

**The advantages of the MBST magnetic resonance therapy at a glance:**

- No surgery
- No epidural infiltrations
- No intravenous infusions
- No injections
- No drugs
- No side effects
- Sustainable treatment
- Open therapy device
- TÜV-approved medical technology
- More than 270,000 patients treated



**MBST®**

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MBST\_THERAPIE

YOUR CERTIFIED MBST TREATMENT CENTRE

**Note**

The information contained in this document is exclusively intended for informational purposes. It cannot and must not replace professional medical advice, diagnosis, or treatment and must not be used as a basis for self-diagnosis or for initiation, modification, or termination of treatment. If you have any health-related questions or complaints, always consult a doctor! The statements about the efficacy and tolerability of MBST therapy are based on the experiences gained by the treating doctors and their patients in the application of the therapy. The therapy is still regarded as "not yet adequately proven" by representatives of orthodox medicine. Since every human being is different by nature, it is not possible to guarantee the success of any particular method in human medicine. The information including quotes and statements from publications have been reproduced with utmost care. The illustrations are intended for the easier visualisation of damages or effects for laypeople without any claim to medical correctness. We assume no liability for damages of any kind that may result from using or ignoring the information in this publication. All images, brands and logos used or shown in the publication are the property of their respective rights holders.

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**Sources**

[1] Steinecker-Frohneser et al. 2014, Journal of Orthopedics and Rheumatology 9/2014, 1(3), 9 - [2] Kullich et al. 2006, International Journal of Back and Musculoskeletal Rehabilitation, 19, 79-87 · [3] Salomonowitz et al. 2011, Zeitschrift für Orthopädie und Unfallchirurgie, 149, 575-581.

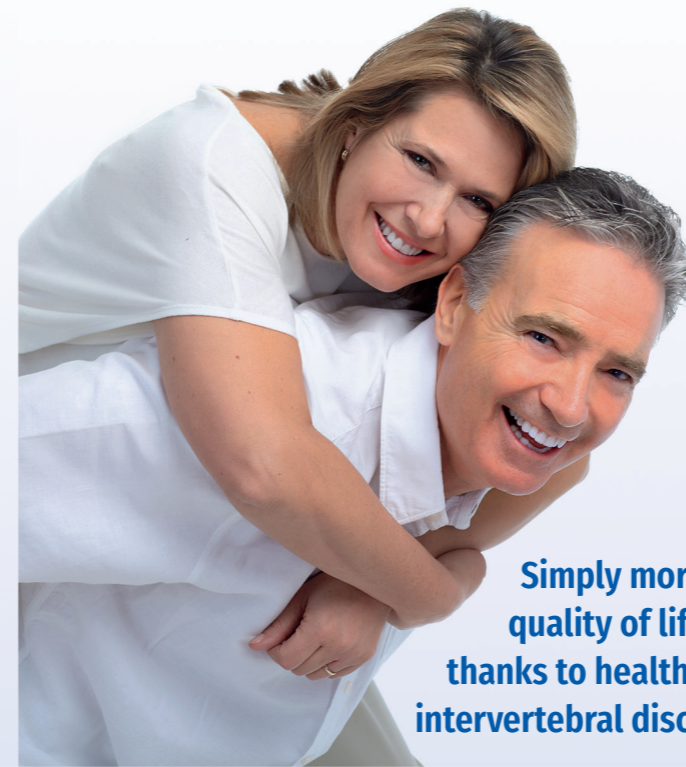
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**Herniated disc? Lumbago?  
Intervertebral discs?**

**Spondylosis? Back pain?  
Osteochondrosis? Numbness?  
Radiating pain?**



The innovative therapy for intervertebral discs might help you as well!



**Simply more  
quality of life  
thanks to healthy  
intervertebral discs**

**Dear reader,**

degenerative spinal conditions are caused by wear of the intervertebral discs, vertebrae, vertebral joints and the stabilising ligament apparatus. They can cause severe radiating back pain.

This brochure contains well understandable information on spinal disorders, intended to show you how the MBST therapy might help you as well in regaining a more active life that is as painless as possible.

**Cutting-edge medical technology**

MedTec combines profound scientific knowledge with technological competency to produce cutting-edge medical technology. Our innovative strength is backed by more than 150 patents and the repeated awarding with the German SME Innovation Price. MedTec is among Germany's top-ranking 500 companies with the highest growth, according to a recent survey by FOCUS magazine and statista.





## Spinal disorders · Back pain

Today spinal disorders and back pain are among the most common health problems in the adult population. They are even becoming more and more common in children and teenagers. Often they are caused by degenerative processes of the intervertebral discs or vertebral bodies and favoured by an unhealthy lifestyle.

### Our intervertebral discs

Our spine consists of vertebral bodies, discs and the surrounding muscles, ligaments, vessels and nerves.

Healthy intervertebral discs act as shock absorbers for the spine, give it its flexibility and enable painless movement. They consist of a soft pulpous nucleus that is surrounded by a fibrous ring made of cartilage and connective tissue.

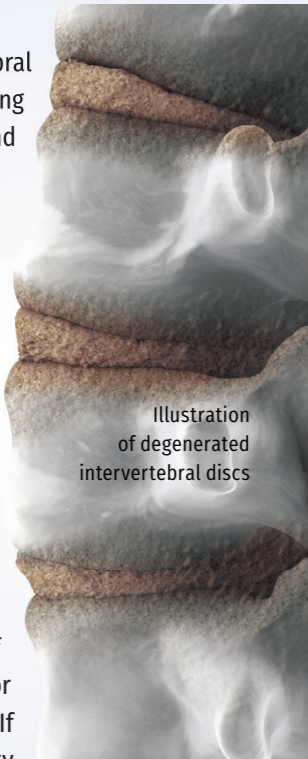


Illustration of degenerated intervertebral discs

### How does cartilage degeneration occur?

Healthy cartilage renews itself constantly and compensates for damages in the fibrous ring. If this self-regenerating capability is disturbed, for instance, due to a cell metabolism disorder, it can lead to a continuous reduction of the cartilaginous tissue (degeneration).

If such a degenerated cartilage ring tears, gelatinous mass of the pulpous nucleus enters into the spinal canal and constricts the nerves. In Germany alone, this very painful herniated disc (disc prolapse) affects about one million people each year.

## The consequences

Herniated discs occur most commonly in the lower back and neck areas. They can cause severe radiating pain, tingling sensations, numbness, motoric disorders even up to signs of paralysis and in rare cases even bladder and intestinal disorders.

### Treatment possibilities

Therapeutic approaches mainly focus on pain relief. Pain killers and anti-inflammatory drugs are administered by injections or intravenous infusions combined with physiotherapy. In cases of extremely severe pain highly dosed cortisone is also used.

If the pain in the back becomes chronic, quite often surgery seems to be the only way.

These therapy approaches can be accompanied by strong side effects yet they do not stop the degeneration process of the intervertebral discs.

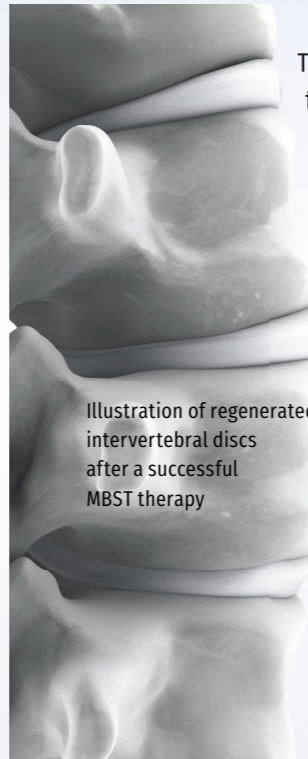


Illustration of regenerated intervertebral discs after a successful MBST therapy

### MBST therapy for spinal damages

The MBST therapy has a different approach and besides pain relief aims at the cartilage degeneration and thus the cause of many spinal disorders. If the cartilage cells of the intervertebral discs lack the required energy or if their cell metabolism is disturbed, endogenous repair mechanisms can no longer be performed – this is the starting point of the therapeutic MBST magnetic resonance technology.

## MBST – how it works

MBST technology is a therapeutically usable development of the magnetic resonance technology, which is known worldwide from Magnetic Resonance Imaging.

MBST does not use magnetic resonance to generate images like MRI, but rather to biophysically stimulate specific cells at a molecular level by transferring energy in a targeted manner. Scientific data indicates that MBST has – among others – both anti-inflammatory and pain-relieving effects.<sup>1</sup>

The objective of MBST therapy is to activate regenerative processes while avoiding surgery, intravenous infusions, injections, drugs or pain killers and their associated risks, strains and side effects!

### Your personal spine therapy

Your attending doctor will order the appropriate therapy for your diagnosis at MedTec resp. the national licensee. The treatment data corresponding to your indication is saved on a therapy card and sent to your MBST treatment centre. The data is then transferred directly from your therapy card onto the control unit of the therapy device to ensure an optimal treatment. Each therapy session lasts 60 minutes. Meanwhile, you can comfortably read a book, listen to music or even sleep.

A MBST treatment series for spinal disorders consists of 7 or 9 treatment units.



## FAQ about the MBST therapy

### What side effects does the MBST therapy have?

MBST has been applied internationally since 1998. To date, no side effects have become known to us.

### Do I need to take medication?

Injections, intravenous infusions, drugs or pain killers are no integral part of the MBST therapy. Your attending doctor will decide whether or not these are necessary or useful in your individual case.

### Will I immediately feel better after the treatment?

MBST cannot compensate overnight for damages that have developed over long periods of time. However, many patients report that their mobility improved rapidly and that the associated pain was reduced or even disappeared.

### How long does the effect of the MBST therapy last?

Patient data<sup>2,3</sup> shows that everyday activities could be carried out with much more ease and that the back pain subsided significantly. This effect lasted beyond the end of the control period of several months. The number of sick leave days due to back pain was also reduced significantly.

### Is the efficacy of the MBST therapy proven by studies?

Efficacy and tolerability of the therapy in treating many diseases and complaints of the musculoskeletal system and their associated discomforts and impairments is confirmed by meaningful data from numerous studies and specialist publications. You are welcome to contact your doctor, the national licensee or MedTec Medizin-technik GmbH directly for access to the published data.