

Vertebrogenic complaints are problems in which the spine is the main pathogenetic factor. Lower back pain is one of the most common reasons for doctor's visits, and as it mainly affects people of working age and so has a high socio-economic impact.

Rest, medication, physiotherapy, surgical and spa treatment are all used in the treatment of these problems.

The subject of my thesis will be physiotherapy using Redcord, which is an S-ET concept therapeutic device. Redcord is a system using suspended cords and a history dating back to 1991. Physiotherapists and doctors in Norway participated in the development of the S-E-T concept. It is a new approach to active treatment and patient exercise. It is a concept with a variety of rehabilitative and training objectives such as training for strength, stability and muscular control.

I have successfully used the S-E-T concept with two patients with vertebrogenic problems, and provide a detailed description of this in the practical section of this thesis.