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EFFICACY OF MATRIX RHYTHMUS THERAPY IN DE-GENERATIVE, POST TRAUMATIC CONDITIONS OF KNEE.

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Introduction: Matrix rhythmus therapy (MaRhyThe) is a therapy to restore normal physiological cell functions to enhance healing in musculoskeletal problems, conservatively and post-operatively. Previously performed researches have revealed normal healthy cells in human body are oscillating between 8-12 Hz corresponding to cerebral alpha rhythm. The loss of this rhythm owing to disorder leads to congestion of fluids consequent to affected supply of nutrition and elimination of waste products in the extracellular matrix. Eventually the disturbed logistics combined with low pH causes edema and pain influencing the muscle, bone, cartilage, vascular and nervous tissue. The conventional methods of physical medicine also focus on improving the blood flow of skeletal muscles but unfortunately they are effective to a narrow extent thereby providing a short term and superficial effect. The specially developed mechanical-magnetic resonator of MaRhyThe is supposed to have a deep penetrating effect on the cytological level triggering the structuring of cellular micro processes. Thus regeneration and healing consequently reduces pain.

Purpose of the study: To evaluate the efficacy of MaRhyThe acc. to Dr. Randoll in musculoskeletal problems of knee.

Methodology: A total of 20 patients of pain in knee with or without restricted mobility were selected and randomly allocated to two groups group A (which received MaRhyThe with conventional therapy) and group B (which received conventional therapy).

Pain was measured on vas scale; range of motion of knee was measured with Goniometer and HRQOL for quality of life.

Results: Compared group A to B: Significant better reduction in pain and improvement in range of motion observed after 2-4 sessions of MaRhyThe

Conclusions: MaRhyThe can be used as an effective tool in the management of chronic and acute pain with or without restricted mobility in degenerative, post traumatic conditions in knee.

Key words: Matrix-Rhythm-Therapy (MaRhyThe®), Pain, Restricted mobility, knee

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