

Orthopaedic Benefits

Floating in a saturated saline solution enables the human body to take a position which is unlike being in a bed, a waterbed, a bathtub or lying on any other surface. This particular position is characterized by the following:

- the spine is completely straight
- individual vertebrae are not twisted
- all muscle groups (in particular the muscles of the neck) can relax simultaneously
- all joints, intervertebral discs, ligaments and bones are relieved at the same time

Hereby acute, persistent and/or chronic tension is released and slipped discs, joint pains, sciatica, lumbago, pulled muscles or sprains improve. In particular chronic back pain, which has become the most widespread and common complaint can be relieved by floating in a saturated saline solution. 80% of the German population suffers from backache and relieving the spine by floating is a very simple yet extremely effective method to ease pain.

Back pain

General

Backache has become very widespread in the past years. Nearly half the population in western industrial countries complains of lasting and recurring back pain. Another 30% admit having suffered from back pain in the last two years. With this, approximately 80% of the population is affected by pain stemming from the spine. Chronic back pain is, next to heart disease, one of the most common reasons for inability to work and premature pension.

The spine

The spine

Nearly all types of back pain originate in the spine. The spine carries the weight of the torso and has to therefore adapt to pressure in various situations. Misalignment, one-sided strain, or age-related wear and tear often lead to chronic pain. The spine is divided into three major sections:

- cervical spine
- thoracic spine
- lumbar spine

Each section is associated with distinct problems and kinds of pain.

Cervical Spine

Although the cervical spine carries the least amount of weight, blockages in the joints often lead to pain. When suspended in a saturated saline solution bath, the vertebrae lie free from any pressure or contortions and are thus able to regenerate in a completely new way. The pain-relieving effect of this treatment is very plausible.

Thoracic Spine

The thoracic spine is less often a source of pain, but pain can often be very intense. The ribs are attached to the spine at various points and it is here that incorrect movement or accidents can lead to problems. Experience has shown that here too, the healing process of bruising, breaks or sprains is accelerated when the thoracic spine is not weighed down by gravity and lies in a completely relaxed position.

Lumbar Spine

Most cases of back pain originate in the lowest section of the spine, as it carries the entire weight of the torso. The vertebral bodies carrying this weight are smaller than those in the other sections of the spine and are exposed to tremendous stress when we are in an upright position. The inter-vertebral discs, which act as the spine's shock absorbing system, lose a portion of their fluid every day. The fluid in the discs is replenished at night when we lie down. The degree to which the discs are replenished diminishes as we grow older or if the spine is subject to a lot of stress and the inter-vertebral disks slowly shrink. Muscle tension decreases and the lumbar spine arches forward. This leads to chronic back pain, which in some cases can seriously impede the person's range of motion. Floating counteracts the above mentioned processes by enabling inter-vertebral disks to regenerate and by slowing down spinal deformation processes. It can therefore supplement generally accepted forms of treatment or training aimed at strengthening back muscles.

Slipped discs are often associated with the lumbar spine. When a disc is misaligned, it can press against the spinal nerves causing intense pain that may even radiate down into the legs, it may irritate the nerves or cause other symptoms. Floating again can be used as a supportive post-operational therapy for example. It is quite obvious even to the layperson that the spine is relieved when the vertebrae can rest without being twisted or subject to pressure. Floating in a saturated saline solution can serve as a valuable supplement to manual therapies and to alleviate pain.