

Chiropractic ECONOMICS

A look at sports-rehab products for your practice

Earlier this year, we asked companies to share their newest sports rehab products to help expedite the recovery process. The following rehab products roundup is intended to show some options that may be of service to you and your patients.

Please keep in mind all information included in this roundup is provided by companies, and products are listed at random. *Chiropractic Economics* does not test nor endorse any specific products.

CORE TRAINER

Using counter-balance exercise technology, the Core Trainer from Panasonic is designed to engage the thigh, back, abdominal, oblique, and low-back muscles for no-impact strength training with high-impact results. The user maintains balance in an upright sitting position as the saddle sways, forcing the core body muscles to expand and contract — developing important muscle structure for good posture while helping to increase pelvic flexibility. A set of stirrups and a handle are available for beginners.

Call 800-338-0552 or visit www.panasonic.com/coretrainer.

COOL THERAPY NATURAL PAIN RELIEVING GEL

Cool Therapy Natural Pain Relieving Gel by Sombra Inc. is a quick-absorbing, non-staining gel designed to aid minor aches and pains of muscles and joints associated with backaches, strains, bruises, and sprains. It contains a lemon-peel extract for a citrus scent and provides controlled cooling without freezing or irritation. The gel is formulated to offer an

exceptional glide for point therapy, as well as help with acute conditions or sudden injuries and post-exercise cool down.

Call 800-225-3963 or visit www.sombrausa.com.

THE BEAN

The Bean by GREENHOUSE International, LLC is an exercise device that may be utilized on both patients and athletes to recondition core muscles, offer back relief, and offer enhanced proprioception. It combines many pieces of exercise equipment into one, including the stability ball, half ball, wobble board, and stretching tables. The Bean offers the instability required to challenge intrinsic muscles, yet also offers the stability patients prefer.

Call 302-312-9530 or visit www.beanpro.com.

CRYODERM GEL

Cryoderm gel is a clear, water-based topical pain reliever with the viscosity of massage oil designed for hands-on therapy. The gel is intended to not ball up when performing such therapies as myofascial release, trigger-point work, and Active Release Therapy (ART). It aims at breaking the pain-spasm cycle and releasing the muscle so therapies may be a more effective. The main ingredients include MSM, arnica, boswellia, and ilex, essential oils, natural plant extracts, and purified water.

Call 800-344-9926 or visit www.Cryoderm.com.

POSTUREZONE WALL GRID

The PostureZone Wall Grid by BodyZone.com provides a background for clinically oriented images and videos of injured athletes, as well as those seeking improved performance. When used for form evaluations, the grid helps quantify distortions from poor form and those resulting from recognized or forgotten injury. When used as a background for conventional photographs, it allows the clinician to

document findings and functional asymmetries.

Call 866-443-8966 or visit www.BodyZone.com.

EXERCISE BANDS

Thera-Band's Exercise Bands are developed for rehabilitation therapy to help restore muscle and joint functions. Training programs with exercises using resistance and balance can be developed for home fitness. They are also available in kits designed to improve upper and lower body strength, increase flexibility, and improve balance. Each kit comes complete with selected Thera-Band Products and detailed instructions for specific exercises.

Call 800-321-2135 or visit www.thera-band.com.

MEDICORDZ SAFETY BUNGIE

MediCordz Safety Bungie by NZ Manufacturing, Inc. was developed in response to safety concerns. The unique, patented Safety Bungie is available in seven levels of resistance. Sold individually or as a kit, MediCordz Safety Bungie is intended to be an ideal rehabilitation tool for clinics and can be used at home.

Call 800-886-6621 or visit www.nzmf.com.

SPORT CONDITIONING SPRAY

KOOL 'N FIT Sport Conditioning Spray is an all-natural external muscle spray formulated for better warm-up, increased endurance, and faster recovery. It is a non-staining, easy-to-use liquid designed to leave no messy residue with a refreshing aroma-therapy scent. The ingredients include alcohol, deionized water, menthol, camphor, juniper berry oil, peppermint oil, and other essential herbal oils.

Call 800-852-5665 or visit www.koolfitamerica.com.

PL5000

Erchonia's PL5000 is a variable frequency, low-level, dual diode 3LT laser aimed at providing accelerated healing and pain reduction. It is ergonomically designed to fit hands of all sizes. The dual-diode head clips to the side when not in use, increasing security and preventing accidental ocular exposure. The digital controls are backlit and all programmable functions are accessible from a central keypad, complete with LCD display for verification and readout. A lock and key prevents unauthorized use.

Call 888-242-0571 or visit www.erschonia.com.

MYOGAUGE

Myogauge by Myogauge Corporation is a muscle-testing machine that performs job screenings, detects low-back malingerers, and monitors the rehabilitation of injuries to major muscle groups. It isometrically tests a muscle up to ten seconds. A detailed graph shows the rehabilitation and progress of the patient. A comparison is then made to the

unimpaired side to determine when maximum medical improvement is reached. The extent of an injury is immediately determined by this bilateral comparison.

Call 631-242-1234 or visit www.myogauge.com.

SPINE REHAB SYSTEM

The Spine Rehab System by Synergy Therapeutic Systems is a complete package of equipment in varied resistances that can be set up in a 5-foot by 6-foot space. The system includes cervical, thoracic, lumbar, core (lumbar stabilization), and hand (carpal tunnel) equipment and is available in a choice of wall-mounted systems.

Comprehensive instructional support includes series rehab instructional videos, follow-along booklets, tear sheet pads, fully illustrated wall charts plus, clinical accessories, general wellness equipment, and prescription kits.

Call 800-639-3529 or visit www.synergyrehab.com.

CODE BLUE

Code Blue by Code Blue is a topical analgesic cream designed to relieve minor aches and pains from sprains and strains to arthritic-types of pain. Code Blue has a warm, tingling sensation that helps to relieve your patients' pain and increase their range of motion. It is formulated to penetrate into the skin and deep into your muscles.

Call 954-318-3969 or visit <http://codeblueusa.com>.

KINESIO TEX TAPE

Kinesio Tex Tape by Kinesio USA, LLC is a rehabilitative taping method developed to be used with the Kinesio Taping Method. It is designed to offer your patients the support they need, while allowing full biomechanical movement of the body. It also helps facilitate blood circulation, reduce pain, enhance performance, prevent injury, and encourage the proper channeling of lymphatic congestion. It is suitable for patients of any age or condition.

Call 888-320-8273 or visit www.kinesiotaping.com.

INTRACELL EXECUTIVE STICK AND FOOTWHEEL

The Intracell, available through Foot Levelers, Inc., was designed to address myofascial restrictions and trigger points without painful and invasive techniques that were originally available. The "Stick" is often found as a means to identify and treat myofascial trigger points which your patient can do between visits and the FootWheel is designed for plantar fascia restrictions. Both devices have become an elite treatment combination for adapting to the use of spinal pelvic stabilizers.

Call 800-553-4860 or visit www.footlevelers.com.

BIOFREEZE

Performance Health's BIOFREEZE products are meant to effectively relieve pain from sore muscles, muscle spasms,

strains, sprains, tendonitis, backaches, and sore joints, and will help minimize next day aches and pains. BIOFREEZE products also aid in reducing swelling and inflammation, and helps relieve pain prior to massage therapy, soft tissue trigger point therapy, rehabilitation exercises and stretching, or to provide relief between office visits. Available in a gel, spray, roll on, or trial packets.

Call 800-246-3733 or visit www.biofreeze.com.

123 REHABSYSTEM

Rehabilitation Management Specialists' 123 RehabSystem is developed to include everything you need to run a successful "active" model practice from greeting to release at optimum functional ability. It includes 12 exercise videos, a 120 page manual with PowerPoint narration (with more than 4.5 hours of one-on-one instruction), 17 wall charts, questionnaires, testing sheets, prescription sheets, chart notes, and billing and coding. With this system, you do not need to clip pictures or send patients to a Web site to do unsupervised exercises.

Call 866-REHAB-02 or visit www.123rehab.com.

K-LASER

K-laser is marketed as the next generation of advanced class-IV laser therapy. K-laser's laser technology synchronizes high-power, dual-wavelength infrared lasers in a single beam. The combined wavelengths and high power expand the therapeutic value which helps to reduce rehabilitation times from sport and other acute related injuries, aid in pain relief, increase range of motion and flexibility, and reduce muscle spasms and cramps.

Call 866-595-7749 or visit www.klasers.com.

FITNESS PLUS REHAB EQUIPMENT

Designed to be an altogether better way of treating your patients, Fitness Plus, Inc.'s Rehab Equipment has six pieces available for your patients' different needs — including a cervical, low back, multihip, abdominal, rotary torso, and leg curl unit. When combined with the equipment, the Rehab Advantage Software program is intended to help build your business, minimize your daily paperwork load, and enhance the value of your practice as you create and customize active care plans for your patients.

Call 866-360-0858 or visit www.fitnessplusinc.com.

V-JUV CORE

V-Juv CORE by V-Juv, LLC is a DVD meant to be a training tool for you and your team members. It walks through a process step-by-step and provides ways to re-energize your rehab department. V-Juv CORE contains more than 15 rehab exercises and evaluation procedures to help customize active-care plans, including bridging, planking,

stability ball, foam roll, and plate-loaded exercises. V-Juv CORE also provides communication methods and verbiage for you to teach your team and educate patients.

Call 800-729-8922 or visit www.myvjuv.com.

AXIS ROLLER

AXIS Rollers, exclusively from OPTP, are cylindrical foam rollers that are lightweight, extra-firm, and made of high-quality foam for lasting durability — providing the benefits of standard rollers without breaking down. The smooth surface is designed to not lose its shape after moderate to heavy use. The rollers are available in 6-inch round and half-round, and in 1-foot and 3-foot lengths. Foam rollers can also be used for self-massage, balance, and core stability exercises.

Call 800-367-7393 or visit www.optp.com.

DYNATRON X5

The Dynatron X5 by Dynatronics Corp. is a soft-tissue oscillation therapy device that features two independent channels, six treatment modes, both small and large treatment probes, a frequency range of 0-200, four frequency sweeps, customizable presets, and a conductance meter. The lightweight and portable X5 has an optional battery pack, two-year warranty, and a bright OLED display. Treatments are intended to be fast (8 to 15 minutes), comfortable, and easy to apply.

Call 801-874-6251 or visit www.Dynatronics.com.

TOUCHSCREEN

AquaMED's TouchScreen is designed to be a completely interactive, multimedia control device that allows the patient to listen to music or watch patient education DVDs while controlling every parameter of their treatment with just the touch of a finger. It creates separate accounts by allocating an individual password to each patient, tracks and controls patients usage and type of treatment (pressure, time, area of massage, and speed), and limits cash-paying patients to receive only the length of massage they purchase.

Call 727-536-5566 or visit www.aquamed.com.

GOLF PERFORMANCE SPECIALIST

Golf Performance Specialist by GMP Fitness is a comprehensive home-seminar program designed to teach you about basic golf-swing analysis, golf-specific injuries, and exercise development for improved golf performance. The Chiropractic Certificate Golf Course contains detailed, step-by-step information and advice on developing a golf profit center within an existing chiropractic practice. There are two Chiropractic Certificate Golf Course options. This golf seminar in a box will help you become a Golf Performance Specialist.

Call 888-467-3488 or visit www.golfdocs.com.

EGGBALL-MAXAFE

EggBall-Maxafe by Ball Dynamics International, LLC is an egg-shaped ball that offers a larger contact base with the floor and provides increased stability during use. Its oblong form allows two people to sit on the Original Pezzi EggBall at once. The resilient plastic ball has a wide range of uses in sports, balance, and therapy.

Call 800-752-2255 or visit www.fitball.com.

ULTIMATE SERIES 110-220

H2O Massage Systems' Ultimate Series 110-220 is designed to provide users with the benefits of hydrotherapy, massotherapy, floatation, soft- or deep-tissue manipulation, and thermotherapy. This bed contains the Quatro Wave System, which consists of quiet, traveling, rotating jets that provide warm-water massages. The Ultimate Series 110-220 comes with a user-friendly electronic remote, built-in heater, cervical pillow, and top cover.

Call 204-783-0668 or visit www.h2omed.com.

BBS IONIC & DETOX FOOTBATH SYSTEMS

BBS Ionic & Detox Footbath Systems by Body Balance contain a main control unit, three BBS Water Modules, power cord, sea salt, manual, and a three-year warranty in a sturdy aluminum carry case. Available in four packages, these systems have a life expectancy of 90 to 120 detox sessions. When you immerse your feet in the water, positive and negative ions are emitted by the machine to re-energize the body.

Call 407-671-7974 or visit www.bodybalancewp.com.

GRASTON TECHNIQUE

Graston Technique instruments by Graston Technique include six patented, stainless steel instruments used to deliver deeper palpation of soft tissue. Each instrument is designed for treating different parts of the anatomy, with convex and concave surfaces and beveled edges to direct pressure where needed to release adhesions and restrictions in the soft tissue. The instruments are used to manipulate the soft-tissue and release fascial restrictions. They are effective in treating both chronic and acute soft-tissue injuries.

Call 866-926-2828 or visit www.grastontechnique.com.

LAMAR STRIDE WELL RECUMBENT ELLIPTICAL

The Lamar Stride Well Recumbent Elliptical by Med-Fit Systems, Inc. is a seated, quadrilateral elliptical designed to provide a low impact, full-body exercise for athletes and rehabilitation patients. The "Easy Glide" entry and exit and offset monitor mount allow easy access, while the backlit LCD monitor offers numerous programs, including heart rate control. The molded foam seat features a built-in lumbar support.

Call 760-723-9618 or visit <http://Medfitsystems.com>.

HUMAN TOUCH BOARD

The Human Touch Board by Human Touch, LLC features three speeds and four auto programs that duplicate the motion of a wave, snowboard, or balance board. The forward and backward motion with side-to-side roll allows your body to contract muscles opposite the direction the machine takes you. The board is designed to benefit the core muscle group through a series of contractions and releases, building strength and stability along the way.

Call 866-369-9426 or visit www.interhealth.com.

FITVIBE EXCEL

The fitvibe Excel by fitvibe is a whole-body vibration training and therapy tool designed to enhance resistance training techniques. This neuromuscular training method is used as a way to help people become better fit and recover from injuries. It contains software programs for muscle groups and balanced medical programs. It aims to improve circulation, increase bone density, and lead to fewer spasms. Your patients may also use this tool as part their massage treatments.

Call 213-380-8883 or visit www.fitvibe.com.

METITUR BALANCE ASSESSMENT PLATFORM

S&S Medical Solutions' Metitur Balance Assessment Platform is a Bluetooth wireless D-link balance assessment platform used for athletes and senior citizens. It helps promote proper balance and proprioception, which are considered leading contributors to superior athletic performances. This is intended to be a dual purpose product to help you open the gateway to a new population of patients.

Call 701-293-7587 or visit www.SandSMedicalSolutions.com.

COLD LASERS

Cold Lasers, also known as low-level lasers, manufactured and distributed by Laser-Therapy.US are used to treat skin conditions, arthritis, and musculoskeletal disorders. They also help improve cellular repair and stimulate the immune, lymphatic, and vascular systems. They are referred to as "cold lasers" because they do not generate heat, as surgical lasers do.

Call 877-527-3750 or visit ColdLaserTherapy.us.

NGT LASER SYSTEM

The NGT Laser System by Next Generation Therapeutics has the capability of upgrading to different probes with different wavelengths. Two units exist: the NGT I and the NGT IV. The NGT I contains single diode probes that pulse up to 1 million hertz, while the NGT IV is a multidiode probe that can pulse up to 2 million hertz. Both systems have the ability to use a single wavelength or a combination of wavelengths.

Call 866-609-1212 or visit www.ngtlasers.com.

PHASES REHAB SOFTWARE

Software by Phases rehab includes a CD-ROM with gym ball, floor, balance, tubing, weights, and stretching exercises. Text accompanies each exercise. It also includes an abbreviated SOAP chart, file summary sheets, tracks a client's exercise history and active care, and allows you to create your own custom exercise sections. A "tips" section is intended to enhance patient education.

Call 800-231-0518 or visit www.phasesrehab.com.

LECTRA 4 INTERFERENTIAL AND MUSCLE STIMULATOR

Medi-Stim, Inc.'s Lectra 4 Interferential and Muscle Stimulator is a digital, four-channel combination interferential and muscle stimulator. It is designed to be compact, user-friendly, and features built-in Spanish or French language options, program lock, compliance monitor, individual intensity controls, maximum amplitude limiter, and color-coded cables. It can be used for chronic or acute pain management, reducing muscle spasms, increasing blood circulation, increasing range of motion, muscle re-education, and treating disuse muscle atrophy.

Call 800-363-7846 or visit www.medi-stim.com.

CHINA-GEL TOPICAL PAIN RELIEVER

China-Gel's Topical Pain Reliever can be used to improve the effectiveness of your ultrasound treatments and post-treatment care. It is an herbal, greaseless gel that can be used as a coupling agent with ultrasound or massage treatments to help stimulate circulation, initiate the pain relieving endorphin response, and eliminate lactic acid in muscle tissues. It helps relieve pain associated with arthritis, bursitis, sciatica, carpal tunnel, fibromyalgia, tendonitis, and other joint and muscle pains.

Call 800-898-4435 or visit www.chinagel.com.

CHI MASSAGE CHAIR

Body Care Resort, Inc.'s Chi Massage Chair provides a soft, deep relaxing massage followed by a patented infinity movement spinal exercise designed to decrease arthritic pain, nerve pain, and a host of back, neck, and shoulder aches. The infinity movement stretches and opens the spine from the tailbone to the shoulders by moving the ankles in an infinity pattern, which sends a wave-like motion up the entire spine and gently aligns and adjusts the vertebrae.

Call 310-782-3992 or visit www.bodycareonline.com.

FOOT WAKERS

Designed to be a safe and effective way of offering foot fitness to your patients, Yamuna Body Rolling's Foot Wakers come with written instructions covering various routines which restore optimal foot function, gait, alignment, tone,

flexibility, and strength. When you educate your patients on how to take care of their feet, they are able to realize how important healthy foot function is for maintaining alignment in the legs, pelvis, and back.

Call 212-633-2143 or visit www.yamunabodyrolling.com.

SELF-MASSAGE FOR ATHLETES

Self-Massage for Athletes, published by Two Hand Press, LLC, is written by author Rich Poley to offer a user-friendly guide to the art and science of massage for athletes and active people and teach them how to get more from their bodies. It describes seven basic massage strokes, illustrated with more than 100 photos, and explains massage routines to work each part of the body. It also reveals acupressure techniques, trigger point therapy, shower massage, and self-massage tools.

Call 303-545-6462 or visit SelfMassageForAthletes.com.

ACTIPATCH

BioElectronics Corporation's ActiPatch is a drug-free, heat-free, odor-free patch aimed at treating acute and chronic inflammation while delivering 720 hours of pulsed electromagnetic therapy (diathermy). The unit contains an embedded battery and microchip, alleviating the need for plugs or electrodes. ActiPatch is meant to stabilize the leaking cell membrane and the pulsed energy helps drive out the edematous fluids — effectively shutting down the inflammation and moving the body into tissue repair mode.

Call 301-874-4890 or visit www.bioelectronicscorp.com.

ATM2 TREATMENT SYSTEM

BackProject Corporation's ATM2 (Active Therapeutic Movement) treatment system is a functional, upright full-weight bearing treatment technique for musculoskeletal disorders of the spine, hips, knees, and shoulders. The ATM2 system enables personalized body area repositioning and compression for finding a unique, pain-free position for each user. Once this position is found, the systems stabilize the patient and allow specific neuromuscular training based on body movement isolation that aims to achieve and sustain an immediate pain reduction, increase range of motion, and improve function.

Call 888-470-8100 or visit www.BackProject.com.

EMUNITION E2 ULTRA MUSCLE RUB

Developed to help weekend warriors and arthritis sufferers have a weapon against muscle strain and pain, Emunition E2 Ultra Muscle Rub from A-Cute Derm, Inc. is a greaseless rub containing vitamin E and Emu oil. The Emu oil is formulated to warm and loosen tissues, helping to alleviate sore muscles, backaches, sprains, deep bruises, arthritic conditions, and joint pain with natural ingredients.

Call 713-771-5018, ext. 11, or visit www.a-cutederm.com.

ARTICULATED KNEE WRAP

Game Ready's Articulated Knee Wrap is a continuous passive motion (CPM) machine-compatible knee wrap that provides circumferential cooling and intermittent compression. This form-fitting and flexible wrap provides the benefits of vasopneumatic compression and cryotherapy, and was designed to maximize coverage to the entire knee joint, be comfortable, be easy-to-use, and potentially play a critical role in post-operative rehabilitation.

Call 510-868-2108 or visit www.gameready.com.

INTELLIBED

Advanced Comfort Technologies, Inc.'s IntelliBED is a specialty bed with an advanced hospital co-polymer gel cushioning material designed to hold the spine in an elongated position comfortably while a person sleeps. The gel is constructed in a waffle pattern to hold the tailbone in place while the spine is gently stretched. The pressure-relieving nature of the gel is intended to allow your patient to remain in the stretched "comfort zone" without moving all night.

Call 801-272-3144 or visit intellibed.com.

XCO TRAINER

The Xco Trainer by Fitter International, Inc. is an anodized aluminum tube filled with a special granulate that uses Reactive Impact to build and tone muscles while strengthening surrounding connective tissues and stabilizing joints. Moving the tube in different directions creates a delayed soft-impact as the granulate shifts inside. This Reactive Impact occurs when it changes direction from eccentric to concentric producing maximum results. It is developed to provide a total-body workout in your home, clinic, or gym.

Call 800-348-8371 or visit www.fitter1.com.

NARAYAN OIL

Soothing Touch's Ancient Ayurvedic formula Narayan Oil is designed to soothe and relieve muscle aches and pain with eucalyptus, clove, and peppermint oils. The ingredients are meant to create a cooling sensation locally while the aromatherapy energizes and calms the spirit. The oil is intended to be massaged in to the affected area, covered with a cold towel for five minutes, and then relief should be experienced.

Call 505-820-1054, ext. 102, or visit www.soothingtouch.com.

PNEU-VIBE PRO

The Pneu-Vibe Pro platforms by Pneumex, Inc. help your patients achieve competitive athlete strength gains and increased metabolism through vibration training. The

platforms are designed to help your patients attain greater flexibility, advance muscle response, enhance circulation, increase range of motion, help prevent injury, amplify metabolism, and promote bone mineral density. The Pneu-Vibe Pro can be used by patients of all ages, weight, and conditions.

Call 208-265-4105 or visit www.pneumex.com.

ELBOW SLEEVE

Schiek's Sports & Medical, Inc.'s Model 1136ES Elbow Sleeve is constructed to provide comfortable, maximum support for the elbow joint. The sleeve is made with Breath-O-Prene — a stretchable, breathable, moisture expelling neoprene that is intended to reduce skin irritation. It is washable and available in medium, large, and x-large sizes.

Call 920-426-2676 or visit www.schiek.com.

R2910E EURO PULLEY

The Response Euro Pulley R2910E manufactured by Brookdale Medical Specialties is a space-saving, high-tech, no-frame wall pulley that can be wall mounted with a footprint of 10 inches by 12 inches. It has a 50 pound micro weight stack, is fully adjustable in increments of 2.5 inches, and more than 50 exercises can be performed with a variety of attachments. It is available as a one piece unit or as a packaged, easy-to-assemble two-piece unit.

Call 800-655-1155 or visit www.brookdalemedical.com.

EXERCISE PRO V4

BioEx System, Inc.'s Exercise Pro V4 is software that contains more than 2,700 exercises and more than 160 patient education handouts that you can use to create custom exercise handouts and routines for your patients. The exercise content is a complete system and can be helpful in rehabilitation of the neck, back, and other body areas. Exercise Pro also prints an automatic chart copy and therapeutic exercise can be billed for reimbursement.

Call 800-750-2756 or visit www.BioExSystems.com.

O2D2

O2D2 from Oasis, Inc. is an oxygen facial/inhalation system designed to provide clarity, energy, and rejuvenation to your patients. The O2D2 features a wand attachment which can be used to apply oxygen directly to the skin surface to help promote healing to injured areas. When not using this feature, two patients may enjoy inhalation sessions at the same time. Completely mobil and on wheels, O2D2 can be easily and conveniently moved from room to room.

Call 941-486-9192 or visit www.oxygenbars.com. 