

Specialty

Magnet Therapy

What is Magnet Therapy?

The human body produces subtle magnetic fields, generated by chemical reactions within cells and the nervous system. The nervous system functions on a direct current basis. Humans need both internal and external sources of magnetic fields for survival.

Scientists have discovered that the external magnetic fields can affect the body's functioning in both positive and negative ways, leading to the development of magnet therapy.

Research has indicated that the earth's magnetic field has diminished in half over the last 500 years. This has what scientists have concluded to cause a "magnetic field deficiency" in people with the long term effects being acute symptoms and chronic degenerative disease, abnormal healing ability and unsuccessful defense against infections.

Magnet Therapy History

"The Yellow Emperor's Book of Internal Medicine" China 2000 BC features magnetic therapy. Cleopatra was rumored to have slept with magnets for rest and beauty. Magnet therapy is used widely through Europe and now becoming more accepted in the United States.

Clinical Application:

Magnet Therapy has applications for edema, curvature of the spine, infections, acidosis and toxicity. It is also has benefit in healing broken bones and effective in breaking down gallstones and kidney stones. It has also been found effective for chronic degenerative disease, cancer, arteriosclerosis, Alzheimer's, calcium deposits and scar tissue.

The basic theory behind the use of magnets has been applied to pain management and injury. All body tissues seem to respond to magnet therapy, including bone and nerve tissue. The micro-cup that is used on our Magnet Therapy comes with positive and negatively charged poles, in varying cup sizes.

Negative pole: calms neurons, encourages rest, relaxation and sleep, and have been used successfully for neurosis, psychosis, long-term healing response.

Positive pole: produces stress for the body, long term exposure affects metabolic processes. Excites and stimulates neurons, can evoke seizures with prolonged exposure.

Magnet Therapy, performed by a physical therapist, can be applied to almost any musculoskeletal condition involving the Back/Neck/Thoracic region, Shoulder/Elbow/Hand/Wrist, and Hip/Knee/Ankle/Foot regions.

Why Choose Magnet Therapy

Magnet Therapy is considered an option when a person would prefer an alternative treatment approach vs.

conventional medicine of drugs or injections.

It may be a useful alternative approach by a physical therapist when other types of conservative/alternative treatment have not been successful or when other forms of manual therapy are not tolerated.

Contraindications to Magnet Therapy

A patient cannot have the following: implants, seizure disorders, or any metal in the body except for titanium alloy, and mercury fillings. It may also have negative consequence on pregnancy therefore Body Fit Physical Therapy does not apply magnetic therapy to these patients/clients.

For more information, **Contact us** today.