

# Healthy Back



Neck:  
24x20x9 cm



Therapy:  
54x25x9 cm

Sport:  
90x26x17 cm

✓ Pleasant massage by soft rollers

## 1 | Back Stretcher

Ideal training and therapy tool, where the spine is placed in the centre between the rotating rubber rollers. The back muscles are stretched and relaxed. Also recommended to counteract repetitive strain of the back when at work. Versatile use at home, at work or in rehabilitation. Made of solid beech.

**Neck version:** for relaxing the vertebrae in the neck. Can be combined with the 'Therapy' or 'Sport' versions. LxWxH: approx. 24x20x9 cm.

**Therapy version:** for stretching the legs / lower back or chest/neck. LxWxH: approx. 54x25x9 cm.

**Sport version:** for stretching the entire spine. LxWxH: approx. 90x26x17 cm.

71 255 7609 Neck Each  
71 219 5100 Therapy Each  
71 219 5113 Sport Each

✓ The back trainer for therapy and rehabilitation

## 2 | Sport-Thieme 'Edgar' Back Trainer

Registered design. The main reason for back pain is muscle tension. This versatile training tool helps you with more than 50 exercises for stretching and relaxing different muscle groups, which in turn keeps your body fit and healthy. Ideal for spine disc relief, for relaxation and fitness

✓ Soft mat overlay

training at home, but also for professional use in rehabilitation, therapy or fitness. LxWxH: 125x73x46 cm. Max. load 200 kg. Incl. high-quality mat with Polygrid cover (outer material: 100% polyester).

71 195 0801 Each



✓ You might also be interested in: the Sport-Thieme Movebox

The all-rounder for physiotherapy and fitness. Find out more on page 241 or online at:

[sport-thieme.com](http://sport-thieme.com)



## Massage & sensorimotor products

✓ Highly effective muscle training for the hands, forearms, feet and lower legs

## 4 | TheraBeans Set

The decorative acrylic box can be filled with 30 kg of TheraBeans. That's the optimal quantity for all arm and lower leg exercises. 50x40x40 cm.

71 199 3888 Each

## 3 | TheraBeans

The hygienic plastic beans offer balanced resistance. This makes TheraBeans perfect for use in therapy and rehabilitation for muscle weakness, relaxation, enhancing circulation, massage, increasing the metabolic rate and for sensory motor exercises. You will need at least 15 kg (= 3 packs = 25 litres) for training. Without acrylic box. Can be machine-washed at 30°C and disinfected. Amount delivered: 5 kg = approx. 8 litres.

71 199 3804 5 kg



## 5 | Sport-Thieme Anti-Fatigue Mat

A soft mat designed to take the strain off your back and joints. Ideal for those who spend long periods standing up. Little movements while standing get your blood flowing – meaning your muscles won't get tired as quickly. Made of PVC. (LxWxH): 91x61x1.9 cm. Approx. 2 kg.

71 282 5003 Each



## 6 | Gymba Standing Board

For active standing at height-adjustable desks. Helps to stretch your back, calves and feet. Takes the strain off your back and ensures upright posture. Stimulates your muscles, whilst improving your circulation and metabolism. 46.5x30.5 cm, composite (30–40% cellulose, 60% PP), underside: needle felt. 1.5 kg, grey. Can hold up to 300 kg.

71 270 7004 Each

Find out more about the various resistance levels online at: [sport-thieme.com](http://sport-thieme.com)

✓ 9 resistances available

- XS, light blue
- S, red
- M, green
- L, yellow
- XL, black
- Medic Plus S, purple
- Medic Plus M, blue
- Medic Plus L, silver
- Medic Plus XL, orange



## 7 | Posture Medic Posture Trainer

For stabilising posture. Can also be used for stretching exercises. Incl. exercise book (in German). Rubber tubes. Foam handles.



71 281 8304 XS, light blue  
71 281 8317 S, red  
71 281 8320 M, green  
71 281 8333 L, yellow  
71 281 8346 XL, black

Each  
Each  
Each  
Each  
Each  
71 281 8359 Medic Plus S, violet Each  
71 281 8362 Medic Plus M, blue Each  
71 281 8375 Medic Plus L, silver Each  
71 281 8388 Medic Plus XL, orange Each



## 8 | Blackroll 'Posture' Posture Trainer

For training your posture. Straight posture boosts oxygen intake. This trainer improves body awareness and is easy to put on. Can be worn under or over clothes. Black. Incl. hook-and-loop fasteners.

71 205 5901 Standard Each  
71 205 5914 XXL Each