

Med-X For Back Pain  
A CBS 2 HealthWatch Special Report

Feb 10, 2003 11:10, US/Eastern

New York (CVS) If you've ever suffered back pain, you know the last thing in the world you want to do is put a heavy load on your back. Most people rest it.

Now the latest thing when it comes to treating a bad back is to work it hard.

There's one machine which many are hailing as the machine that can make your back stronger and pain free. CBS 2's Dr. Mike Rosen shows it to us in the *HealthWatch* report.

Seems simple enough bending over to put cakes in his display case, and in fact, Jeff Liss the owner of a bakery in Belmar, New Jersey doesn't give it a second thought.

Amazing given his history of back problems caused by a herniated disc, "One day I just couldn't walk, my back was killing me and I couldn't walk."

Same could be said for Carol Fletcher who was in car accident, "The pain was so horrible." She has no pain now, "It's been over four and a half years, I don't need any drugs... I don't have any limitations."

The secret to their success is not major surgery, or some great new pain pill and certainly not rest.

Laying in bed causes atrophy of the muscles which are already weakened because of inactivity, obesity, many people are deconditioned.

"We've come to the conclusion that after a couple of days in bed people should start to mobilize. And as soon as the acute inflammatory process subsides, we like to get the into an exercise program," says Dr. Robert Berkowitz.

Berkowitz, an orthopedist who makes a living doing surgery says a new exercise machine is the best treatment for many cases of back pain. Mostly the muscle strains and sprains which make up the bulk of back problems. The machine is called Med-X.

Joel Waldman, an exercise physiologist says, it might even help with disc problems, "This is a very glorified back machine."

The machine is effective because it isolates the muscles of the lumbar spine, and cannot be achieved with any other apparatus," says Waldman.



There are lots of other back exercises, but they don't really exercise the back. With med-X, you're totally strapped in and your back muscles are completely isolated.

"The root cause is weak low back muscles if we can strengthen you to normative levels, even if you have a bulging disc, your back pain has a good chance of going away," adds Waldman.

In a study of more than 600 back pain patients treated with Med-X, 3/4ths had good or excellent results, defined as substantial pain relief and substantial improvement in strength. The benefits lasted at least a year in 94 percent of these patients.

The exercise shortens recovery quite significantly probably around 50 percent.

Rodger Gottlieb drives an hour and a half weekly from Atlantic City to Belmar Fitness for his Med-X hit, "I had debilitating pain 24 hours a day 7 days a week, 52 weeks a year."

No more, He says, Med-X got him out of pain. He returns faithfully to maintain his back strength so that he'll never have back pain again," It's a godsend I travel long distance to get here, but it's worth it because it improves my entire quality of life."

"I think it's the best kept secret in the entire healthcare field," adds Roger.

Med-X is not for all cases of back pain and it's essential you see your doctor before starting any exercise program if you have back pain.

Interested in contacting Dr. Steven Berkowitz? Here's how:

Dr. Steven Berkowitz  
Seaview Orthopedics  
2040 Sixth Ave.  
Neptune, NJ  
07753  
Tel: 732-775-4802  
Fax: 732-775-5460

(MMIII, Viacom Internet Services Inc., All Rights Reserved)