## The advantages of the MBST NMR-Therapy at a glance:

- No surgery
- No illegal substances
- 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









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must not replace professional medical advice, diagnosis, or treatment and must not be used as a basis for

1] Steinecker-Frohnwieser et al. 2014, Journal of Orthopedics and Rheumatology 9/2014, 1(3), 9 · [2] Dr. med René



Golfer's elbow? **Tennis elbow? Torn ligament?** Partial ruptures? **Tendon injury?** 



The innovative therapy for sports injuries might help you as well!



#### Dear reader,

with recreational sports gaining in popularity and ever increasingly higher demands in high-performance sports, the number and severity of injuries is constantly on the rise. Very often, these not only limit athletic activities, but they also affect the daily work routine.

This brochure contains well understandable information on different sports injuries, intended to show you how the MBST Magnetic Resonance Therapy might help you as well to reduce your downtime by speeding up the recovery process.

### **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.



#### **Muscles · Ligaments · Tendons · Bones**

Millions of sports accidents happen every year. The most common acute injuries are bruises, sprains, strains, bone fractures and partial ruptures of muscles, ligaments and tendons.

#### **Direct effects**

Sports injuries usually become evident immediately in the form of pain, bruises, swellings, reduced resilience and limited flexibility and mobility.

### **Long-term consequences**

Quite often, smaller injuries are underestimated. As soon as the symptoms subside, the affected areas are stressed too early and too hard. The result of this misjudgement might be the development of various chronic symptoms, which cause a long downtime in sports competitions and training.

Chronic injuries that formed this way do not only restrict athletic activities but also have a heavy impact on the quality of life. For professional athletes the entire career might be at risk.

damaged tissue

egenerate tendon

Illustration regenerated tissue

after a successful

MBST therapy

# **Therapy options**

Acute injuries are often initially treated with antiinflammatory and pain-relieving medication. Plaster casts, bandages or splints are used for the consequent restraint and relief of the injured limb. This is often supplemented by physiotherapy and rehabilitative measures.

## **MBST therapy for sports injuries**

Healthy cells are constantly being rebuild to compensate for any damages. These endogenous repair mechanisms, however, require a lot of energy and often take a long time – this is the starting point of the therapeutic MBST NMR-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 technology has – among others – both anti-inflammatory and pain-relieving effects.<sup>1</sup>

# Aim of the MBST therapy

The objective of MBST therapy is to activate regenerative processes when the body's self-regeneration ability is impaired as a result of injuries.

Without surgery, intravenous infusions, injections, drugs or pain killers and their associated risks, strains and side effects!

### **Return-2-Play ... FASTer!**

MBST is intended to provide a fast and safe return to training and competition. Downtimes might be reduced significantly with an accelerated resumption of athletic activities.

#### MBST therapy in professional sports

More and more doctors trust in the MBST therapy for the treatment of professional athletes. Professionals are in need of a fast and optimal recovery from injuries. The MBST therapy aims at reducing downtimes without risking new injuries or long-term damages due to a too rapid comeback.

Top athletes, who have been treated with MBST therapy, report that they could resume their training earlier and were even able to win medals in world championships or the Olympic Games shortly after the end of the therapy.

## **Your MBST therapy after sports injuries**

The basis is an accurate diagnosis. Your attending physician will order the appropriate therapy at the MedTec resp. the national licensee. The treatment data corresponding to your indication is saved on a MBST therapy card and sent to your MBST treatment centre. The data is transferred directly from your therapy card onto the control unit of the MBST therapy device to ensure optimal treatment.

Each therapy session lasts 60 minutes. Meanwhile, you can comfortably listen to music, read a book or even sleep.



#### **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?

Professional athletes have reported that their flexibility improved rapidly and that the associated pain was reduced or even disappeared. Shortly after the therapy, they were able to resume their intensive training and also to succeed in competitions.

#### Can the MBST therapy be repeated?

The MBST therapy can be repeated any number of times.

### 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 Medizintechnik GmbH directly for access to the published data.

#### What does an experienced sports doctor say about MBST?

The MBST therapy supplements rehabilitation measures, speeds up healing processes and thus leads to a quick restoration of performance ability.<sup>2</sup>