

2. Chronically severe back complaints⁶ (pilot study)

For 12 patients, who are being treated for chronically severe non-specific back complaints by a general practitioner (J. van Niekerk) and a physiotherapist (M. van Straten), the Backstretcher has been added to the treatment protocol, in which the emphasis was already on anti-kyphosis, under the direction of a physiotherapist. After two weeks, 11/12 of the patients showed drastic improvement, 3 patients did not even have any complaints whatsoever. The results may be summarized as follows:

	Complaint score					
	Extremely severe	Severe	Moderate	Slight	Very slight	None
Beforehand	4	5	3			
After 2 weeks	1	1	1	3	3	3

For 4 patients, the evaluation was extended by two weeks and further improvement could be observed:

	Complaint score					
	Extremely severe	Severe	Moderate	Slight	Very slight	None
After 2 weeks		1		1	2	
After 4 weeks			1		1	2

Currently, 13 to 15 months after the commencement of this pilot study, the Backstretcher is still used by the (former) patients. So far, no patients have reported to either general practitioner or physiotherapist with recurrence.

The conclusion of this research and its follow-up is that the Backstretcher has a positive effect on most patients with chronically severe back complaints - under which antikyphosis is considered to be indicated - and with regular use this effect can continue for years.

