

# A Rapid Review on matrix rhythm therapy

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## Abstract

This brief study focuses on the effectiveness of Matrix rhythm therapy which exist as new development in the stream of physiotherapy used for the purpose of relieving pain, improves microcirculation, relaxation and increases oxygen supply of blood. A non-invasive method for gently releasing muscular tension and obtaining quick pain relief that can be used in conjunction with other forms of manual therapy or on its alone. A frequency range of 8-12 hz to stimulates the body's natural self-healing powers storing good tissue resonance using a device by vibromassage method. The vibrating magneting field goes deep into the tissues via a resonating head sending a phase synchronised mechanical vibration. It is used in conditions like chronic back pain, frozen shoulder, stroke, plantar fasciitis and lymphedema. In rehabilitation facilitate and compensatory education, clubs of sports, and neurological, orthopaedic, physiotherapy, and rehab centres, a new vibromassage application is being implemented.

**Keywords:** Matrix therapy, vibromassage

## INTRODUCTION

The Matrix Rhythm concept was introduced in 1996, and it is based on the idea that any involvement into the cell, be it preventive, curative, regenerative, or destructive, functions chiefly through the external matrix, which is the cell's surroundings. Muscle cells pulse at a frequency of 8-12 Hertz. Outside of the 8-12 Hertz range, muscle pulsation frequency correlates positively with pain, muscle tension, and other health problems. Variations in pulsation frequency and in the logistics of the living process at the cellular level are linked to changes in muscle elasticity and plasticity.(1) We use Matrix Rhythm Therapy in Advanced Therapy, which was first launched in India in 2009 and has been used there since. Dr. U G. Randoll, a German scientist, invented Matrix Rhythm Therapy as a result of his vast cell biology research. Dr. U. G. Randoll's Matrix rhythm therapy is based on the idea of guaranteeing an appropriate supply of oxygen and nutrients to cells while also removing metabolic waste from tissues. He proved in his research that our body cells naturally oscillate in the frequency range of 8-12 Hz, and that if the cells oscillated at this frequency, they would be rejuvenated as a result of the absorption of enough oxygen, water, and other nutrients, as well as the removal of metabolic end-products and toxins. This action promotes faster tissue healing, which reduces discomfort and speeds up recovery.

## MATRIX RHYTHM THERAPY

Inesses are defined as "loss of Rhythm" and "derailed" processes at the cellular level, according to the Matrix Concept. The result is a therapeutic approach that prioritises improving the "Logistics" of the life process at the cellular level in order to restore good physiological circumstances. This increase in cell logistics, made possible by Matrix Rhythm Therapy, lays the groundwork for self-organization and self-healing with no negative side effects. The method of "entrainment" of oscillations activates and restores the healthy spatial temporal ordering of the biological system by using vibrational energy supplied from the outside and tailored to the frequency range of natural cell rhythms (micro vibrations). At the cell-biological level, this is a form of quality management (2). Matrix rhythm therapy is a non-invasive method for gently releasing muscular tension and

obtaining quick pain relief that can be used in conjunction with other forms of manual therapy or on its alone. In rehabilitation facilitate and special education, neurological and sports club, orthopaedic, physiotherapy, and rehab centres, a new vibromassage application is being implemented(2). Using the "Matrix Mobile" machine, Matrix Rhythm Therapy is provided. The Matrix Mobile machine sends phase-synchronized mechanical vibrations and vibrating magnetic fields deep into the bodily tissue via a specially constructed resonator head. Matrix Rhythm Therapy, through frequency and amplitude modulation, replenishes the skeletal musculature's character trait better tissue resonance. The applicator performs a lifting action while also performing a longitudinal mini movement of extension that is moved to inner organs in close proximity, skin and bones. The vascular and lymph outflow of the whole region of enhanced micro circulation accelerates even as neutral alpha gamma strain gets back to normal. The clearance of extracellular matrix increase. Independent resonating spectrum adjustment of the skeletal musculature via the resonating equipment head, via: Adaptation of the equipment head frequency to the respective individual tissue resonance, outcome in the physiological and biological effectiveness of the treatment. The ex-centric design of the appliance head to the shaft causes amplitude adaptation. Relaxed locking further into stage of the oscillatory resonator into the tissue is used also for unpredicted resistance including such scars, fibroses and adhesions. Tendon and fascia micro-extension that is deep and rhythmic. Though in the presence of unanticipated resistance including such scar, adhesions, and fibroses, mild locking further into period of the vibrating resonance into the tissues can be achieved. Deep, rhythmic micro-extension of the tendons and fascia's. Because of the ability to modulate frequency and amplitude, the resonator will restore musculature elasticity by coordinating the phasing of alternating field, mechanical magnetic(1). It is applied externally for 20 to 30 minutes in this technique of treatment.



Some conditions under which matrix rhythm therapy is given:

In addition to the combine physical therapy programs, both the integrated physiotherapist programme as well as the MRT technology were shown to have a stronger effect on impairment level, life quality, and pain in people with severe back pain(3).

The goal of this study is to see whether Matrix rhythm therapy (MRT) can help stroke survivors enhance their balance, gait parameters and muscle tone. This research provides preliminary evidence that combining BT and MRT may improve balance and gait in stroke patients with spastic hemiplegia by trying to regulate muscle tone in the affected lower extremity(4).

Matrix Rhythm Therapy was created as dynamic and external method of mobilising fluids in tissues. When used alone, Matrix Rhythm Therapy did not decrease lymphedema, but it may be beneficial in the long run(5).

Massage and matrix rhythm treatment in younger females enhanced periphery blood flow. The matrix rhythm treatment approach had more obvious results(6).

This study looked into the use of MRT to improve and maintain ROM and to reduce formation of scar tissue(7-18).

MaRhyThe is effective in treating frozen shoulder. It has demonstrated that there is reduction in pain by 30% also increasing shoulder ROM from just one treatment setting(2).

MaRhy's solitary session In patients with plantar fasciitis, the therapies was found to be effective in pain reduction, working to improve body temperature, and trying to improve functional activities(19-25).

It was decided that, in relation to the merged physiotherapy programme, the MRT application has a beneficial effect on pain, people with disabilities level, and standard of living in patients with chronic low back pain(3).

The adductor muscles on both sides were treated using matrix rhythm treatment in this study. When compared to the benefits of massage, matrix rhythm therapy has shown periphery blood flow in the hamstring and triceps surae muscles of the lower extremity in young females has increased considerably(26-30).

In the event of severe Bell's palsy, when Matrix Rhythm Therapy is combined with traditional physical therapy treatment, affected people are more likely to heal sooner and better than those who simply receive conventional physical therapy treatment(9).

MaRhyThe was found to be a cost-efficient and effective therapy method for OSMF patients with instant alleviation in the range of 3-4mm mouth opening and no obvious side effects in our pilot trial. More research with a bigger sample size and prolong-term follow-up must be done to determine the efficacy of matrix rhythm treatment in treating OSMF patients(31-32).

## SUMMARY AND FUTURE PERSPECTIVE

Matrix rhythm therapy is a modern breakthrough, a technique in which mechanical vibrations penetrates deep into the tissues through matrix Mobil and benefiting the people with persistent low pain and frozen shoulder, it has been discovered that a combined physiotherapy programme, as well as MRT application has improved pain, impairment level, and wellbeing. It stimulates body's natural healing mechanism, regulating the rhythm muscle tone in case of stroke also improving the gait of the person. Long term treatment helps in relieving lymphedema. It increases the peripheral blood flow. It is a relatively new progress in the stream of physical therapy which aids in the improved performance of range of motion and scar reduction. A new equipment which relieves pain of the patient without any side effects or medication. Its an approach to make the daily living of the people better without any surgical intervention or painful procedures.

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