

# Stress related illness

Stress and back problems are reduced with recovery and massage . . .

In Europe, the frequency of sick leave for stress related illness, sleeping problems and back pain is high. According to Hälsopunkt Stenungsund stress related illness is behind about 70% of our physiological disorders.

In Sweden Friskonomen AB, together with the European company FMI Europe AB, has worked with Hälsopunkt Stenungsund and its adviser in stress/sleep and recovery, nurse and lecturer Ursula Johansson.

## Senses Relax Room/Fuji Cyber Relax

With the successful concept Senses Relax Room, in which Friskonomen AB has eight years of experience, workplaces are equipped with a homely and delightful resting place. In the room a Fuji Cyber Relax Massage Chair is installed, and this chair is certified by the Japanese Ministry of Health as a medical device. The combination of massage and relaxation music, developed by the health promotion programme at University West in Sweden, has helped many of our clients reduce stress symptoms. In a 2007 study undertaken among the staff at a home for the elderly in the council of Uddevalla, Friskonomen AB succeeded in lowering sick leave by 7%, resulting in great economic savings for the home and the council. Other clients are Volvo Aero, The National Board of Institutional Care, the Norwegian National Courts Administration in Oslo, Norway, and several councils in and around Sweden.

## Recovery and power naps

The aim of the concept Senses Relax Room is to make the staff become more efficient, have more energy and reduce the cost of sick leave. A means towards achieving this aim is



to introduce recovery breaks – power naps – for the employees and thus a change in behaviour and habits are needed. To accomplish this change and achieve the aim the concept Senses Relax Room is set out to do, the concept is about creating an understanding for what stress and relaxation does to the human body and mind. This is done by educating the staff about stress, sleep, recovery and massage, and thus also makes the concept more sustainable in the long run.

In a study by Harvard's (USA) Harvard Health Publication's September 2008 issue of Harvard Men's Health Watch, the importance of the recovery breaks has been highlighted.

## In the service of medicine –

Fuji medical instruments are certified as medical technical equipment by the Ministry of Health, Labour and Welfare Government of Japan

The top quality Japanese Fuji massage chairs have unique properties such as, full body massage, full body stretch and twist massage for the hips, which are much appreciated by physiotherapists and masseurs. Ursula Johansson who has done research on stress and sleep problems argues that massage activates the skin's sensory cells resulting in secretion of our feel good hormone oxytocin. It makes us relax and reduces pain and stress related

illnesses, as well as physiological diseases and conditions. In the case of insomnia the massage gives a marked improvement in deep sleep and a more rapid recovery.

## Massage mattresses – peace sleep

Another exciting product from Fuji in Japan is their massage mattresses (massage and heat generating), which in 2011 have been out for testing in elderly care homes in Sweden and at Högsbo hospitalin, Gothenburg. Massage mattresses have the abilities to both massage and provide heat, which promotes blood circulation, relieves muscle stiffness, and prevents constipation and bedsores, etc. The product is, as the Fuji Massage Chairs, certified by the Japanese Health Ministry as medical devices.

This is a unique product and new for Europe. It can be used in a domestic home, in elderly care homes, people suffering from stroke and neurological diseases and by the people with varying degrees of disability in their rehabilitation phase.

**FMI-EUROPE AB**  
European representative of  
Fuji Medical Instruments MFG. CO., LTD.

**Friskonomen**

Glenn Ofverstrom

Friskonomen AB  
Rollsbovägen 25  
442 40 Kungälv  
Sweden

Tel: +46 303 69965

glenn.ofverstrom@friskonomen.se  
www.friskonomen.se  
www.fmieu.com