



2012/08/17

# Dr Russell P Raath

MBChB (Stel) MMed (Anaes)(UP) FIPP (WIP)

## Anaesthesiologist / Pain Management Practitioner

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### MOTIVATION FOR VACUMED TREATMENT

The Vacumed® machine, which one can Google at [www.vacumed.net](http://www.vacumed.net) for further information, is a machine in which the patient's lower half up to the chest is placed into a vacuum chamber and the pressure is cycled between negative pressure and atmospheric pressure according to various pre-selected programs. The usual therapy is for half an hour long and preferably for 5 consecutive days however often in extreme cases we perform the treatment twice a day for two and a half days.

The rationale behind the therapy is that it stimulates in growth of micro vessels (capillaries) and so improves perfusion of tissue on a micro level. It does, of course, NOT replace vascular surgery or remove occlusion to large vessels – it works purely on the microvasculature.

EXAMPLE: A patient was suffering with severe pain in his legs and lower body due to injury. He has a prosthetic leg which does not give him too much problems but it is the leg that is not a prosthetic leg that gives him constant pain. This patient has tried all

The Vacumed® technology and machine was developed by the German space agency for NASA to counteract the effect of weightlessness and loss of gravity on the astronauts. Subsequently it was found to have medical value and has been developed as such.

We have so far used the machine with great success in patients with the following:

- **All results are due to improved micro vascular improvement and/or improved lymph drainage.**
  - Leg ulcers, vascular or diabetic, that are not healing (Healing is accelerated due to improved circulation)
  - Surgical wounds not healing as you would like them to.
  - Diabetic feet – gangrenous toes etc (Improved circulation)
  - Burning feet (peripheral neuropathy)
  - Poor circulation - especially micro-vascular and vascular disease



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- Chronic Pain any cause but including back pain, leg pain, discogenic pain
- Failed Back Surgery Syndrome (FBSS)
  
- Oedema from any cause including post injury, persistent after surgery, post thrombotic syndrome and chronic venous insufficiency
- Sports / or other injuries including fractures
- Sports recovery after intense events (used by a national sports team to aid recovery)
- Restless legs Syndrome

The cost of the therapy can be equated to the value of a consultation.

I trust this information is useful and helpful.

Yours faithfully.

**DR. R.P. RAATH**