BAD RAGAZ RING METHOD (BRRM)

BRRM is a hands-on aquatic therapy concept based on Proprioceptive Neuromuscular Facilitation (PNF). It was developed in Bad Ragaz, Switzerland, in the 1960s and aims at increasing muscular function at different levels of muscular intensity. Intermuscular coordination, intramuscular coordination, and muscular endurance are addressed in the myofascial chains. Muscles are activated via patterns of movement performed against therapist resistance and utilizing a variety of techniques, such as isotonics and dynamic reversals.

PNF is used widely in rehabilitation and BRRM includes 27 of the well-described patterns that are adapted to provide the patient stability when floating in water. Patterns exist for the upper extremities (2), the trunk (12), and the lower extremities (13). All patterns influence trunk muscles, either directly or indirectly. Thus it is essential to understand the muscle activation patterns when providing BRRM to target therapy more effectively. BRRM is used for clients with neuromusculoskeletal conditions to facilitate activation and strengthening of muscles.

BRRM for clients with low back pain:
Active exercise therapy to address low back pain is cited in recent guidelines (WHO, 2023). Water immersion lowers pain perception, confounding nociceptive input. It is a safe environment for falls and buoyancy reduces mechanical load on joints, muscles and fascial tissue. Active aquatic exercise treatment in water has been shown to be a moderately beneficial form of exercise for people with low back pain (Waller et al, 2009; Barker et al, 2014). Back exercises must include the concept of spinal motor control (Hodges et al 2013). A key element in BRRM is trunk muscle control, addressing finely tuned proprioceptive contractions in an environment where pain perception reduced, thus controlling neuro-inflammation. BRRM not only includes finely tuned contractions but can also challenge eccentric contractions as well as dynamic reversals facilitating plyometric muscle response. These contraction modes are important to address the bioplastic properties of fascial resilience and help to restore tensegrity.
BRRM intensity can be adapted for clients with prevalent pain as well as for clients ready for high-level intensity strengthening (Hodges et al, 2013). BRRM includes an entire range of contractions in patterns that must be skillfully applied.

See also www.badragazringmethod.org

Objectives:

At the completion of this module participants will be able to

- ☑ Use the original arm, trunk and leg patterns
- ☑ Relate the patterns to principles from PNF, fascia training, exercise physiology and fluidmechanics
- ☑ Use PNF techniques (e.g. hold relax, combination of isotonics, dynamic reversals) and fine tuning in selected patterns
- ☑ Use principles from clinical reasoning to use BRRM in various patient populations
- ☑ Adapt patterns and techniques to the specific problems of neuromusculoskeletal patients
- ☑ Design treatment programs and progressions

References

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