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Role of Matrix-Rhythm-Therapy in the treatment of non-traumatic restricted movements of shoulder.

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Purpose of study: - To study the effectiveness of Matrix-Rhythm-Therapy in the treatment of non-traumatic painful and restricted movements of shoulder.

Introduction: -.The Matrix Rhythm Therapy is a basic kind of therapy, directly derived from the fundamental research of Dr. Randoll, Erlangen University, Germany that settles on the matter of fact that cells are rhythmically oscillating as long as they are alive. Hence characteristics of oscillation, frequency and amplitude spectrum of 8 – 12 Hz are used therapeutically. A purpose built resonator activates physiological resonances mechanically and magnetically in a coherent way especially in the skeletal muscles to readapt and optimise the inherent rhythmicity of musculoskeletal system. This rhythmic micro extension technique restructures microcellular processes necessary for healing.

Material & method: - Analytical longitudinal prospective study. With prior consent first 40 patients who were referred to Niramay Rehab with the chief complaints of restricted and painful movements of shoulder and no history of trauma or infection, were included in the study. All patients were treated with Matrix-Rhythm-Therapy for one hour once a week for three consecutive weeks followed by shoulder mobility exercises daily. Assessment for pain was done using Visual Analogue Scale and range of motion was measured with goniometer on the 1st day, 8th day and 15th day of treatment.

Results: - Significant reduction in shoulder pain and increase in range of motion was observed in all the patients.

Conclusion: - Matrix Rhythm Therapy is an effective tool along with conventional treatment of restricted movements of shoulder and can be safely integrated into to our current practice of physiotherapy. Further study can be continued with a large sample size and various combinations of treatment protocols.

Key words: - Cybernetics, Nonlinear Thermodynamics, Matrix-Rhythm-Therapy (MaRhyThe®)

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