

Orthocure

MedX Treatment

Orthocure offers the first and only facility of
MedX, USA in India



ORTHO || CURE

India's 1st Chain of Speciality Clinics for Orthopaedic Problems

Orthocure MedX Treatment is delivered through MedX Medical Machines. This treatment is considered special and unique as it

- Resolves the back/neck pain **from its roots** thereby giving relief from pain and, even more important, preventing recurrence.
- The entire treatment is non-surgical and also does not involve intake of any medicines.
- A Unique Test in the machine allows us to scientifically measure progress of your treatment .

What is the most common reason for back and neck pain?

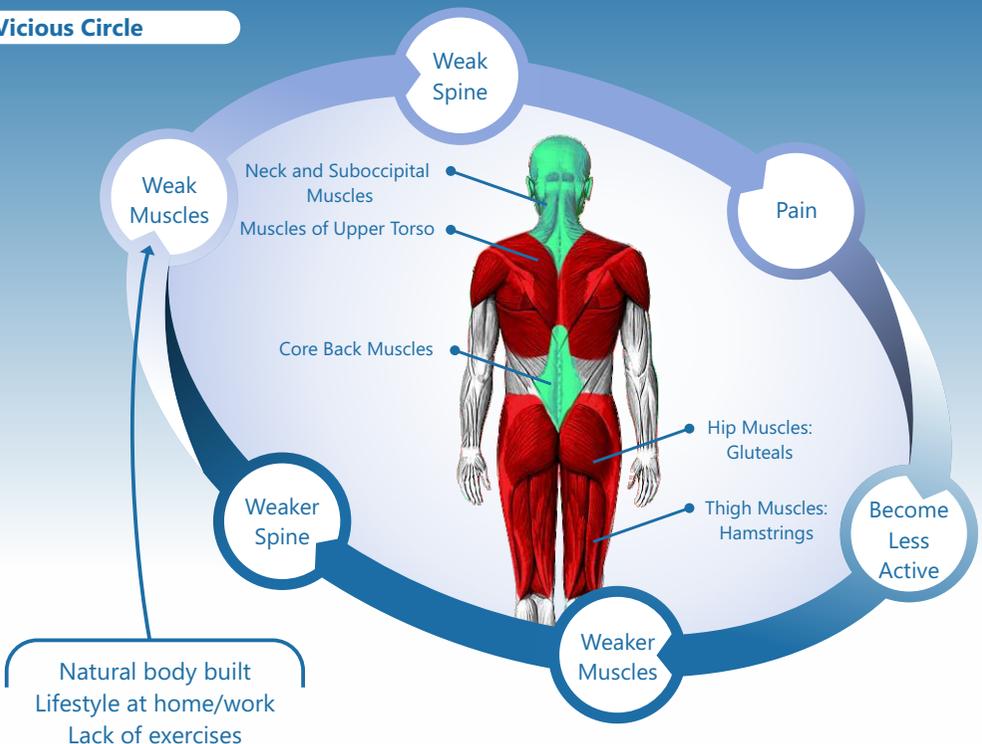
"Weak Muscles" are the root cause of back and neck pain. At times, weak muscles are unable to hold the vertebrae in position which results in disc (which is a gel like substance in between vertebrae) to protrude out and pinch the "nerve" causing pain. Many times, weak muscles themselves are a source of pain. All this results in a vicious circle described in the diagram below.

MedX Medical Machines are designed to strengthen these weak muscles which results in relief from pain.

Why are back and neck muscles weak in so many people?

"Core" muscles are the main muscles which surround and support the spine. However, when we move our back, the other larger muscle groups like hip and thigh muscles take most of the load leaving "core" muscles in a state of "disuse". This causes core muscles to become weak. Similarly, when we use our neck, the upper back muscles overshadow the core neck muscles. This problem gets worsened in people who lead a sedentary lifestyle due to desk jobs, lack of exercise etc.

Vicious Circle



MedX Medical Machines have been designed to strengthen the “core muscles” of back and neck thereby tackling the main cause of back/neck pain. This is achieved by restraining the “other muscles” so that the “core muscles of back and neck” are isolated and exercised under medical supervision. This is what makes MedX Machines very special. This treatment breaks the vicious cycle illustrated in the figure and puts you back on a healthy track.

Why do muscles keep getting weaker and weaker in people having back and neck pain?

Psychologically, the person having pain tries to play “safe” and “uses” his back and neck even less. He/she is afraid to go to any fitness centre. This lack of activity further weakens muscles.

Using ORTHOCURE MedX Treatment, this negative cycle is broken as patient feels “safe” using “medical” machines in a “medically supervised” environment. Our Senior Orthopaedic doctor and Spine Therapists, who have been trained by US based trainers using the University of Florida MedX Training Program, closely supervise the program.

Why are home exercises for back/neck pain not very effective?

- Even while doing exercises prescribed for strengthening “back” muscles, the “hip and “thigh” muscles, being stronger, assist the movement throughout the range of motion with very little contribution by the back muscles. Hence, exercises are of little help to strengthen our core back muscles.
- **As mentioned before, MedX resolves this issue by “isolating” core back/neck muscles.**
- Patients often don't exercise “correctly”. As a result, the desired benefit is not achieved and, sometimes, could cause further damage.
- **MedX Medical Machines allow your back/neck to move only in a particular direction and upto a certain limit thereby making the exercises safe and effective.**
- Either because they are “lazy” or “busy”, many patients stop doing exercises at home regularly.
- **Extensive MedX Research has found that our core neck/back muscles are so under-utilized that only few minutes of targeted exercise done on MedX machine can result in “multi fold increase” in their strength. This makes MedX treatment very time efficient for busy or lazy people!**

The Orthocure MedX Machines

- MedX Medical machines were invented in 1987 by Arthur Jones. The first version came after 12 years of research in University of Florida, USA.
- Till now, over 110 research papers have been published in various medical journals establishing the basis for treating back and neck pain using these MedX machines.
- Now, these machines are being used in over hundreds of hospitals and clinics in USA and worldwide. Our center is the first facility in India to have these machines.
- The machines are approved by FDA, USA, which is the premier authority in USA for approving new drugs and machines used in medical practice.

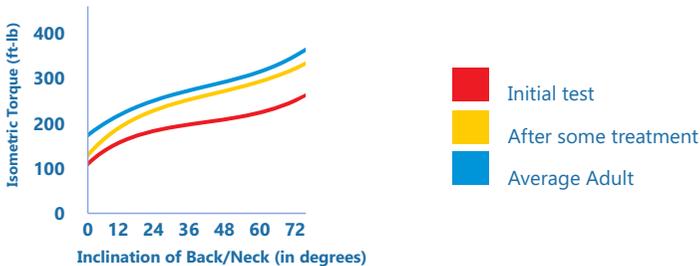


Orthocure MedX Treatment Protocol

The treatment is spread over a period of 3 months as it takes time for muscles, which have been weakened over the years, to get strengthened.

- **Consultation:** We begin with an assessment done by our Senior Orthopaedic Doctor and Spine Therapist to ensure that you are a patient who will benefit from this treatment and it is safe for you.
- **Initial Testing:** In the machine, you will undergo a test, which shows how weak your back or neck is compared to a “normal” adult. Hence, rather than just saying “I have more pain or less pain”, you can actually “measure” the extent of your problem.
- **Progressive Resistive Exercise:** You have to come twice a week during first four weeks and, then, once every week for next eight weeks for doing Progressive Resistive Exercises on the machine. The entire treatment takes about 3 months.
- **Monthly Testing:** Tests are done on monthly basis. As a result, you regularly get to know exactly how much you are benefitting from this treatment.
- **Post 3 months:** Research has shown that 12 weeks treatment is enough for back and neck muscles to be strengthened. However, unless you maintain a correct and active lifestyle regimen, they may get weakened again. But the good part is that research has shown that just one session every month in MedX Medical Machines is good enough to “maintain” the strength of these muscles and this will be advisable.

Unique test to identify weakness of Back/Neck muscles



BackProtect – “Prevention” Program for Back/Neck Pain using MedX

About 80% of the population experiences some form of back pain during their lifetime. Most of this can be prevented if the “core muscles” remain strong. MedX plays a crucial role in achieving this and is used worldwide as much for prevention as for cure. It makes prevention easy because of

- Unique test which identifies if your back/neck is weak & if you are at risk of developing chronic back and neck pain in future.
- Exercise on MedX machine of just few minutes every month is good enough to protect your back! Its surprising but proven through scientific research.

ORTHOCURE MedX Program allows your back and neck core muscles to be strengthened in an effective, controlled and medically supervised way resulting in reduction and prevention of pain and improvement in lifestyle.

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Mall, DLF-5,
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Ground Floor, Near
Huda Market,
Sector 40, Gurgaon

NIRVANA COUNTRY

C-410, 4th Floor,
Nirvana Courtyard,
Nirvana Country,
Sector 50, Gurgaon

Sector 14 (Gurgaon)

C/O Miracles Mediclinic,
SCO-1, 2 & 3, Sector-14,
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