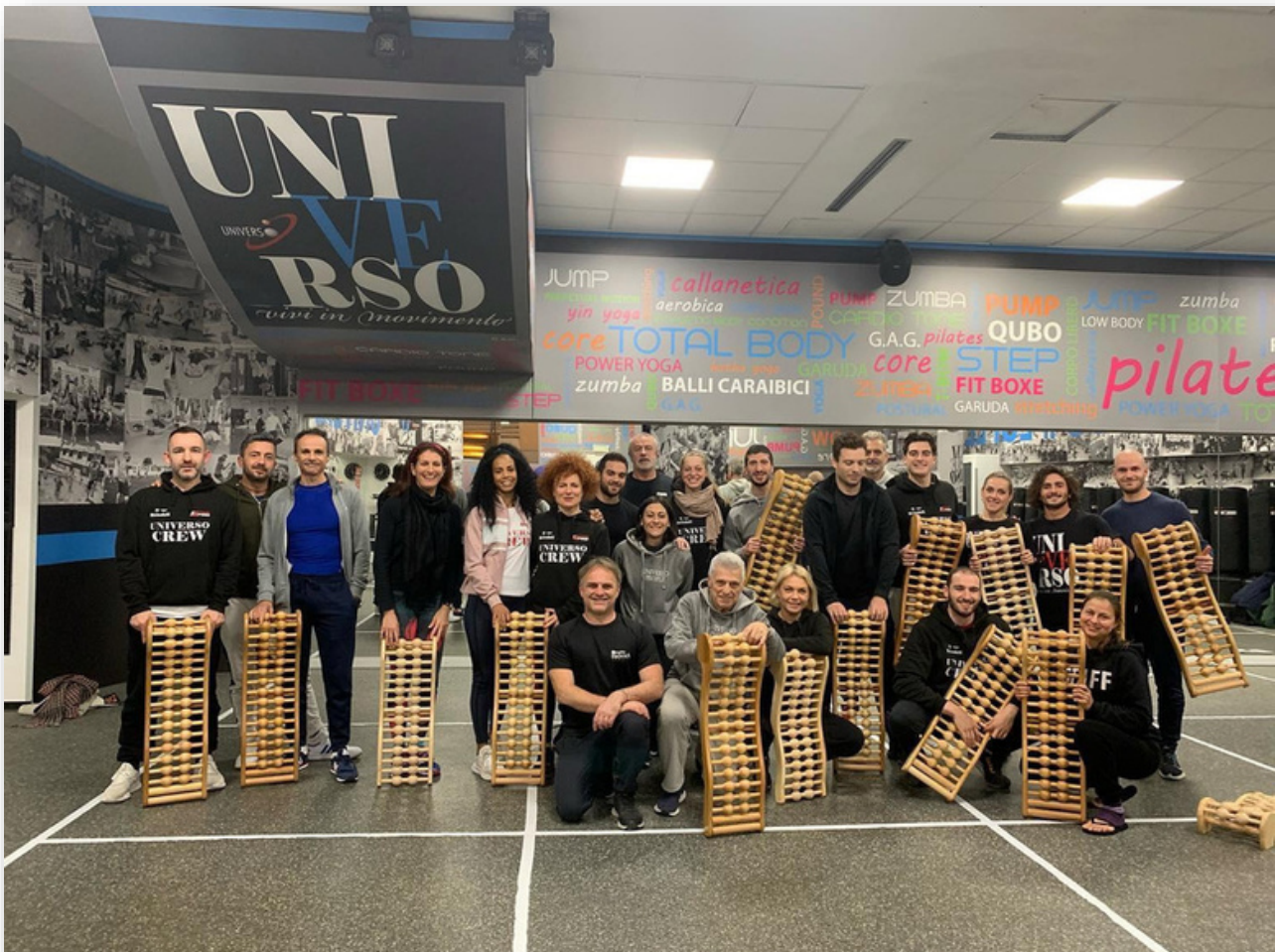
Each candidate is required to pass both final tests in order to obtain a certificate that is fully-accredited by CIMSPA.

Upon obtaining your qualification, you are now able to practice as a certified Backrack Instructor and provide Backrack spinal decompression treatment to your patients/clients.

Obtaining the Level 1 certification enables you to progress to the intermediate level of this course series, which provides you with further qualifications and benefits.

Conclusions

- **For patients:** the device has the potential to relieve the pain condition in a systematic manner, obtain relaxation at the level of the spine and improve mobility, while the patient is in total control of the treatment and its dose.
- **For you:** the device can expand the range of services you can offer to your existing clients and also grow your client base.
- Many people have testified to the excellent results they have achieved. You can view the [reviews](#) our happy patients left about our product.



We hope to see you soon!