



(Extracts from the letter by- Juan Ángel Ballesteros)

Test results on Zamar Therapy Unit

ZAMAR COLD MACHINE

We were loaned the cold – heat machine being promoted by Ms Isabel Baixauli for a period of around 1 month during which we carried out the following treatments:

GDS 4 sessions cold programme: 20 min at a temperature of 3º for each application

AGB 3 sessions of cold programme for grade 1 sprain of lateral external ligament
- anterior bundle

HMC 5 sessions of cold programme, external meniscectomy of right knee

NIL 7 sessions of cold programme Sprain of lateral internal ligament of right knee

HVO 4 sessions of cold programme at 3º on abductor musculature. Dynamic osteopathy of pubis.

JGC 5 sessions of cold. Fracture of right tibia.

We always used the cold technique since we felt that it was necessary in each application.

We found the machine convenient although I feel that the applicators should adapt better to the different areas to be treated, in order to combine the effects of cryotherapy with those of compression. (This has now been addressed –new wraps/applicators now available)

We were not able to carry out any treatment on any pathology using the contrast technique so we cannot give any opinion on this.

CONCLUSION: I think that it is a useful machine, which undoubtedly helps with the application of cold. Once available, the portable device would be a definite improvement, as would improving the applicators in order to add the beneficial effect of compression. Amongst its advantages are the cleanliness of application as well as the levels of cold achieved.

Paterna, 20 December 2005

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