



Masters and Mentors 2009

Lahti, Finland 10.8.2009

ROCK YOUR BODY

Research Director Ilkka Väänänen, PhD

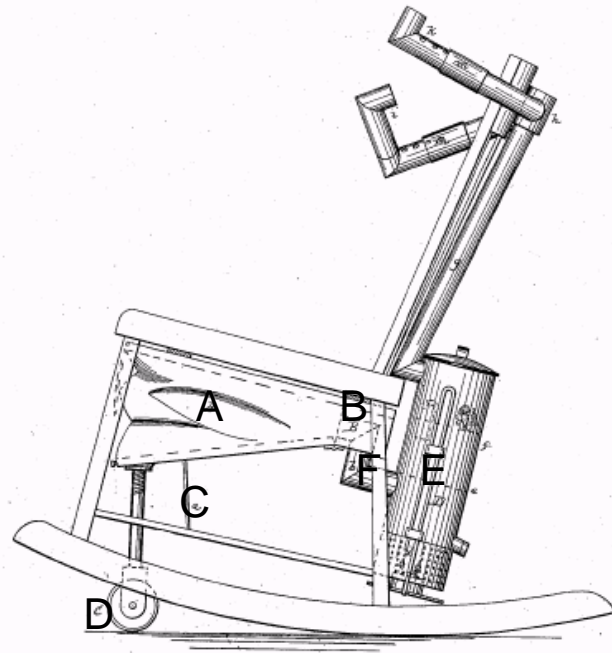
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Vapor Bath (John Smith 1861)



Witnesses.
Wm. H. Hall
Edw. Fisher

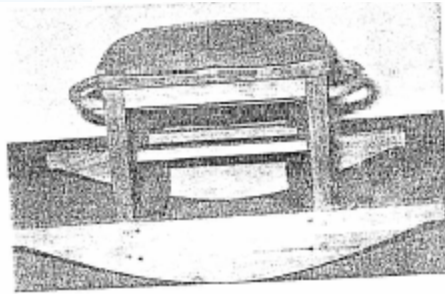
Inventor.
John W. Bennett
Edw. Allen
Almond Street

W. H. HALL, PHOTO-LITHOGRAPHER, PHOTODUPLICATION, & C.



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Modified Rocking Chair (Avery 1979)



- In Finland rocking chair is common furniture in the houses of elderly people and traditionally familiar from the maternity wards in hospitals. (Valvanne 1983)
- Rocking chair is a pain reliever, relaxing children and their parents, and maybe it has potential therapeutic effects on nurses themselves. (Bishop 1979, Roberts ym. 1983, Bishop 1991)



- Registered trademark by Huuhtanen M. (Patentti- ja rekisterihallitus no 235683, 14.02.2006)
- Book by Huuhtanen & Kautto Keinutuolijumppa Käsikirja ryhmänohjaajille ja kotijumppaajille. Gummerus. Jyväskylä, 2006.
- TV-programs and other media
- Video?



Keinutuolijumppa®

- 10 movements
- <http://www.toimisait.com/kauniala/userData/keinutuolijumppavideo.swf>



References

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4. Väänänen I. Rocking Chair and Health. *Nordisk Siddesymposium. Kopenhagen*. 70-71, 2006.
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9. Niemelä K., Väänänen I., Laitinen-Väänänen S. Huuhtanen M. Six week rocking chair intervention - A randomized controlled trial. *24nd International Seating Symposium, Syllabus, Vancouver*. 78-80, 2008.



The challenge of this innovation session is to develop different (rocking chair) innovations, products, and ideas to activate people.

