



**SARA MEEKS PHYSICAL THERAPY**

Sara M. Meeks, P.T., M.S., G.C.S.  
A.P.T.A. Board Certified  
Geriatric Clinical Specialist

*Specializing in:*

Osteoporosis  
Geriatrics  
Scoliosis

•  
•  
•  
Private Consultations  
Seminars/Exercise Groups  
Personal Fitness Programs

October 14, 2003

Karin Jansson  
Swedish Backcare System, Inc.  
Plaza South, Suite 106  
4475 U.S. 1 Hwy South  
St. Augustine, FL 32086

Dear Karin:

I am writing this letter to whole-heartedly and un-equivocally endorse the Mastercare Back-A-Traction inversion table as an adjunct to exercise therapy for patients with many diagnoses. I have personally used the unit as a treatment modality for patients with osteoporosis, scoliosis, spinal stenosis, spondylolisthesis, degenerative disc disease, chronic back pain and many different postural problems all with tremendous clinical results. I have also recommended the use of this unit as an adjunct to training for athletes and personally use the unit whenever I can.

Clinical results have included relief of back pain, immediate visible improvement in posture and an increase in body height. Patients report a feeling of well-being typified by a statement such as "I feel great" after a 10-15 minute session on the inversion table.

Excluding patients with unstable hypertension, certain cardiovascular diseases, shortness of breath or other medical conditions that would interfere with inversion, I would recommend its use in a wide variety of patients.

The Mastercare Back-A-Traction unit is particularly suited to a busy clinic setting because the unit locks at either  $-15^{\circ}$  or  $-30^{\circ}$  of inversion and the patient can be taught to use the unit independently, thus freeing up therapists for other work in the clinic.

If you or any of your customers have any question regarding the use of the Mastercare Back-A-Traction for any specific patient or condition, please do not hesitate to call me. I would be happy to discuss any the use of the Mastercare Back-A-Traction for any given situation.

Very Sincerely Yours In Good Bone Health,

SARA MEEKS PHYSICAL THERAPY

Sara M. Meeks, P.T., M.S., G.C.S.