

SPINEFITTER
BACK IN BALANCE

-  Loosen muscular tension
-  Mobilise joints
-  Strengthen deep muscles

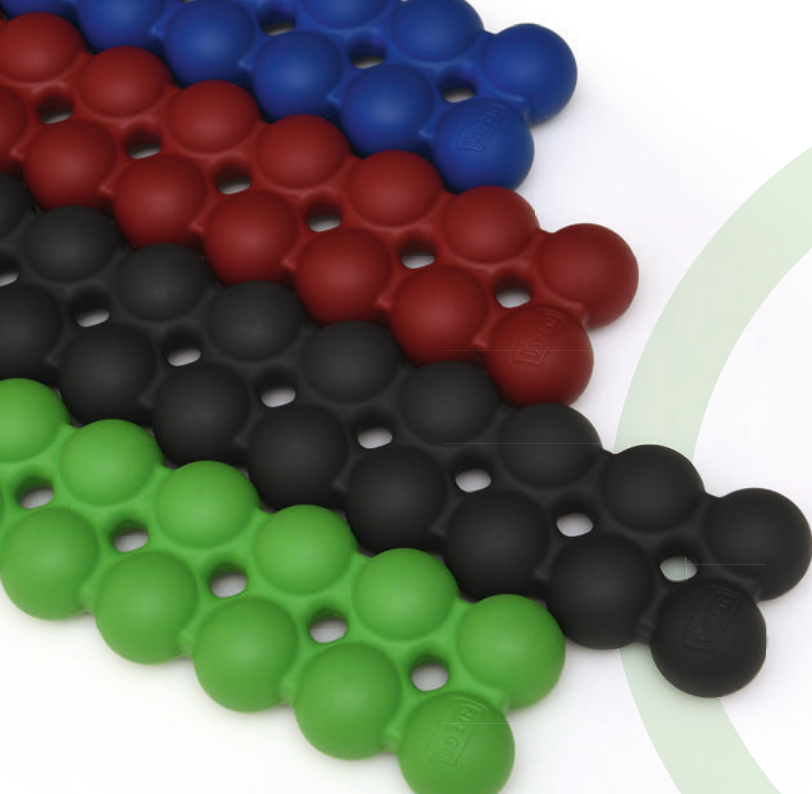
SPINEFITTER® by SISSEL®
BACK IN BALANCE



Passion for motion and exercise

The SPINEFITTER by SISSEL and its accessories were developed by an interdisciplinary team of physiotherapists, ambitious sports practitioners, and engineers. They all have one thing in common: a passion for motion and exercise.





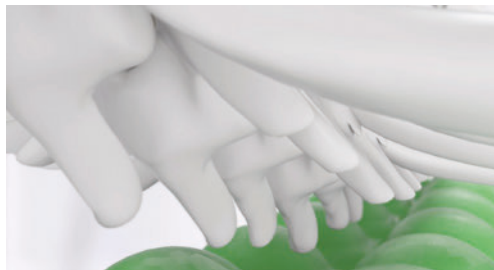
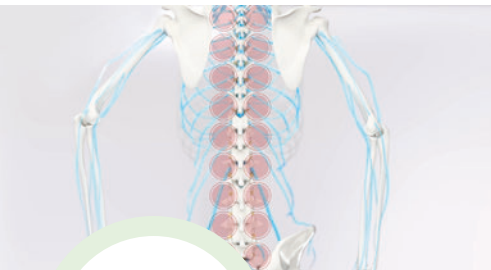
Easy application, versatile implementation

Individual training experience and insights from the daily work with patients have been incorporated in product development. These factors have resulted in a multi-functional and easy-to-use training device.



Intuitive exercises enable a mobilisation of joints, a punctual release of muscular tension, and a strengthening of deep muscles when using the SPINEFITTER as an unstable support surface.





Focussed on the spinal column

- Intense, deep-impact pressure across the entire muscular and fascial tissue along the spine
- Spinous processes slide between the rows of balls

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 small vertebral joints can be opened and, thus, one's mobility can be improved.



Read more about the
Study of Effects in
PT April 2022 or online on
spinefitter.com

Effectively helps relieve pain in the back, neck, and shoulder areas

An international study was carried out, investigating to which extent a specially designed SPINEFITTER training programme increases the mobility of the thoracic spine, the cervical spine, and of the shoulder joints. Additionally, it was determined to which extent it reduces tension and pain in the shoulder-neck area. The results of the study showed significant improvements in the researched areas.





Free exercise routines

Additional exercise routines, guided by physiotherapists, are provided by SISSEL free of charge. These put special emphasis on the areas of back, shoulder and neck, lower back, knee, SI joint etc., which are particularly strained through a challenging everyday life.

BACK IN BALANCE



loosen
muscular tension,
mobilise joints,
strengthen deep
muscles

10-15
minutes
- every other day -

head
neck
shoulders
upper back
lower back
SI Joint
knee
foot

- Enables independent and targeted loosening of pain points, hardenings, and tensions
- Optimal degree of hardness*
- Individual placement



*The shape and hardness of the Trigger Tool have been selected in such a way that the trigger points are targeted effectively yet as gently as possible.



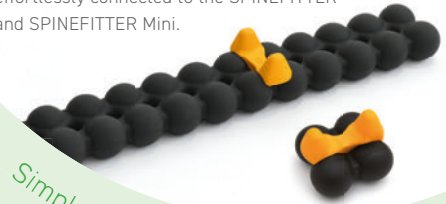
Explanatory
video with
exercises



SPINEFITTER® by SISSEL® Trigger Tool

For the targeted relaxation of trigger points – the Trigger Tool is an attachable module for expanding the SPINEFITTER by SISSEL System. It allows targeted, punctual pressure to be applied to trigger points, hardenings, and tensions. Consequently, the module offers a simple way to autonomously release trigger points and hardenings along the spine most precisely and, thus, contribute to pain relief.

Thanks to the simple click system, the SPINEFITTER by SISSEL Trigger Tool can be effortlessly connected to the SPINEFITTER and SPINEFITTER Mini.



Simple click system!



- Natural linseed filling
- Heat application
- Before or after training



SPINEFITTER® by SISSEL® Linum & Linum Pro

The SPINEFITTER cover with natural linseed filling can be used for heat applications on the SPINEFITTER. The Linum/Linum Pro is perfect for relaxation, loosening up the muscles before or after training, or to relieve pressure on the paravertebral muscles.

SPINEFITTER by SISSEL Linum

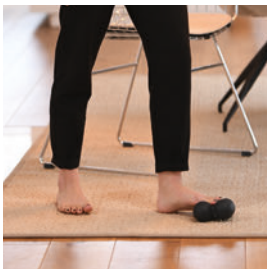
Ideal for use at home with a soft cover made out of 100% cotton.

SPINEFITTER by SISSEL Linum Pro

Specially developed for use in physiotherapy practices, Pilates and fitness studios – thanks to the wipeable and disinfectable surface.



The hook-and-loop fasteners enable the simple insertion of the SPINEFITTER by SISSEL and the optional Multi Extension Kit.



SPINEFITTER® by SISSEL® Mini

The mini version of the SPINEFITTER by SISSEL is perfect for travelling, in the office, or on the go. Compared to the SPINEFITTER, the Mini is primarily suitable for segmental spinal mobilisation and for fascia release of individual areas.

Includes a SPINEFITTER
Carry Strap for comfortable
transport.





SPINEFITTER® by SISSEL® Multi Extension Kit

The SPINEFITTER by SISSEL Multi Extension Kit makes it possible to extend the SPINEFITTER by SISSEL – perfect for people taller than 180 cm. The simple click system ensures a correct alignment of the Extension Kit.





On the go ...

- SPINEFITTER by SISSEL Carry Strap:
A Carry Strap is included with every SPINEFITTER by SISSEL and SPINEFITTER by SISSEL Mini
- SPINEFITTER by SISSEL Backpack:
The Backpack for transporting a SPINEFITTER incl. a mounted SPINEFITTER Linum/Linum Pro
- SPINEFITTER by SISSEL Coach Bag:
Room for up to 10 SPINEFITTER by SISSEL

The SPINEFITTER by SISSEL Towel reduces the pressure of the SPINEFITTER on the musculature along the spinal column, thus enabling a gentler workout.



SPINEFITTER® by SISSEL® Accessories

SPINEFITTER by SISSEL Towel

- 100% cotton
- Practical training companion in the fitness studio – thanks to an integrated flap, the Towel is easy to attach to the training bench
- Can be combined with the SPINEFITTER by SISSEL in multiple ways (e.g. as a head rest or as a pressure-minimising support)

Folded into a packet the Towel can be used as a comfortable headrest on the SPINEFITTER.



SPINEFITTER by SISSEL Drinking Bottle

- Stainless steel drinking bottle, 500 ml, vacuum insulation
- Dishwasher safe



Questions? We have the answers ...

How often should I exercise with the SPINEFITTER by SISSEL?

It has been proven that selected exercises should be performed every other day for 10 to 15 minutes. At the beginning 3 to 6 repetitions per exercise are optimal and sufficient, later an increase to 8 to 10 repetitions is possible. In addition, you can do a 10-minute stretching session on the SPINEFITTER every day, combining just lying on the multitool with light stretching exercises. On our homepage you will find 12 free exercise videos for your training with the SPINEFITTER.

Do the different colours of the SPINEFITTER have a meaning (e.g. a different degree of hardness)?

All SPINEFITTER by SISSEL colour variants have the same degree of hardness. The different colours are purely visual so that you have a choice and can select the perfect colour for you. Whether anthracite, green, blue, or purple red, the SPINEFITTER is the right choice for your training.

Does the SPINEFITTER fit every back?

To give you optimal support, the SPINEFITTER needs to support both the sacrum and the head. This is almost always possible for a body height of up to 180 cm. For taller users there is also the SPINEFITTER by SISSEL Multi Extension Kit. With the Multi Extension Kit, the SPINEFITTER by SISSEL can be extended by 2 pairs of balls. This enables people up to a height of 200 cm to lie optimally on the multitool and and to perform the exercises.

Is the SPINEFITTER by SISSEL a medical device?

Yes. The SPINEFITTER by SISSEL as well as the Linum, Linum Pro, Mini, Multi Extension Kit, and Trigger Tool are medical devices and fulfil the regulatory requirements of Regulation (EU) 2017/745.

More answers to your
questions can be found at
spinefitter.com



SPINEFITTER Community

The SPINEFITTER is used internationally by fitness enthusiasts as well as trainers, physiotherapists, and doctors in everyday life. For more testimonials see spinefitter.com

'A new body sensation emerges after using it'

– Sandra Käfer, First Pilates, Mattersburg, Austria

'I'm not exaggerating, but this was the best thing I have ever used to relieve my pain'

– Melissa Kruyne, Ottawa, Canada

'The SPINEFITTER - can do a lot more than you think'

– Andreas Lücke, Lücke.Osteopathie, Frankfurt am Main

'Pilates training on the SPINEFITTER is a highlight!'

– Dagmar Mathis-Wiebe, Keep in Motion Pilates, Munich



Become part
of the
SPINEFITTER
community



SPINEFITTER® by SISSEL® System

Whether at home or in professionally guided 1-on-1 or group training: mobility enthusiasts from the fields of Pilates, Yoga, as well as other sports with high demands on mobility, will find in the SPINEFITTER by SISSEL the ideal partner to complement their training routines with further exercise variations.

For a
healthy back
and more
quality of life





SPINEFITTER

BACK IN BALANCE



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