

Bionic hand could cure 'golfer's back'

A special report on the most talked about technology in treating back pain

Only those who suffer or have suffered from back problems can really explain just how severe and curtailing the problem can be when getting through every day chores.

Getting to and from work, being at work, and even sleeping, is a hardship for those who are unlucky enough to be riddled with back pain.

Stealing a quick nine holes is out of the question for those who seem to be constantly

frustrated by back and neck problems. The misconception of golf is that it is a laid-back, relaxing sport where physical power or endurance is limited.

Regular golfers and those who have played the game for many years, though, say otherwise. In order to succeed at golf you need to be physically strong and you need to be flexible. Back problems hamper both those attributes.

Some of the biggest players in the game have had to fight back problems in their

careers, some constantly, and this is despite the number of free physiotherapy and massage experts that seem to travel around the world on tour these days.

Fred Couples has been laid low with back issues in recent times and he is followed by Shigeki Maruyama, David Howell, Davis Love III and David Duval.

Current Open champion Pdraig Harrington has just recently resolved his back issues while Ernie Els has

been troubled in the past by such physical ailments (you may remember that the big, powerful South African once had to pull out of the Scottish Open with a back injury).

If you believe what you read in the gossip columns then one of the reasons Tiger Woods changed his swing was to protect his back. The world No.1 previously put so much pressure on his back during the swing, the rumours suggested, that experts said he would endure problems in





The main unit controls speed, pressure and three treatment modes



The 'bionic hand' makes TAMARS unique



Patients can experience improvements after just one session

later life if he did not modify his technique.

But what hope is there for ordinary Scottish golfers who don't have access to free back specialists who are prepared to travel the world with you on your private jet just in case you get a slight tweak and need a quick rub down?

The answer comes in the shape of 21st Century Back Care, Scotland's only clinic dedicated to the use of Technology Assisted Micro-

Mobilisation and Reflex Stimulation (TAMARS) for the treatment of chronic and acute back and neck pain.

TAMARS offers a revolutionary approach to both chronic and acute back and neck pain. It can best be described as gentle, passive and progressive and targets the underlying cause of the problem, not the symptoms, by freeing and straightening the entire spine. It is essential for the spine to be free and straight, not only to reduce the chances of a painful episode but also to improve a player's ability to pivot correctly in the golf swing. Quick relief from back pain is essential but it does not cure this fundamental problem.

As it is non-invasive, TAMARS is safe to use on people of virtually any age.

mobility and flexibility of the musculoskeletal joints of the spine.

By straightening the spine, TAMARS is performing a process that had previously been deemed medically impossible. In other words; the revolutionary bionic hand is what sets this treatment apart from all the rest.

21st Century Back Care opened its Edinburgh clinic in August last year, headed up by sports injury specialist Jeff Knox. The clinic, the only one of its kind in Scotland, has treated numerous people who have been able to return to the golf course after benefiting from TAMARS.

TAMARS was designed by Cornwall-based engineer Robert Taylor and has received FDA marketing and treatment clearance in the United States. That's right, it's about to take

TAMARS performs a process previously deemed medically impossible

Recent patients treated range from eight years old to 95-years-old.

So how does this back treatment differ from other back treatments on the market, we hear you ask? The hand-held, computer console-controlled TAMARS device (pictured in the centre, above right) acts like a 'bionic hand'.

It administers a safe, drug-free and non-surgical full spinal treatment that frees and straightens the vertebrae. It has three modes of treatment designed to restore elasticity,

the US market by storm – but it is already on your doorstep at home.

The clinic's database shows that many patients have previously undergone months, sometimes years, of treatment from chiropractors, osteopaths or physiotherapists to no avail, yet have three or four sessions at the clinic with impressive results.

If you are a golfer that's struggled with back pain and don't seem to be seeing any light at the end of the tunnel, then there is hope for you yet.

CASE STUDIES

Kenny Colbert

Treated at Moira Clinic in Northern Ireland

A former rally driver, Northern Irishman Kenny had suffered from severe back pain for years and faced the prospect of surgery as his last hope. Having been a keen golfer who played five times a week off an 11 handicap, he gave the game up for over two years as his back problems meant he couldn't make it round a course. The day after his first TAMARS treatment, he was out playing golf again. "I have recommended the clinic to literally hundreds of people. It has made a fantastic difference to my life. I was almost giving up hope of ever getting my back problems resolved and was relying on painkillers and morphine injections to try and cope with it. Now I am mobile and flexible and just have a TAMARS session twice a year to keep my spine in the best possible condition after a lifetime of general wear and tear."

Evan Cuthbertson

Had previously received help but to no avail...until TAMARS. Evan had suffered from back problems from his teens, caused by horse riding and running. He suffered with two prolapsed discs and had tried a variety of treatments, including surgery, but couldn't get the problem sorted. Although a keen golfer, he couldn't play due to the back pain - until he tried TAMARS. After the third session, he was out on the course again and even managed to play 36 holes in one day. "TAMARS has been a great success for me. I had tried everything with no real improvement but after these treatments I am much more conscious of my posture and feel considerably better than I did before. When you're in pain, you simply can't move through the ball, but now I can get back out on the course and enjoy my game again."

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Call 0131 557 4404 for details on special Xmas vouchers!

Jeff Knox and physiotherapist Lyndsey Mountain outside the Edinburgh clinic and, inset, the 'bionic hand' in action