

At The Core is a physiotherapy and wellbeing clinic offering a unique combination of traditional physiotherapy treatments alongside the pioneering MBST® magnetic resonance therapy. We treat patients with pain and mobility issues relating to injury, surgery and arthritic conditions to help them return quickly to what they enjoy doing most.

Through a combination of innovative treatments, sound scientific reasoning and traditional hands-on therapies we deliver measurable outcomes with the ultimate ambition of equipping patients with the knowledge and skills they need to lead an active life long after treatment has ended.





# Core







# **Physiotherapy and Rehabilitation**

Patients often first come to At The Core as they have a pain or mobility issue associated with injury, surgery or a life-stage condition that is inhibiting their range of motion. At an initial appointment, a physiotherapist will assess your condition before leading you through a treatment plan specifically tailored to help you meet your desired outcome. Most conditions can be treated using sound clinical reasoning and our range of treatment modalities including MBST® therapy, dry needling, and soft tissue therapy.

# **Prehab and Injury Prevention**

The ability to exercise is a positive physical and mental health benefit throughout life, which becomes even more valuable as we go through life on account of natural metabolic changes. While cardiovascular exercise keeps our heart and lungs healthy, strength exercises keep our bodies strong, stable and in the best shape to exercise. We offer prehab and injury prevention programmes that help you to maintain a healthy body so that you can realistically set intention and continue to enjoy your chosen physical activities whatever your age.

# **Soft Tissue Therapy**

The management, manipulation, and rehabilitation of the soft tissues of the body, soft tissue therapy is suitable for sports people and anybody wishing to guard against, or recover from, a soft tissue injury. The techniques developed by our soft tissue therapists ensure effective and efficient results from every session. We offer the individual services outlined on the following page, a combination of which may be recommended as part of a soft tissue therapy treatment programme.

# **Sports Massage**

Sports massage therapy can provide relief from a range of common complaints, including repetitive strain injury, sprains and strains and muscle tension and fatigue. It improves circulation and lymphatic flow to assist in the removal of metabolic waste and can help increase or decrease muscle tone and length. Ideal as a stand-alone treatment for sports people, sports massage is often part of a soft tissue therapy treatment programme to support patients back to mobility.

# Dry Needling (Bath)

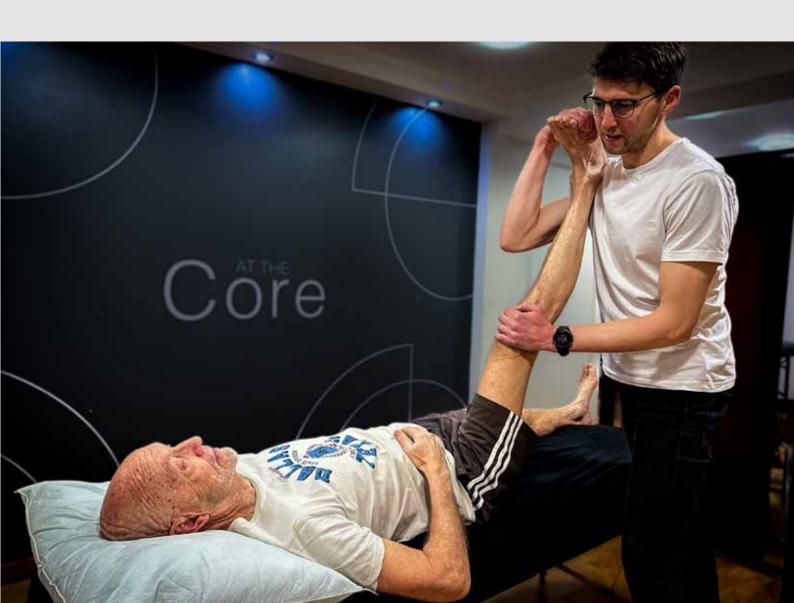
A technique used to treat pain and movement impairments, dry needling or trigger point needling is commonly used as part of a soft tissue rehabilitation programme. Typically, part of a larger treatment plan, dry needling can release or inactivate trigger points to relieve pain or improve range of motion and research suggests that it reduces muscle tension and can help speed return to fitness.

# Myofascial Cupping (Bath)

Sometimes used as part of a soft tissue therapy treatment programme, myofascial dry cupping is also a stand-alone therapy. It is used to increase circulation by stimulating blood flow to a specific area to promote healing. Toxins are removed in the local area and cell death triggers a process called neovascularisation which provides nutrients to the surrounding musculature. Myofascial cupping involves creating a vacuum within the cup which results in suction where the cup meets the area being treated. This creates tensile stress on the skin, subcutaneous tissue and fascia, the manipulation of which causes a therapeutic effect by inhibiting neuromuscular spasm and improving efficiency of movement.

# **Nutrition Therapy**

Supporting your mobility with a well-balanced, nutrient-dense diet is crucial. The nutrients in our diets help us to build bone, power muscles and repair and replace tissues. Making positive food choices reduces your chance of developing chronic diseases such as type 2 diabetes, heart disease and osteoporosis – all of which compromise physical health and hinder the ability to lead an active and independent life. Our physiotherapy services At The Core are complimented by Nutrition Therapy in our Bath clinic and we work with a nutrition partner at our London clinic.







# **MBST® Therapy**

MBST® technology delivers magnetic resonance therapy to targeted areas of the body to reduce pain and inflammation and to support the healing process.

# The origins of MBST® magnetic resonance therapy

MBST® technology evolved from magnetic resonance imaging technology (commonly known as MRI scanning). Magnetic resonance imaging is the globally recognised, gold-standard soft tissue diagnostic imaging technology. It uses magnetic fields to transfer energy through the body to locate damaged tissue and generate a picture to help medical professionals diagnose health issues.

An MRI scanning device pulses energy through the body in the form of a radio wave. The energy travels through hydrogen protons which sit within our cells before returning to the machine to be collected for data. During this process, any diseased or non-functional cells absorb the transferred energy. This is how the scanning process detects and views damaged tissues. Significantly, every cell in our anatomy contains hydrogen protons.



Originally, when MRI scanning devices were less powerful than they are today, multiple scans were required to gather sufficient data to make images. Evidence at the time suggested a correlation between an increase in the number of scans and an improvement in a patient's conditions. This is how scientists first identified the power of magnetic resonance therapy and the positive effect it can have on cells.

'Twenty two years in operation, one million hours of therapy across 40 countries with zero side effects'

#### How does MBST® technology work?

Magnetic resonance therapy acts on the body in the same way as MRI technology, however unlike MRI scanning, the MBST® magnetic resonance therapy process is soundless and requires no shielding as the strength of the magnetic field is considerably less.

Since 1998, German company MedTec GmbH have used magnetic resonance principles in the development of MBST® technology. MBST® devices emit a tissue specific frequency to influence cellular activity in a targeted area. The magnitude of the magnetic field is just enough to charge hydrogen protons causing a small energy transfer, exciting cells to stimulate the body's natural biological cascade. This process stimulates cell proliferation to encourage the healing process thereby quietening pain and reducing inflammation.

MBST® therapy offers a comfortable and sustainable therapy for many conditions and in several cases has eliminated the need for surgery. An innovative therapy that supports traditional physiotherapy practice, MBST® therapy has been successfully applied to:

- Osteoarthritis
- Osteoporosis
- Intervertebral disc conditions
- conditionsMuscle, ligament and tendon damage
- Sports injuries

- · Cartilage damage
- Fractures
- Nerve damage after injury/surgery
- Joint pain & inflammation
- Post operative wound healing

#### What does a course of MBST® therapy involve?

After an initial assessment to discuss the benefits and limitations of MBST® therapy, a course of treatment consists of between 7 and 9 consecutive-day 60-minute sessions at the clinic. During the session, you lie comfortably on the open treatment bed and the adjustable part of the MBST® machine is positioned in line with the relevant joint or site of treatment. Completely painless, the treatment is noise free and non-invasive. Many take the time to listen to music, read a book or simply catch up with themselves.

#### MBST® magnetic resonance therapy sequences

Supported by the University for Medical and Molecular Biology at The University of Applied Sciences in Aachen, MedTec GmbH developed therapeutic magnetic resonance sequences. A patient treatment card, specific to the tissue or joint being treated is selected based on medical diagnosis at initial assessment by our physiotherapist. A treatment card is specific to each patient. Once inserted into the MBST® machine, treatment begins, and energy is targeted to the area using the relevant MBST® technology sequence. Each session lasts 60 minutes.

#### How long do the effects of MBST® therapy last?

Worldwide, over 270,000 patients have been treated using MBST® technology with over 90% reporting a positive outcome. While ongoing treatment is recommended annually after an initial course of therapy, in a study of 4,500 patients, the positive effects were felt for at least four years.

# What to expect after MBST® therapy?

Aftercare is vital to a positive outcome and patients receive the full support of our team throughout their course of treatment. After treatment, patients attend a post-therapy rehabilitation session so that progress can be monitored, and we can be satisfied with the entire prescribed treatment programme. Also included are 2 subsequent follow-up sessions where a clinician will assess 'objective markers' and review progress to ensure that desired outcomes are being met.

Following the rehab session, patients have the chance to continue therapy with a guided rehabilitation treatment programme, which might include soft tissue therapy, sports massage therapy, exercise or nutrition therapy. This can be discussed at the post-therapy rehab session.



#### Post MBST® therapy

#### **Keep hydrated**

As MBST® magnetic resonance therapy works by energy transfer via hydrogen protons in body tissue, it is vital to keep well hydrated both during and post therapy. Well hydrated cells contain a higher number of hydrogen protons, maximising the effectiveness of the energy transfer process which in turn maximises the positive effect of treatment. At The Core recommends at least 2 litres of water a day. It is well known that most of us drink too little, which can leave us in a state of permanent dehydration – this may negatively influence the effect of treatment.

#### Follow your prescribed exercises

A key part of the MBST® treatment process is rehabilitation, and you will be provided with a set of post MBST® therapy exercises to compliment the effects of magnetic resonance therapy. While MBST® therapy works to reduce symptoms and improve function, strengthening exercises support the effectiveness of the treatment. During the rehabilitation session, patients are given specific exercises tailored to your condition and we strongly recommend that every patient performs these routinely at home or in a designated training environment. Progress will be reviewed at the first of 2 follow-up sessions.

# Consider your diet

The anti-inflammatory properties in some foods are ideal to pair with MBST® therapy to support the reduction in inflammation both during treatment and to help maintain lower inflammatory levels post treatment. Reducing pro-inflammatory foods may help improve your results from MBST® therapy. Supporting your gastrointestinal health by improving gut microbiota can help reduce over stimulated inflammatory responses.

#### Be patient

Recovery can take several weeks and often months, so please be patient with the healing process. MBST® technology works at a cellular level and every patient and condition is unique. If your body responds more slowly than expected, this is perfectly normal.

# What if pain returns?

If you are undergoing therapy in support of osteoarthritis, this is a degenerative condition with no known cure. While there is demonstrated success of MBST® technology in relieving symptoms caused by osteoarthritis and other arthritic conditions, there is no guarantee that it will not return. While MBST® technology is expected to stimulate healthy cell regeneration, there may be several reasons for future degeneration including genetics, past injury, diet and exercise. Fortunately, many of these factors are within a patient's control, so to get the most out of magnetic resonance therapy you should strive for a healthy and active lifestyle.

#### **International Therapy Standard**

MedTec GmbH aims to establish MBST® technology as one of the standard therapies for treating degenerative diseases of the musculoskeletal system and bone metabolism disorders. MBST® technology is patented, accredited and in compliance with the current 93/42/EEC Directive of the European Union.

# National Institute for Health & Care Excellence (NICE)

The National Institute for Health and Care Excellence have reported no safety concerns associated with magnetic resonance therapy for knee osteoarthritis and following a recent scoping study by the College of Radiographers, which found reduced pain and improved mobility in patients with osteoarthritis following a course of magnetic resonance therapy treatment, medical professionals are embracing the benefits of MBST® technology in support of such conditions in the UK.

#### **Cost of Treatment**

For an indication of treatment price, please visit the website. All treatment programmes are different, dependent on individual patient requirements and an initial physiotherapy assessment.



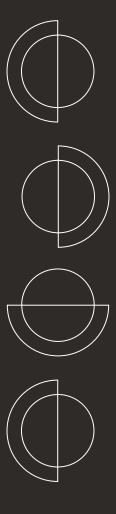




#### **About Us**

Founded in 2020 by football manager Paul Tisdale, his wife and Bath clinic owner Julia Tisdale and physiotherapist Adey Saunderson. At The Core clinics in Bath & London are evolving with the support of a growing team of clinical experts and sports therapists. With over 75 years combined experience our physiotherapists, chiropractors, soft tissue therapists and nutritionists enable us to confidently treat patients with all movement and mobility issues, especially those associated with osteoarthritis, arthritic pain and bone, tendon and soft tissue damage.

Inclusive and open to all, to make an appointment or find out more about MBST® technology and its success for our patients, please call Julia in Bath on 01225 461 205 or Clare in London on 020 4541 892.



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