



SPINEFITTER

BACK IN BALANCE

SPINEFITTER® BY SISSEL® JUNIOR

Great Effect for Small Patients

Encouraging Movement Through Play

Children and young people today are increasingly suffering from posture-related health challenges. Lack of exercise, too little sports activity and prolonged sitting are increasingly leading to problems such as poor posture, a lack of support strength and trunk strength and an abnormal curvature of the spine (hunched back).

Another problem is the poorly developed body awareness of many children. Awareness of their own posture is often neglected due to too little movement in everyday life. The muscles are not sufficiently trained and remain weak, which puts additional strain on the supporting structures.

A particularly modern phenomenon is the so-called 'smartphone neck', which is caused by constantly lowering the head when looking at a mobile phone. This leads to strain on the spine, which can be counteracted by stretching and strengthening the trunk.

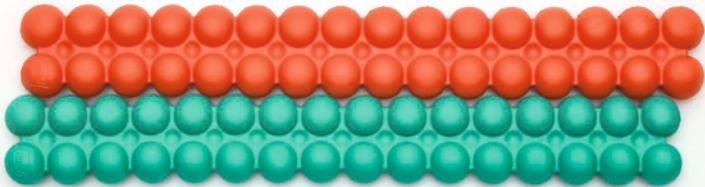




SPINEFITTER® Junior – Great Effect for Small Patients

The SPINEFITTER Junior offers you the opportunity to train core and support strength together with your young patients from the age of 4. It is a versatile training tool for playful promotion of body awareness and motor skills and supports the treatment of:

Colour Lava



Colour Ocean



- Lack of body awareness / body perception
- Reduced core strength / support strength
- Sensory integration disorders
- Disorders of movement planning (motor control)
- Instability of the ankle joint
- Poor alignment of the arch of the foot

The SPINEFITTER Junior is a high-performance medical device for the treatment of many motor development disorders and limitations. The child-friendly design and carefully selected, soft and tear-resistant material make the SPINEFITTER Junior a safe and robust training companion.



„Back in Balance“ with the SPINEFITTER® Junior

The SPINEFITTER Junior not only offers external similarities with the classic SPINEFITTER, but has benefits specially tailored to children. Instead of taking the classic approach of 'strengthening, loosening and mobilising', the focus here is on playful activation, stability and body awareness.

An ideal tool to get children interested in exercise at an early age and to get them 'back in balance' in a playful way!



What Should Therapists Know?

For use in therapy, the SPINEFITTER Junior offers a useful and helpful extension of the therapeutic spectrum.

- Promotes core strength and trunk stability
- Supports sensory perception (sensory integration)
- Versatile use in therapy and training

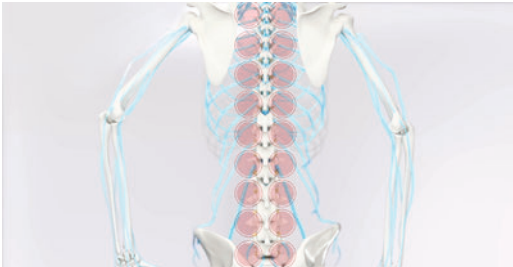
What Should Parents Know?

As a parent, the SPINEFITTER Junior offers you a playful and at the same time highly effective training that specifically addresses the individual physical challenges of your child.

- Supports healthy posture
- Promotes movement and balance in a playful way
- Easy to integrate into everyday life

Focussed on the Spinal Column

The paired ball structure enables the spinous processes to sink in, which, even in a simple supine position, achieves a positive effect on the muscular tissue adjacent to the spinal column. The arrangement of the balls and the soft, child-friendly material improve the perception and alignment of the spine.



- Intensive, deep-impact pressure over the entire musculature along the spine
- Spinous processes slide between the rows of balls



Made for Young Backs

The spine of children and young people has a different ratio of width to shoulder blade distance compared to adults. That's why the SPINEFITTER Junior is not simply a smaller version of the larger SPINEFITTER. It has been adapted precisely to the needs of your young patients.

- Closed-cell and extremely lightweight, cross-linked high-tech foam in accordance with EN 71-3 tested for harmful substances
- 16 instead of 14 pairs of balls to take account of rapid growth
- Increased grip to accommodate children's motor skills
- High resistance and bend protection



Back in Balance

Promote core
strength and trunk
stability

Train balance

Support sensory
perception

10-15

minutes
- every other day -

Head
Shoulder/Neck
Shoulder
Upper back
Lower back
Knee
Foot

Please do not train with the SPINEFITTER® Junior in case of:

- Acute injuries (open wounds, soft tissue injuries, unstable fractures in the area of the spine, pelvis, extremities, etc.)
- Acute radiating pain, discomfort, movement disorders (consult a specialist or physiotherapist)
- Acute inflammatory diseases, fever
- Acute movement disorders
- Neurological diseases
- Non-physiological, age-inappropriate hypermobility
- Pronounced scoliosis requiring a corset
- Rheumatic diseases
- Lack of compliance, e.g. due to fear or pain

Example Exercise: 'The Astronaut'

A first exercise with the SPINEFITTER Junior for a stable centre

Execution of exercise:

- Stretch your arms vertically upwards
- Raise your legs at a 90° angle, lower legs parallel to the floor
- Balance your torso on the SPINEFITTER Junior
- Hold for 10 seconds
- 4-6 repetitions







Get Moving: Further Exercise Examples



Scan the QR Code for more exercise examples. Expand your services as a trainer or physiotherapist with the SPINEFITTER Junior. The videos are also ideal for training at home.

SPINEFITTER® by SISSEL® Junior –
Great effect for small patients.



A Product World for the Whole Family



The **SPINEFITTER Junior** is a variation of the original **SPINEFITTER**, the effective and popular training tool with a worldwide fan base, specially developed for children and young people.

The **SPINEFITTER** offers adults a whole range of accessories to individualise their personal training, the **SPINEFITTER System**. The attachable **SPINEFITTER by SISSEL Trigger Tool** enables targeted, punctual pressure to be applied to trigger points, hardenings and tensions, while the **SPINEFITTER by SISSEL Extension Kit** offers a greater variety of exercises with four additional balls and allows for the training tool to be extended for people taller than 180 cm. Finally, the **SPINEFITTER by SISSEL Linum** provides natural warmth, which has a positive effect on your autonomic nervous system and your perception of pain.





SISSEL GmbH

Bruchstrasse 48 · 67098 Bad Dürkheim
Germany

Tel. +49 6322 989 43-0

E-Mail info@sissel.com

sissel.com | spinefitter.com

**Become Part of the
SPINEFITTER-Community!**



[spinefitter](#)



[SPINEFITTER by SISSEL](#)