

4. Bechterew's disease⁸ (ankylosing spondylitis).

The Backstretcher was applied in a group of 18 patients with long-present Bechterew's disease. This patient group has existed for over a year and takes part in an intensive physio-therapeutical programme. The patients have been suffering from this disease for an average of 15 years (spread 4-25 years).

This group originally made good progress, but is now in a stable phase, in which there is no further improvement of the complaints. At this stage, the Backstretcher was added to the existing regime. During the 8-week study, no additional effectiveness of the Backstretcher was observed.

Conclusion of this study is that the Backstretcher is not effective when an irreversible immobility of the spine has occurred.

Incidentally, HELPmedical knows of casuistic experiences where the Backstretcher was successful in Bechterew's disease, but these positive experiences have only been observed in patients who are in an early stage of the disease.
