

Chapter 4

The Bad Ragaz Ring Method

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CHAPTER OBJECTIVES

- Understand the relationship between the Bad Ragaz Ring Method (BRRM) and Proprioceptive Neuromuscular Facilitation
- Learn the connection between the properties of water and the manner in which BRRM makes use of them
- Understand the specific clinical uses of BRRM in patient management within the rehabilitative continuum
- Understand the limitations of BRRM within the International Classification of Disability (ICD) system

The Bad Ragaz Ring Method is an active one to one aquatic physical therapy concept. The therapist provides the resisting fix points to the patients. The technique requires high skill and accuracy of the therapists. Therefore, the therapist must have the exact knowledge of the concept and must show a refined gripping technique. Both are compulsory for the success of the method.

BACKGROUND

The Bad Ragaz Ring Method (BRRM) is a strengthening and mobilizing resistive exercise model based on the principles of proprioceptive neuromuscular facilitation techniques (PNF) (Kabat 1952, 1953 and Knott & Voss 1968). This specific treatment concept was developed by physiotherapists in Bad Ragaz, Switzerland and published by Davies (1967). This publication is well known worldwide but included some inefficient patterns for strengthening and mobilization. Egger expanded the method with new patterns and published the new Bad Ragaz Method with Rings in 1990. In this publication, the patterns are very well described, but at that time, the therapists did not use the method with implementation of exercise physiology and with implementation of contemporary PNF- techniques to optimize the effect of the method.

The BRRM isn't just a strengthening and mobilizing technique, but a complete physiotherapeutic treatment concept, which can be focused on modulation of pain and muscular relaxation. To achieve this, specific techniques are used.