

21st Century Back Care

CHRONIC back pain is something that affects many people for a variety of reasons, but now there's a revolutionary new treatment available that has been shown to have impressive results. **21ST CENTURY BACK CARE** in Edinburgh is the only clinic in Scotland dedicated to the use of **TAMARS** - Technology Assisted Micro-Mobilisation and Reflex Stimulation for the treatment of chronic and acute back and neck pain. Designed by an engineer in conjunction with an orthopaedic surgeon, the hand-held TAMARS device is like a bionic hand with four fingers that Jeff Knox, a specialist in sports injuries, 'walks' up and down your spine to free and straighten the vertebrae. It has three modes of treatment designed to restore elasticity, mobility and flexibility to the musculoskeletal joints of the spine and target the underlying cause of the problem, not merely the symptoms. Jeff runs the Edinburgh clinic and has

experienced the benefits himself. "I had a lot of stiffness, pain and crunching in my neck as a result of whiplash injuries from go-cart racing when I was younger," he explains.

"TAMARS freed my neck up, improved my posture and made me feel much lighter on my feet." Safe, non-invasive and suitable for all ages, a one-hour TAMARS treatment costs £65 and includes after-care advice instructions for a postural exercise.

**For further details call 0131 557 4404
or visit www.tamars.co.uk**

