

First Congress

*International Society of
Diamagnetic Therapy*

“Therapy in high
performance sport”

Frommlet, Barbara



13th – 14th September 2024
Magna Graecia University - Catanzaro



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Dubium sapientiae initium



Lobnig fears for Olympic start

The Olympic start of rower Magdalena Lobnig is in jeopardy. Around three months before the Paris Games, the single sculls bronze medalist from Tokyo was diagnosed with a severe slipped disc in her cervical spine, as the Austrian Olympic Committee (ÖOC) announced.



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The problems in the neck and shoulder area were nothing new for Magdalena Lobnig. The Olympic bronze medalist was already struggling with severe, recurring pain in the winter, which ultimately culminated in an extreme lumbago in her neck. 'But with a lot of physiotherapy and massages, we were always able to treat it well.' And it was above all the small movements that caused the army athlete major problems. 'When I put my helmet on to cycle, for example.'

What was initially just a suspicion was confirmed after further examinations in Carinthia: a severe slipped disc in the cervical spine at level C5/C6. At first, the diagnosis came as a shock. But: Lobnig was 'lucky in misfortune' because the symptoms were 'limited for their size'. It goes without saying that neck pain and a tingling sensation in the arm are suboptimal for a top athlete three and a half months before the peak of the season. The fact that the examinations also revealed, impingement syndrome in her shoulder doesn't make it any better.



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Above all, however, it is the uncertainty that torments Lobnig. 'I wake up three times a night to check whether my fingers and feet are still working.' Sleeping in general is difficult because it is only possible in certain positions. 'I normally always fall asleep on my left side, but that's not possible at the moment. Regeneration is also suffering as a result,' reports the Völkermarkt native, who will also have to cut back on training in the near future. 'At the moment, I can only train my lower body and a little bit of my upper body,' was the recommendation from the neurosurgeon to do as little as possible over the next few days and weeks. 'It's anything but easy at the moment, but as a top athlete I'm used to adapting to new situations. We have changed the training methods and Technogym has supplied me with a machine that allows me to train my legs without straining my cervical spine.'



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On the day of the media coverage, it was 9 April, it was clear to our team at Perimedical that we had the right medical device to support the healing process with the CTU Mega 20 from Periso. We managed to get in touch with her on the same day and so we travelled to Carinthia on 10 April and met Magdalena and her team on 11 April.

we found ourselves in a very special situation. We were welcomed by coach Kurt Traer and Physiotherapist Stefanie Plischnegger from the Olympic training Centre in Carinthia.



We were met with cautious joy and great mistrust. Nobody knew the Mega 20, nobody knew Periso. The normal relationship between therapist and athlete did not exist in relation to us. As we had only been working with the Mega 20 since the end of January, our wealth of experience was not yet fully developed. However, we had great confidence in Dr Pietro Romeo and his expertise.



The severity of the slipped disc was a shock



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We started our therapy on 11 April 2024, 4 weeks after the shocking diagnosis. During these 4 weeks, Magdalena was supported by her counselling team, as well as by her doctor, who gave her several briefings. Rowing was out of the question. Her training was mainly focused on Strength training and this in such a way that her cervical spine did not suffer any strain. Techno Gym also built a special machine for her.

Medical history for the therapy

Severe slipped disc cervical spine C5 C6

Bursitis of the left shoulder

Tendinopathy of the infraspinatus tendon

Overloading of the plantar fascia right
chronic left acute

as well as severe pain in the right ankle.

Start of therapy Thursday noon 11 April 2024

Protocol 32 was used for cervical spine C5/C6.

Ext H/Intra L	Frequency 4	Energy 60%	Rise 20%	Minutes 10
New H	Frequency 3	Energy 100%	Rise 10%	Minutes 10
Nerve Fast	Frequency 3	Energy 90%	Rise 40%	Minutes 5

She was treated like this Thursday Friday and Saturday
Sunday and Monday were treatment-free

Protocol 44 without RF was used for the left bursa.

Ext H/Intra H	Frequency 4	Energy 100%	Rise 40%	Minutes 5
Noc H	Frequency 5	Energy 100%	Rise 40%	Minutes 10
Cell Membrane	Frequency 5	Energy 90%	Rise 90%	Minutes 5

For the right ankle, we opted for protocol 24 without RF, as a classic sprain was ruled out and the situation was more likely to indicate overloading of the joint.

Both the bursa and the ankle were treated on Thursday evening.

Ext H/Intra H	Frequency 4	Energy 100%	Rise 40%	Minutes 10
Noc H	Frequency 5	Energy 100%	Rise 40%	Minutes 5
Cartilage Bone	Frequency 5	Energy 90%	Rise 70%	Minutes 5

On Friday lunchtime, the endiopathy of the infraspinous tendon of the left shoulder was added alternately to the bursa. Here we used protocol 19, also without RF

Ext H/Intra H	Frequency 4	Energy 100%	Rise 40% Minutes 5
Noc M	Frequency 5	Energy 90%	Rise 40% Minutes 5
Tendon	Frequency 5	Energy 90%	Rise 90% Minutes 10

On Friday evening, the plantar fascia on the right chronic with protocol 53 and on the left acute with protocol 52 came alternately to the ankle

Protocol 53 chronic

Noc M	Frequency 5	Energy 90%	Rise 40% Minutes 5
New M	Frequency 3	Energy 90%	Rise 10% Minutes 5
Tendon	Frequency 5	Energy 90%	Rise 90% Minutes 5
Cell Membrane	Frequency 5	Energy 90%	Rise 90% Minutes 5
Ext L/Intra H	Frequency 4	Energy 60%	Rise 40% Minutes 5

Protocol 52 acute

Ext H/Intra L	Frequency 4	Energy 60%	Rise 20% Minutes 5
Noc M	Frequency 5	Energy 90%	Rise 40% Minutes 10
Tendon	Frequency 5	Energy 90%	Rise 90% Minutes 10



Unsurprisingly, we quickly realized that well-meant is not well done, because we needed to focus on the overall situation of the body.

I spoke to Dr Romeo a few times on the phone and it was then clear that we should concentrate on the clinical symptoms in therapy.

We adapted the therapy in cooperation with Dr Romeo

Protokoll Dr. Romeo

Spine :

a) First Session:

Extra H Intra L 5 min
Neuropathic H 10 min
Nerve fast **5 min**(all this targeting the root of the nerve)

b) Second Session:

Extra H Intra L 5 min
Neuropathic H 5 min
Nerve fast **5 min**
Cell Membrane 5 min
Skeletal Muscle 5 min (periscapular muscles)

c) Third Session:

Extra H Intra L 5 min
Neuropathic H 5 min
Nerve slow **10 min** (5 min the root C5 - C6 –
(5 min the palm of the hand in burning and tingling areas)
Cell Membrane 5 min

Shoulder Bursa

a)

Extra H Intra L	10 min
Nociceptive H	5 min
Cell Membrane	5 min

b)

like protocol a

c)

Extra L Intra H	10 min
Nociceptive High	5 min
Slow nerve	5 min
Cell Membrane	5 min

Right ankle

Extra H Intra H	5 min
Noc H	5 min
Nerve slow	5 min
Cartilage	5 min



23 April was a big day for Magdalena, as she went back to the MRI for a check-up. Everyone was very tense. We could hardly wait for the results. It was sobering on the one hand, but also positive on the other. The prolapse has only changed minimally but has not got any bigger. Her spinal specialist advised her to have an operation, which would have meant that the Olympic Games in Paris would not have been possible. Magdalena weighed up her options and then finally gave us the confidence in Periso so that we could now start to work more intensively with her. The pressure and responsibility on our side did not diminish.

We had 85 days to adapt the therapy with the CTU Mega 20 for Magdalena so that she could train the way she wanted to despite her fatal situation.

Dr Romeo's protocols continued to be implemented in the same way, the only difference was the intensity, which we increased considerably.

A normal patient with such a herniated disc takes it easy and rests and concentrates completely on his recovery.

Magdalena had a different idea and got back into full training.





On 27 April
the time had come to
start the
come back!
The first time in the
rowing boat after
6 weeks



Come
back
stronger.
r.



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Coming back was extremely disciplined and tough.

12 hours a day !

4 hours of training in the morning

4 hours of regeneration or therapy at lunchtime

4 hours of training in the early evening

The training included strength, endurance, cardio and rowing 6 days a week.



and
stronger

We decided to increase the therapy with the Mega 20 of Periso from 3 days to 6 days a week, because we realized that this extraordinary body is extreme in every way, both in training and in the learned regeneration.



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A final as a reward after a tough battle

15 June 2024

Strong wind's on Saturday's semi-final in Poznan: but even that can't stop Magdalena on her way to the A final

Magdalena Lobnig will be rowing for places 1 to 6 in the A final on Sunday at her World Cup comeback in Poznan, Poland (14 to 16 June 2024). Opinions differ between the athlete and coach Kurt Traer when it comes to her semi-final performance, but the successful duo agree on her potential. A look at their training schedule over the past few weeks is particularly reassuring.

After making it to the semi-finals with aplomb, Magdalena Lobnig wanted to take the next step on her way back to the top of the world on Saturday. And had a direct comparison with the Australian Tara Rigney in her heat and thus a first real assessment of her position.

After switching from the double sculls to the single sculls in the 2022 season, the 25-year-old has always finished on the podium in the World Cup and at World Championships. 'She is very consistent, you really have to row perfectly to keep up,' Lobnig knew before the race - and did just that at the start. "I got it very well, much better than yesterday," said a delighted Lobnig, who also raced with Rigney for the first 500 metres of the 2,000-metre regatta course in Poznan.



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Final was never in danger

'It was a massive improvement today. Magdi sailed away superbly and the speed was just right. After 600 meters she lost a bit of her punch, but qualifying for the final was never in danger,' was coach Kurt Traer's absolutely positive analysis of the semi-final.

Lobnig, who crossed the finish line in second place 9.97 seconds behind the Australian, was not quite as satisfied as her coach: 'I didn't get the course stroke so well, it was also difficult to row due to the headwind and the strong gusts from the side. But I'm getting more confident with every race.'

Still plenty of room for improvement

Regardless of what result the Olympic bronze medalist from Tokyo 2020 will achieve on Sunday, her return to the World Cup can already be seen as a success. 'At least I'm in sixth place, nobody can take that away from me. But I'll try to give everything I can in the final,' said the 33-year-old, who is missing out on a lot of stress and intensity compared to her competitors.

'I haven't done any partial distances after the injury, apart from two 500 meters on Tuesday before we travelled to Poland. But we'll continue to work on the race hardness that we're taking with us from the World Cup at home,' says Lobnig, who is looking forward to the two Olympic training camps at Lake Weissensee. And coach Traer promises with a smile: 'We'll get a lot more out of it!'

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34 days until departure to Paris

After the excellent 5th place in the World Cup race in Poland, Magdalena's team was in a positive mood despite, or perhaps because of, the tough weeks of training camp that lay ahead at Weissensee in Carinthia.

Therapist Othmar Haag looked after Magdalena not only in Poland but also over the next few weeks and in Paris.



Special thanks to Othmar Haag, Magdalena and Katharina Lobnig's therapist.

As Othmar already had a great deal of experience in the use of radio frequency in previous years, he was able to use it optimally with the CTU Mega 20 from Periso as he understood how to combine it with the different programs.

During the training camp at Weissensee, where the rowing load was increased daily, it was urgently necessary to provide relief with the Mega 20.

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Magdalena at the press conference

Magdalena with Federal President Alexander Van der Bellen



Magdalena reading out the Olympic Oath



Magdalena with her incredible coach Kurt Trear

Our journey
together began 16
weeks ago.

We couldn't be
prouder to know
that your dream,
Magdalena, to be
part of the 3
Olympic Games in
Paris came true.

A rollercoaster of
feelings and pure
emotion



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What incredible regattas in Paris. A rollercoaster of emotions. After great heats and reaching the semi-finals, everyone was in a positive mood. The energy, the will and the endurance were there, but what if the strength was lacking at the end? Catching a cold from the air condition in the hotel then sealed her place in the B final.

In the end, it was 10th place at the Olympic Games in Paris 2024

Magdalena Lobnig on her final race in Paris: *"The race today was great. The situation was very difficult overall, but under the given circumstances I managed a very good race that I can be very proud of. The goal was always the semi-final. I'm pleased that I was able to leave two others behind me in the B final today, it could have turned out differently. We know the history and it was clear that it wouldn't be easy. But it was important for me to compete again and leave the stage in a respectable manner and I managed to do that with today's race."*



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Thanks to PERISO. SA and PERIMEDICAL for their
great support and sponsorship.
I wouldn't have been able to live my dream like this
without you.
Magdi



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