DR.BOSS®

Pro Wave Massage Chair

DRFUJI / ACIGI

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Design and developed by DR.BOSS,USA

DR.BOSS

FJ-2025

Innovative biohacking technology

CONTENT

ABOUT THE PRODUCT

DR.FUJI WELLNESS

BROCHURE

CONTENT

DR.BOSS

Dr.BOSS

①The king of medical massage chairs
②2000 trade fairs CES Millions of people have recognized thousands of Doctors
③Associated Press, Fox Business News

Dr.FUJI

①Orthopedic Specialist
② President and CEO of North American Medical Devices Group
③Dr.fuji CO, Founder and CEO

Dr.Heather Skeens,MD
Founder&CEO

I have used Dr. Boss, the medical massage chair for 4 years, neck and back pain disappeared, saved me at the same time, this is your health guarantee and longevity.

1.AFFIRMATION OF RHYTHM THEAPY

"A whole-body vibration therapy for osteoporosis is the state of the science"

–Professor Robert L.Kane from Minnesota state university, USA

"WBV training is effective for reducing the risk for osteoporosis by increasing lumbar BMD and leg strength"

-Professor von Stenfel S from University of Erlangen-Nueremberg, Germany

"The whole body vibration does not affect the bone resorption but may lead to an increase in bone formation"

- Dr Corrie H from Loughborough University , UK

"Interestingly, well controlled vibration may be the cure rather than the cause of lower back pain"

- Dr. Rittweger J from the Freie Universität Berlin, Germany

"Controlled whole body vibration can improve elements of fall risk and health-related quality of life in elderly patients."

-Dr. Olivier Bruyere from WHO Collaborating Center for Public Health Aspects of Osteoarticular Disorders

"WBVV training is as efficient as a fitness program to increase isometric and explosive knee extension strength and muscle mass of the upper leg in community-dwelling older men."

- Dr. Bogaerts AC from Catholic University of Louvain, Belgium

"Translated to the human, this may represent the basis for the non-pharmacologic prevention of obesity and its sequelae, achieved through developmental, rather than metabolic, pathways."

-Professor Rubin CT from Stony Brook University, New York, USA

"An 8-week WBVV training is effective in inducing positive body composition changes as well as increased muscle strength in women; it could be recommended as an alternative/complementary tool in physical activity or fitness programs."

–Dr Milanese C from Verona University, Italy.

"Low-magnitude, high-frequency mechanical stimulation improves bone strength in the proximal femur and may be a possible nonpharmacologic treatment option for postmenopausal osteoporosis."

-Dr Tezval M from Georg-August-University of Goettingen, Germany

"WBV training may have the potential to reduce VAT more than aerobic exercise in obese adults, possibly making it a meaningful addition to ture weight loss programs."

Professor Dirk Vissers, Antwerp University Hospital, Antwerp, Belgium

2.PRODUCT STRUCTURE

*The illustration is a schematic. Different models have different shapes.

The current state of society

People suffered from these 3 phenomena

Due to the radical changes of the technology and society, three phenomena have occurred today. They are known as urbanization, obesity, and aging. Because the city is always overcrowded and busy,people feel tension and pressure all the time. There's no enough space or time for them to exercise. Even the life span is extended, people are actually not healthier. Obesity and aging impacted our ability to exercise, which also lead to many chronic diseases. Lots of people have no time engaging in regular exercise which has influenced their health seriously. This group of people needs an effective whole body passive exercise to recover their health.

Urbanization

The rise of the service sector, industry, and commerce has led to a large number of rural residents becoming unemployed and moving to major cities. Major cities like Shanghai, Tokyo, and New York have populations exceeding ten million, while cities with populations over one million are numerous. Living in these crowded cities, where land is extremely valuable, green spaces are scarce, and housing is cramped, with busy streets and heavy traffic, makes physical activities and sports both difficult and expensive. Additionally, the convenient transportation networks in urban areas, such as buses and elevators, often make physical activity unnecessary. Furthermore, due to intense competition, overwork, and long commutes, urban dwellers, even when they wish to exercise, are often constrained by time and environment, making it difficult for them to engage in physical activities. Consequently, urbanization can easily lead to various chronic diseases.

Obesity

Due to the lower labor demands in services, commerce, and industry compared to agriculture, machinery and electronics have replaced human labor, significantly reducing physical demands. Coupled with advancements in transportation technology, humans no longer need to expend a great deal of physical effort; moreover, the development of commerce has made food cheaper, more convenient, and easier to obtain, leading to modern humans becoming increasingly overweight. This is the second impact of modern technology on human health— 'obesity'. The result of this 'obesity' has led to a rise in chronic diseases among modern people, such as hypertension, diabetes, heart disease, various cancers, and degenerative bone and joint diseases, which have appeared prematurely. For example, type 2 diabetes, which was once only seen in middle-aged and older adults, is now increasingly prevalent among obese young people.

AGING

The third impact of technology is the increasing longevity of humans, with a higher proportion of the population being elderly. While an increase in life expectancy is beneficial, human organs continue to age and deteriorate with age, a process that does not improve with technological advancements. As a result, conditions such as osteoporosis, joint degeneration, muscle atrophy, heart disease, cancer, stroke, Parkinson's disease, and Alzheimer's disease gradually emerge, significantly impacting the health and quality of life of the elderly. Aging leads to mobility limitations and reduced motor function, which can become more severe, leading to disability and incapacity. To address these issues, various solutions are available, such as using treadmills or other fitness equipment indoors, encouraging walking and stair climbing instead of taking cars or elevators. However, using treadmills or other exercise equipment still requires complete muscle coordination. For individuals with serious illnesses or disabilities, such as morbid obesity, stroke, fractures, arthritis, post-cardiovascular surgery, Parkinson's disease, polio, cerebral palsy, or spinal cord injuries, active exercise can be very difficult or even impossible. Therefore, developing effective and safe passive exercise is a necessity for the new century. Active exercise refers to movements driven by the body's will, such as walking, gymnastics, dancing, swimming, and playing ball games. Passive exercise, on the other hand, involves movements not initiated by the body but by others, electronic devices, or machines. Basically, [passive exercise] can be divided into two types: [local passive exercise] and [whole body passive exercise].

local passive exercise

The most common treatments include massage, manipulation, and rehabilitation. In the past, massage was exclusively provided by professionals, but now there are many electronic and mechanical massage devices available on the market. Additionally, there are numerous subcutaneous current stimulation devices, all of which are forms of localized exercise. Around 1880, GustavZander (1835-1920), a highly innovative Swedish doctor, invented a localized vibration massage machine.

Generally, local vibration primarily stimulates the skin and small muscle groups in a specific area, enhancing blood circulation and causing redness and warmth. However, its effects are limited to a specific part of the body and do not have a systemic impact. Currently, the medical community has endorsed and clinically applied two techniques: 'transcutaneous electronic nerve stimulation' (TENS), used by neurology and rehabilitation departments for pain relief; and 'high-frequency chest wall oscillation,' used by thoracic medicine to treat chronic obstructive pulmonary disease, which can help patients with weak chests expel phlegm.

The benefits of rhythmic therapy

Studies have shown that vertical movement can reduce lower back pain and also reduce pain in large joints, thus improving the quality of life and motor function of these people.

Rhythm reduces pain

Rehabilitation doctors have long recognized that subcutaneous vibrations can alleviate both acute and chronic pain. The reason for this is that when vibrations are transmitted, they use a larger diameter of the Γ dorsal root ganglia, which conveys pain sensations. When this neural pathway is occupied by low-frequency vibrations, pain perception decreases and is relieved. Low-frequency vertical vibrations can replace other exercises, not only without causing harm but also effectively treating lower back pain.

Rhythms reduce pain in large joints

KlarnerA from the University of Alexander in Germany also conducted a rhythmic movement experiment involving 108 postmenopausal women, with an average age of 66. The rhythmic movement group participated in three sessions per week, each lasting 15 minutes, over a period of one year. Compared to the pre-experiment conditions, the results showed that the intensity of pain in the large joints was significantly reduced in the rhythmic movement group ($p<0.05$), indicating that rhythmic movement can reduce pain in the large joints.

Rhythm increases muscle strength balance and coordination

Whole-body vertical movement can increase muscle mass, static and dynamic strength, strengthen the strength of knee joint extension muscles, increase muscle maximum strength, explosive power, jumping power and body maximum bending force (flexibility), can be complementary to other exercises, increase the effect of other exercises.

Muscle movement and coordination control

For humans to move freely, it is essential that the nervous system, muscles, bones, and joints are all healthy and can work together. Muscles are distributed throughout the body and can be divided into skeletal muscles, which control voluntary movements, and smooth muscles, which are found in internal organs and are not under voluntary control. In addition to the coordinated muscle groups, the body also needs healthy and strong muscles. Even if the coordination is perfect, weak muscles cannot generate enough force to counteract gravity, making movement difficult.

Human movement also requires a balance system, which is not only supported by the musculoskeletal system but also involves the central nervous system, including visual perception from the eyes, balance perception from the inner ear's cochlea, proprioception from the brain, and the motor integration capabilities of the cerebellum. When the elderly or disabled are unable to move freely, passive exercises, such as full-body vertical movements, can help achieve this goal.

Rhythm increases muscle strength, explosive power and muscle mass

In addition to the gradual loss of bone density, the elderly often experience muscle atrophy and severe muscle deficiency, a condition known as sarcopenia. This is often accompanied by peripheral nerve degeneration, leading to mobility issues and difficulties. Rhythmic exercises can improve these conditions without the need for medication or active movement. This method is free of side effects and does not cause sports injuries, making it particularly beneficial for the elderly or those who cannot move.

Increase static and dynamic muscle strength and knee extension muscle strength

The training period for rhythmic movement needs to be long enough. For example, these improvements in knee extension strength and jumping power need more than 12 weeks to find the difference. The length of training time is very important, at least 12 weeks or more.

Rhythm reduces falls and improves the quality of life of the elderly

Many studies have proved that vertical movement can improve the posture stability of the elderly, increase the speed of movement, increase the walking distance, strengthen the direction control, increase the balance ability, strengthen the proprioception, and finally improve the risk factors of falling for the elderly, actually reduce the number of falls and severe falls, and improve their subjective and objective quality of life.

Rhythm improves posture stability

Due to the weakness and incoordination of their muscles and joints, the elderly often have unstable postures and are prone to falls. Multiple studies have shown that rhythmic training can improve the stability of the elderly's posture, reduce accidental falls, and help the elderly achieve effective exercise.

Increase balance and coordination and reduces falls

For elderly residents in nursing homes, the loss of coordination and movement is often more severe compared to those living at home. Bautmann's research shows that after rhythmic training, both physical endurance and balance scores significantly improve for residents in nursing homes. This indicates that rhythmic exercise not only enhances the elderly's ability to stand, sit, walk, and maintain balance but also reduces the risk of falls.

Rhythm reduces falls and improves quality of life

For the elderly, falls are a common cause of hospitalization, surgery, disability, and even death, and they are also a key factor in reducing the quality of life. Since full-body movement can enhance bone density, muscle strength, and reaction time in the elderly, Olivier Bruyere, from the World Health Organization's Bone and Joint Disease Center, believes that exercise can help reduce the risk of falls and improve the quality of life for the elderly

Rhythmic reinforcement of proprioception

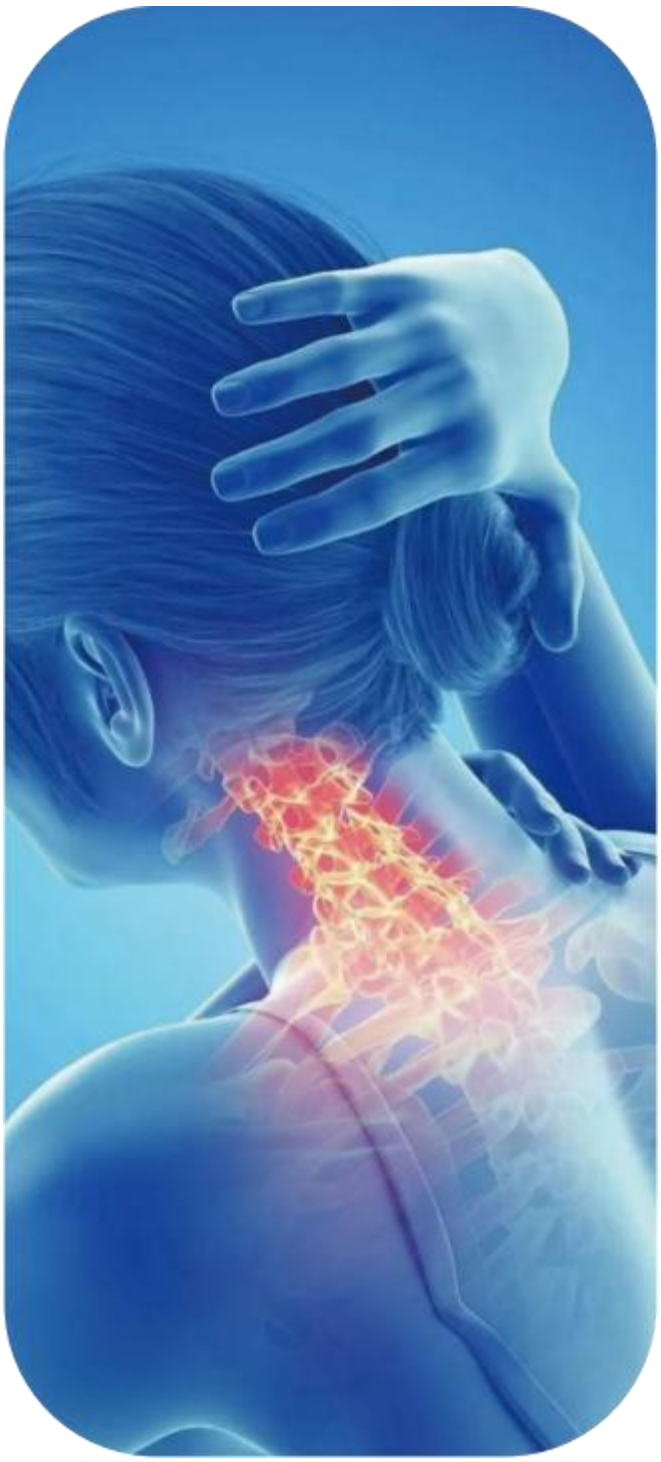
In addition to vision, hearing, taste, smell, and sensations of cold, heat, touch, and pain, the human body also has two special senses that are crucial for the mobility and fall prevention of the elderly: 'balance sense' and 'proprioception.' Dr. Trans T from Frederiksberg Hospital in Denmark, after a 2-week training program with gradually increasing rhythmic movements over 8 weeks, showed significant improvements in muscle strength and knee extension compared to the control group.

The benefits of rhythm for health

Vertical movement has been shown to be effective in preventing osteoporosis, increasing muscle strength coordination and balance, and assisting in the recovery of spinal cord injuries, stroke, cerebral palsy, Parkinson's disease, obesity, growth retardation in children, chronic constipation, fibromyalgia, and chronic fatigue.

Non-drug vibration therapy

Due to the atrophy and weakness of muscles and ligaments, falls during movement can result in brittle fractures. Brittle fractures are typically more severe than those in young and healthy individuals. Once a brittle fracture occurs, it often requires prolonged bed rest and rehabilitation, which is particularly challenging. This is because the fracture impairs mobility and causes further degeneration of the skeletal nervous system, leading to a vicious cycle that can quickly result in bedridden dependency, bedsores, infections, and even death.So these people really need exercise to increase muscle strength, bone density and balance, and passive whole-body vertical movement has been shown to help reduce the risk of fragility fractures and improve the quality of life of patients.Today, vertical movement has gone beyond the level of exercise and is called a non-drug, non-invasive treatment in the medical field. This method is now known as [rhythmic movement therapy] or [dynamic movement therapy].



The benefits of full-body vertical movement can be summarized in the following 25 points:

1. Increase bone density and prevent osteoporosis
2. Enhance joint and muscle movement
3. Improve muscle strength balance and coordination
4. Reduce lower back pain
5. Reduce the risk of falls
6. Improve the quality of life for the elderly
7. Improve cardiovascular health
8. Reduce fat accumulation and obesity
9. Treat and prevent diabetes 10. Support the growth and height increase of adolescents' bones
11. Assist in the rehabilitation of stroke patients

12. Assist in the recovery of arthritis and bone surgery patients.
13. Improve fibromyalgia.
14. Improve chronic fatigue.
15. Improve Parkinson's disease.
16. Assist in the rehabilitation of individuals with spinal cord injuries.
17. Assist in the rehabilitation of individuals with cerebral palsy.
18. Assist in the rehabilitation of individuals with multiple sclerosis.
19. Improve the function of patients with chronic obstructive pulmonary disease.
20. Assist in the rehabilitation and functional improvement of bedridden patients.
21. Improve chronic constipation.
22. Improve the motor function of young people.
23. Train athletes.
24. Improve body hormones.
25. Train animal performance

Massage therapy combining oxygen therapy and vibration therapy

Breakthrough innovation technology in one, first-class anti-aging and longevity solutions

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