

Test on OTO Flabelos FL-3000

By

**Health Central Occupational Therapy International
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Comment by

Laurie Farrow BAppSc
Occupational Therapist

**Clinical Director
Global Energy Medicine**

The OTO Flabelos unit has been utilized at one of the clinics of Health Central OTI for the past four weeks.

The clientele (total 70) has included:

- . Elderly persons (10)
- . Athletes (35)
- . Young women (14)
- . Middle aged men (11)

The clinical conditions have included:

- . back problems
- . knee issues
- . ankle strain
- . shoulder problems
- . pelvic stabilization issues

Throughout the trial period, the results have been highly successful, with all of the participants asking for further data on the machine and continuing in their use of the machine at the clinic.

Our elderly clients have found that using the Flabelos has helped with their balance, as well as allowing them to walk for longer periods of time without pain in the knees and the low back.

The track and field athletes have found that the higher level program assists with their fast twitch fibre training, while the basketballers have experienced assistance with their jumping programs.

We have had a number of young women who are using the machine post prandial (after the birth of their child) to help lose the extra kilos and to tone up the pelvic floor. They find the machine highly beneficial.

Some other young women with back problems have utilized the machine to help to gently create movement patterns in the lumbosacral spine. This has also been quite effective, with their pain levels dropping significantly.

Middle aged men with back problems and neck stiffness have reported feeling less tense and more able to undertake movement without pain since using the machine.

At our clinic we treat the clients first and then we provide a complimentary 10 minute session on the machine.

Overall the Flabelos has shown to be of great assistance to all of the age groups and the many conditions which we have trialed throughout the past 4 weeks.

We are continuing our trial and will report further when more data is available.

Health Central OTI would like to thank OTO Bodycare for allowing us to trial the machine in our clinics – it has been a great benefit for our clients.

Laurie Farrow
Occupational Therapist