

## An Independent Study on the Back Rack Orthopaedic Medical Device

**BM Luklinski<sup>1\*</sup> and D Troup<sup>2</sup>**

<sup>1</sup>Consultant SPINE Specialist, Spine Back Rack Ltd/CEO, United Kingdom

<sup>2</sup>Director of Spinal Research, Royal Free Hospital, London, United Kingdom

**\*Corresponding Author:** BM Luklinski, Consultant SPINE Specialist, Spine Back Rack Ltd/CEO, United Kingdom.

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Tests were carried out on 50 patients with the collaboration of Dr. D. Troup, Director of Spinal Research at the Royal Free hospital, London.

50 outpatients, within the period of 3 months between January - March 2004 in The Luklinski Spine Clinic, London.

The Back Rack consists of 16 wooden spindles with a frame like spine.

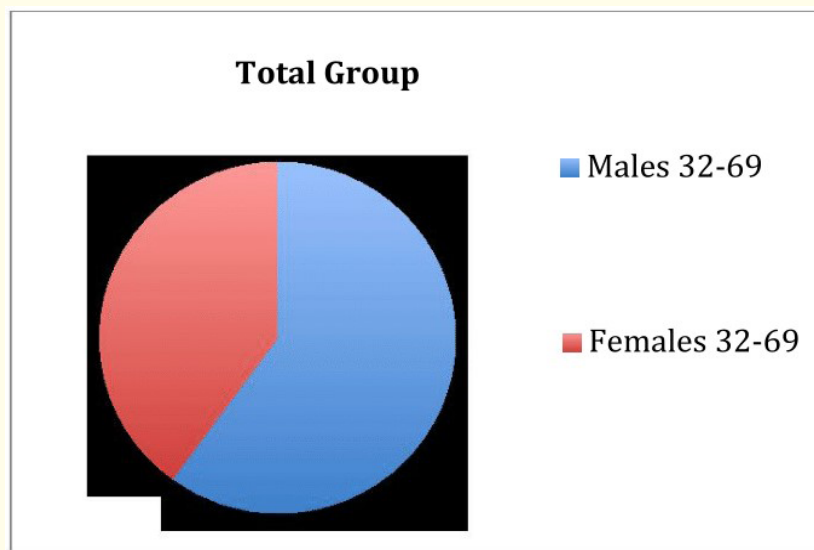
Patients were asked to use equipment as instructed 3x per week for the 3 month period:

Those were the following groups:

**Total 50:**

20 females: age 32 - 69

30 males/age, 32 - 69



*Figure 1*

A monthly check up was carried out.

Applied criteria of Orthopaedic Medicine/Maitland system.

Patients were examined prior to using the Back rack and at the end of the treatment - 3 months.

MRI scan was applied when appropriate - 28 cases/False positives.

**Spinal protocol was used, 3 exercises were applied:**

1. Lying down/knees bent/whole spine elongation/sustained - 3 sec.
2. Pelvis elevation - neck/pelvis straight/cervical/upper thoracic sustained pressure - 3 sec.
3. Lumbar spine = increased abdominal pressure/sustained trunk up - 3 sec.

The Back Rack will apply stretching and over-pressure, the symptoms will typically improve rapidly. Passive movements are made easier, lying down compression is 25% of that of standing = SPINE. To elicit back pain PASSIVE - ACTIVE of motion must be activated.

1. Pain only - 10 / severe disabling symptoms - spasm
2. Pain with stiffness - 10
3. Stiffness - 10
4. Intermittent pain - 10
5. Specific clinical syndromes - 10 / arthritis, spondylitis, spondylosis, short-leg syndrome.

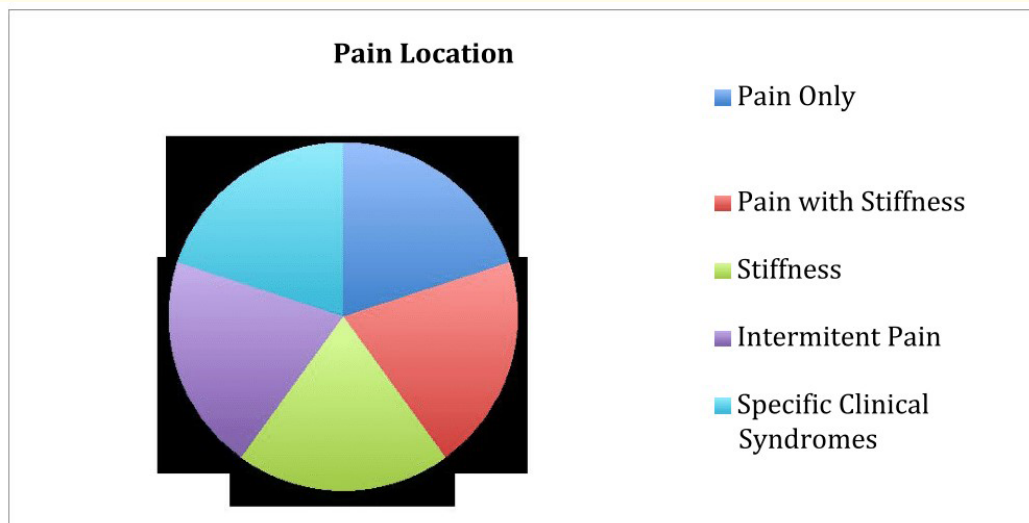


Figure 2

**The following clinical criteria were applied:**

1. SLR/30 - 70
2. PNB/O - 45
3. Lumbar FLEXION

- 4. Lumbar Extension
- 5. Lateral flexion
- 6. Lumbar Rotation
- 7. Lumbar quadrant
- 8. Cervical quadrant/cervical spine/F-E-LF-RR - LR/.
- 9. KJ - AJ
- 10. SKIN sensation
- 11. Skeletal deformity - spine
- 12. Short leg syndrome
- 13. MRI scan - 28 cases/False positives

**Outcomes**

- 1. Very good/no pain
- 2. Good/mild pain
- 3. Satisfactory/pain relief

**Results**

- 97.5 %/38,5 patients/- group 1 very good
- 1.5 %/6.5 patients/- group 2/good
- 1% - group 3/5 patients/specific clinical syndromes/satisfactory.

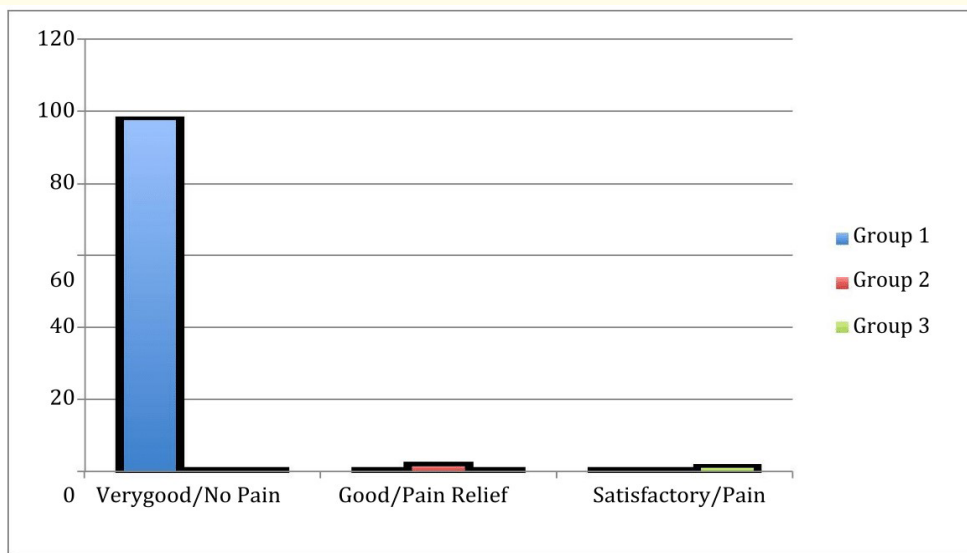


Figure 3

## **Conclusion**

The Back Rack device is appropriate for ALL spinal conditions; pain and stiffness will decrease - regardless of conditions. No other device in the world found has this unique concept and application.

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