

## WHAT IS HUBER?

As mentioned in the cover Huber stands for, **Human Body Equaliser**. In the USA it is known as Spine Force. Developed in 2003-2004 by the LPG company in France (the same one that developed the Endermologie Machine), it was designed to improve our quality of life. It can both improve an otherwise healthy body, or retrain an injured one. By its design it can tailor the exercises for each individual who uses it.

Weighing 300kg it is a very stable platform to retrain people of all sizes. It comprises sensor arms that register power applied to them throughout any manoeuvre. A viewing screen area relays information from them to a target area and set of figures corresponding digitally to the power applied. The arms connect to a vertical support that can be adjusted to suit any person's height. This column also moves during most sessions to test the body more fully. The base platform tilts and oscillates again to test the coordination of the body.

## HOW DOES IT WORK?

By making the standing platform mobile and therefore effectively unstable, your test results rely on the power of the upper body. The lower body maintains balance. This improves your body's coordination. More effective use of muscle power can be achieved. Both daily balance and coordination for sports activities will be improved.

Initially Huber will require you to push and then to pull for about five seconds each, with a pause between and a countdown before measurement begins. This gives a baseline for each individual. You are tested based on this, meaning your scores are individualised for you.

Then an exercise session begins. There are three graded levels of difficulty beginning with novice and going to advanced. There is also a free level

that can be individually programmed to give a less intense than basic workout, or something that is much more difficult than the advanced level. This level is also used in sets of gentle stretching exercises that atraumatically improve joint and muscle ranges of movement.

Within each level there are four different styles of exercise, each targeting the body in different ways. There are corresponding feet positions to adopt on the base platform for each one. This way different groups of muscles can be activated to detect the strength and improve particular muscular actions.

Once testing begins, you attempt to maintain the readout of your power within the central target area. This can be done in a more visual way by using the bullseye of the target, or by attempting to maintain the power figures that are digitally displayed at the level you achieved in the initial test. Your final coordination score depends on the amount of exercise time you are able to spend in the central target area.

## HOW DOES EACH SESSION WORK?

After the initial muscle power test which involves one push and then one pull action sustained for five seconds, the exercise you wish to undertake can be chosen. Normally our therapist will guide you through this for the first two or three sessions. Once you understand how it works you can run your own programmes. We will record your results as you go to give you an understanding of how well you are progressing. At any stage our therapists are available for further recommendations and assistance.

Testing and exercise sessions require you to stand with bent knees as in a shallow crouch position. This way you will be able to achieve better stability and isolate your lower body movements

from your upper ones. It also trains your leg muscles and joint position sensation at the same time.

The exercise session involves a series of five to ten (or varied) times where you are required to “push” or “pull” on the arms as directed by the programme. There is a countdown for each testing time. The platform will oscillate through this and the column may rise and fall as well. The rotation of the platform will change through the different exercise segments. A certain number of each of the “push” and “pull” exercises will comprise a session. These can be varied as needed but are usually pre-programmed into the set session. At the end of a series there will be a readout giving power and coordination figures for left and right and “push” and “pull” actions.

Another programme can then be done. Our therapists will recommend what programmes will benefit your particular condition or goal. Usually two sets will be done in a session. Those that require a lung-type position (with the left or right foot in front of or behind the other side) normally are best done with a reverse sessions with the feet in the alternate position.

## WHAT DO THE RESULTS MEAN?

The power figures will allow you to see if the left and right sides of your body have equal power (are they balanced – which is usually important in most life situations). The coordination figures let you know how well you can maintain this power in spite of being thrown off balance all the time by the machine. They are a more accurate reflection of the state of any area of your body than most other measures – due to the way Huber is able to isolate different segments of your body.

The level of the handholds (and you can hold these in whatever region at each level suits your

own style) will determine what area of your body is being checked and exercised. Hence the lower ones are associated more with your lower back and pelvis and the higher ones with your shoulders and neck.

The interesting outcome of the Huber machine is that those people with greater arm and leg power often have the lower coordination scores. This reveals how our current training focuses on power alone at the expense of accuracy and independent body movements.

### **WHAT IS HAPPENING WITH HUBER?**

With its unique action muscle groups are being isolated to detect the level and ability of their performance.

More excitingly Huber appears to be the only machine currently able to achieve specific strengthening of the muscle groups of the spine. Within the vertebral column many small muscles act to maintain the position of the spine and enable specific movements. Frequently local injuries or lack of use of these with our inactive lifestyle results in weakened sections of these muscles and compensatory overaction by other nearby ones. This imbalance serves to perpetuate problems with your spine and actions of muscle groups far from this area (such as arms, legs, feet tracking etc).

In the USA the biggest group utilising Huber are the chiropractors who have realised its synergistic abilities to complement their own treatments. But obviously sports performances will be improved greatly with its use too.

### **WHAT CONDITIONS DOES IT TREAT?**

The scope of Huber is still being realised. More and more functions and programmes are being developed all the time. So far the following are some of the conditions that can be treated or

helped with Huber sessions:

- Posture improvement
- Muscle balancing
- Core muscle training as a base for other muscles
- Recovery from injury or joint replacement
- Recovery from brain injury or stroke
- Gentle stretching of muscles, joints and spine
- Enhancing sport ability (by balancing muscles, improved foot tracking and targeted muscle power)

### **What Else Can Be Used?**

Huber can be used alone to achieve better muscle balance and power. Or it can be combined with the LPG Endermologie machine in treating injuries, muscle problems and performance (Endermologie causes rapid clearance of waste products from exercised muscles which allows more rapid return to the next exercise – i.e. Less muscle fatigue and more rapid improvements from exercise sessions). Low energy laser sessions will treat underlying muscle inflammation to allow retraining to be established more rapidly and evenly. Regular gym sessions will improve peripheral muscle groups too. Treatment of problem veins and checking with a podiatrist may also improve performance.

### **How Many Sessions Will I Need?**

Obviously this depends on the underlying problem and your own body's response. Most people see improvements from the first or second session. But a series will be required for full benefit. And some conditions will require occasional re-education or tone-up sessions.



## **SPINEFORCE** **by HUBER** **(HUMAN BODY** **EQUALISER)** **a new means of** **RESTORING BODY BALANCE**

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