

Is EMS Training effective for back pain reduction?

(Boeckh-Behrens, W.-U. / Grützmacher, N. / Sebelefsky, J., unpublished diploma thesis, University Bayreuth, 2002).

Objective

Every third adult suffers of constant back pain and just 20 % aren't even affected at all. Therefore is back pain one of the commonest widespread disease, which causes "occupational downtime" and "early applications for pension". A study of the University of Bayreuth tested, if EMS betters, impairs or has no impact on the back pains of the chosen probands. The theory says, that especially the deep, small and short muscles of the spine will be stimulated, which can't be activated by common training.

Method

49 attendants of the University of Bayreuth with back pain took part in the study. 31 were women and 18 were male with an average age of 47 years. The training period was scheduled for 6 weeks, with a total of 10 training sessions a 45 minutes 2 times per week.

During the control procedure the probands got surveys in the beginning and at the end to determine the subjective felt effects and the shifting of the complaints. Eventually anthropometric parameters were measured and compared too.

Results

The results show that 89 % of the probands felt a reduction of back pain, 39 % felt a strong decrease of the complaints and for 42 % it got slightly better. There couldn't be noted any gendered differences. The most effective results showed up at the lumbar vertebra area.

EMS also had the following general effects:

- Improvement of the general complaints (61%)
- Improvement of the mood (76%)
- Increased vitality (69 %)
- Improved body stability (57 % male, 86 % women)
- Positive effects on body form (50 %)

Conclusion

The study occupies a positive influence of EMS-Training on the back pain complaints, whereby the chosen 45 minutes training length were to long. Additional studies used a shorter time period of 20-25 minutes, without losing any positive effects. "Therefore EMS-Training is a time saving, very effective all round-training, which has wide-ranging health effects.

We are convinced, that with the usage of the VISIONBODY- System`s we will reach improved results and goals.

VISIONBODY`s cable less suits enable it to include numerous exercises of the Functional Training and therefore to improve the motion sequences, to increase the fun factor and to raise the results positively.

At the same time the tendons and joints will mostly be spared.