12

Medical gymnastics

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Wall Bars *for home or gym use*



"Intervertebral discs are very important when considering low-back pain. They are stressed everyday and this creates a slight reduction of their thickness. By the end of the day a person can be 1 or 2 cm shorter. Generally, a good night sleep is enough to permit the discs to rehydrate and get back to their original thickness. This change of load and unload is good for the health of intervertebral discs. However, during work or while practicing sports, some wrong postures are often adopted, or even movements which are highly stressful for the intervertebral discs are done. In such cases, it is important to do some exercises to decompress the discs, e.g. self-streching."

Prof. Benedetto Toso

BACK SCHOOL PROGRAMMA TOSO

This chapter has been integrated with some excerpts from Volume I "Back School, Bone School, Neck School – Programs, Organizing, Performing and Controlling" by Prof. Benedetto Toso. Chinesport works together with Prof. Benedetto Toso for spreading an educative and preventive and therapeutic message along with the use of various devices.

Excerpt from chapeter9. "Exercises for decompress the discs and tractions" – Volume I "Back School, Bone School, Neck School – Programs, Organizing, Performing and Controlling" by Prof. Benedetto Toso. – Edi Ermes Publishing House



CHINESPORT Cultura Libreria & Videoteca



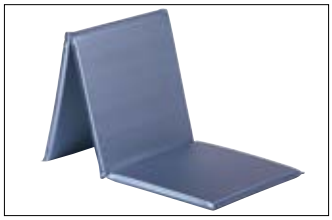
04560 VIDEO EXERCISES WITH THE WALL BAR

A manual for prevention by doing wall bar exercises has been made in collaboration with specialists from The Back School. These exercises are listed in the Warming Up, Posture, Exercises and Cool-down chapters. A DVD video is furnished with the manual with clear explanation and performance of each exercise. At the moment the documentation is only in Italian language.

ACCESSORIES



01301 MAT 3
Folding mat covered with special washable high-strength, antibacterial and fungicidal Btek® Hard fabric.
Dimensions 150 x 60 x 1 h cm



01302 MAT 6
Folding mat covered with special washable high-strength, antibacterial and fungicidal Btek® Hard fabric.
Dimensions 155 x 60 x 3.5 h cm



04820 SMALL BENCH
Dimensions: 60 x 30 x 42 h cm



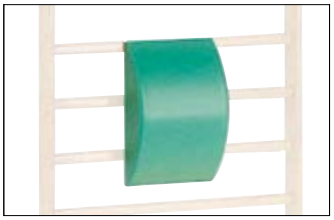
04850 PIVETTA BENCH
Dimensions: 128 x 28/23 x 42 h cm



04840 GINNY BENCH
Coated steel construction, padded board and synthetic leather lining. Adjustable backrest.
Dimensions: 120 x 30 x h 42 cm.



04720 ABDOMINAL BOARD
Steel frame with padded surface covered with washable synthetic leather. Can be attached to the wall bars or to the orthopedic ladder. Neck pad and adjustable foot rollers.
Dimensions: 196 x 32 x 32 h cm



04710 BACKREST
For wall bars. Padded and covered with washable synthetic leather. Provided with hooks. It is useful for mobilizing kyphosis and for those who suffer from hyperkyphosis and Scheuermann's disease.
Dimensions: 31 x 16 x 48 h cm



AC0298 HANDLE 2
30 mm diameter handle with non-slip rubber grip, with 35 mm diameter chromed attachment ring. It can only be used with accessory AC0094 – SNAP HOOK. (single item)
Dimensions: 22 x 16 x ø 3 cm. Weight: 100 g.



AC0299 HAND-WRIST-ANKLE STRAP
Strap indicated for use during suspension exercises or as ankle support. Completed by a 35 mm diameter chromed attachment ring. (single item). Dimensions: 33 x 5 x 1.5 cm
Weight: 50 g



AC0059 ANKLE SUPPORT 1
Padded strap with a black synthetic leather lining with a chromed ring. Comfortable and easy to disinfect (single item).
Dimensions: 26 x 9 x 1.5 cm (closed)



AC0060 WRIST SUPPORT
Padded strap with a black synthetic leather lining with a chromed ring; it is fastened with high resistant Velcro adjustable strap. Comfortable and easy to disinfect. (single item)
Dimensions: 23 x 7 x 1.5 cm (closed)

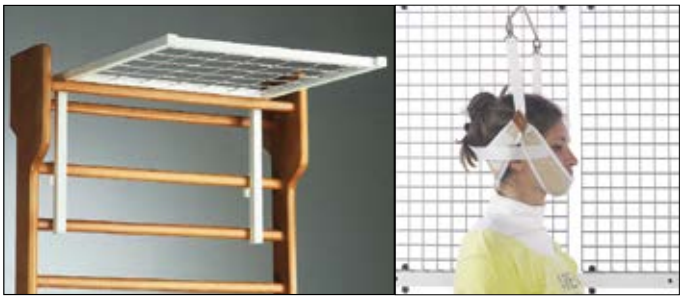


AC0094 SNAP HOOK
Basic multi-purpose element, used to safely link the grid / structure and the various pieces of equipment (accidental detachment is impossible). Dimensions: 7 x 3.5 x 0,7 ø cm; Weight: 25 g.



AC0302 EXERCISE BAR
Coated tubular metal bar with 3 rings for attachment to a rope and other tools through a snap hook (ref. code AC0094), depending on the exercise set up by the therapist. The attachment rings can also be moved along the bar in three other positions. Recommended for lumbar self-traction exercises. (single item);
Dimensions: 111 x 11.5 x 4 cm; Weight: 2 kg

FOR EXTENDED USE OF OUR WALL BARS





07910 SUSPENSION FRAME
This frame is in stainless steel and can be fitted to wall bars - models code 04510 or 04540. It has a grid with hooks for pulley therapy exercises and cervical tractions. In case of interest please see the other work tools that are illustrated at chapter 4 - Pulley Therapy or feel free to ask for the specific brochure. All documentation can also be downloaded from www.chinesport.com

Wall Bars *for home or gym use*

04540 SINGLE WALL BARS

It is a classical device and it is very helpful for mobilizing exercises and muscle stretching, for disc decompresion and tractions, as well as for strengthening and stabilizing the rachis. This model is suit for being used professionally at a gym or rehabilitation facility. It is made of beech wood painted natural color and it has only one bay with 14 oval rungs, 3,5 cms wide, separated 14 cms one from the other. Furthermore, the two uppermost rungs are placed in an overhanging position to allow sospension exercises or cervical passive traction exercises.
This wall bars piece includes a manual with 37 exercises and a DVD showing 37 exercises done by The Back School professionists for a clear comprehension and correct performance of each exercise. Ancoring clamps are included.
Dimensions: 90 x 250 h cm





Example of stretching of the back-muscle chain aided by the tilted board.

ACCESSORIES
01301 MAT 3
01302 MAT 6
04820 SMALL BENCH
04850 PIVETTA BENCH
04840 GINNY BENCH
04720 ABDOMINAL BOARD
04710 BACKREST
07910 SUSPENSION FRAME

04510 DOUBLE WALL BARS

This model has the same characteristics and use as the single wall bars, but it has a double campata with 14 oval pioli, 3,5 cms wide, separated 14 cms one from the other. This wall bars piece includes a manual with 37 exercises and a DVD showing 37 exercises done by The Back School professionists for a clear comprehension and correct performance of each exercise. Ancoring clamps are included.
Dimensions: 180 x 250 h cm





Exercise for mobilizing the shoulders, treating kyphosis, and for stretching chest muscles.

ACCESSORIES
01301 MAT 3
01302 MAT 6
04820 SMALL BENCH
04850 PIVETTA BENCH
04840 GINNY BENCH
04720 ABDOMINAL BOARD
04710 BACKREST
07910 SUSPENSION FRAME

Wall Bars *for home or gym use*

Made in Italy

04550 HOME WALL BARS

Wooden wall bars especially designed for home use. It can be used to do the mobilizing and muscle stretching exercises as well as for doing some gym exercises preventive and therapeutic against backache in general. The wood frame is made of 12 oval rungs of 3,3 cm wide and separated 14 cms one from the other (1). It is also a stylish interior design piece of furniture. It includes a folding mat of cm 60 x 150 x h 3,5 size (3) and a backrest board of cm 17 x 90 size (2). Furthermore, the wall-bars piece comes with a manual DVD showing 37 exercises done by The Back School profesionists for a clear comprehension and correct performance of each exercise.
Ancoring clamps are included. Dimensions: 85 x 230 h x 10 cm





Stretching of the hamstrings and the back-muscle chain.

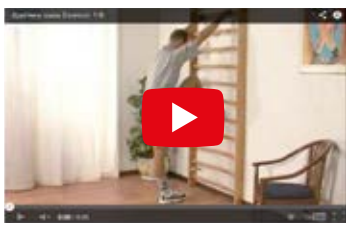
ACCESSORIES

01301 MAT 3
01302 MAT 6
04820 SMALL BENCH
04850 PIVETTA BENCH
04840 GINNY BENCH
04720 ABDOMINAL BOARD
04710 BACKREST

04300 CURVED LADDER

The convex ladder allows for mobilizing the for mobilizing kyphosis and the shoulders. It is highly advisable to be very careful to carry out exercises with this device with adults who are not used to doing physical exercise.
This type of suspension implies, in fact, a traction of the bone structure, as well as the muscles and tendons in the upper limbs. Therefore, this device can be used for stretching, corrective exercises and articulation free movement.
This ladder is also called “orthopedic” and it is made of wood with a central axis, and a metal frame for adjusting the tilt. There are four outstanding oval rungs for a better hand grip while doing the mobilizing exercises and stretching.
Dimensions: 50 x 350 h cm





All kinds of exercises, from warming up to cooling-down must be done without rush; breathing naturally in the right way according to the guiding lines given in the manual for each case.

Wall Bars *for home or gym use*





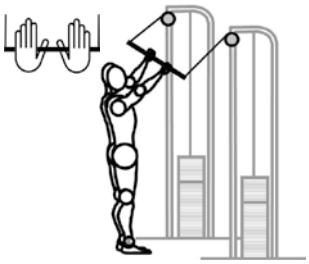




07415 POLIERCOLINA

Equipment designed to perform counter-resistance strengthening exercises for upper and lower limbs. Exercises can be performed in all directions, either standing or seated, and with limited variable loads applied by means of weights. In particular, the user can be requested to exercise both upper limbs while performing specific exercises. It also gives you the option of adjusting and locking the pulleys in any intermediate position along the whole frame length up to 220 cm. An exercise manual is included, with suggested uses in various modes: in an upright position or seated, or with various accessories. Adjustment is very easy and doesn't require any tools, as there is simply a sliding action along chromed bars. A wall bar is also supplied, offering further exercise options. The frame is made from coated steel and intended for use as a wall-mounted application. It is supplied with a set of 20 weights of 1 kg each and 2 weights of 0,5 kg. Fasteners are included.
Dimensions: 122 x 33 x 220 h cm; Weight: 74 kg

CE



with accessory code AC0302 in the shown example.



02110.CD
EXERCISES MANUAL
An exercises manual in a CD support with suggested uses in various modes: in an upright position or seated, or with various accessories.

ACCESSORIES

For upper limbs exercises
AC0094 SNAP HOOK
AC0298 HANDLE 2
AC0299 HAND-WRIST-ANKLE STRAP
AC0060 WRIST SUPPORT
AC0302 EXERCISE BAR

For lower limbs exercises
AC0094 SNAP HOOK
AC0059 ANKLE SUPPORT 1

For exercises in a seated position
04820 BENCH
04840 GINNY BENCH
04850 PIVETTA BENCH
04720 ABDOMINAL BENCH

Posture Control Mirrors

Made in Italy

The modular structure of our mirrors allow both wall mount and trolley installations. In the second case a modular trolley has to be added to in case of order. The mirrors are conceived to be fixed at the wall in vertical position as standard. Horizontal applications can also be possible upon request and after adapting them in production. The hardware is included in the standard supply.

This product can be used in rehabilitation departments, sports centers, gyms and schools.

PLAIN MIRRORS	DIMENSIONS
03891 PLAIN MIRROR S	80 x 120 h cm
03901 PLAIN MIRROR M	100 x 170 h cm
03911 PLAIN MIRROR L	100 x 200 h cm

GRID MIRRORS	DIMENSIONS
03921 GRID MIRROR S	80 x 120 h cm
03931 GRID MIRROR M	100 x 170 h cm
03941 GRID MIRROR L	100 x 200 h cm





Rectangular grids of 10 x 5 cm

03960 MODULAR TROLLEY

The accessory consists of two separate painted steel supports with hardware to be applied to the posture mirror.
This trolley can be used with all the illustrated mirrors.



MODULAR TROLLEY

The Chinesport posture mirrors can be used with the modular trolley, accessory code 03960 - MODULAR TROLLEY for a patient posture control during a therapeutic rehabilitation session of assisted ambulation with parallel bars.



OUR POSTURE MIRRORS

The mirrors are glued to an adhesive film for accident prevention with a sheet of compact polystyrene and a back cover in MDF. Therefore, the safe use is always guaranteed by this specific production technique. Safety tests were made under international standard BS EN 14072:2003 “Glass in furniture. Test methods”.



Posture Control Mirrors

PELVIS CONTROL, FORWARD-BACKWARD MOVEMENT WHILE STANDING

During the phase of breathing in the diaphragm and abdomen movements lead the pelvis forward increasing lombar lordosis: similar to a bow which is being pulled and is ready to release its elastic intrinsic energy. The grounding exercise can be repeated for a few times until the lower limbs are tired. Then, once a stable base is adopted, the lower limbs are extended in order to adopt the right position, common while standing up: which is the middle position which allows for a physiologic lombar lordosis. Obviously, this exercise is advisable to be done by the mirror.





We often notice that standing on an upright position favours the anterior pelvic tilt, especially when the lower limbs are stretched. This is what normally happens when we keep standing for a long period without moving. If we know how to perform the posterior pelvic tilt it may allow us to adopt a defensive position everytime we have to be kept standing, avoiding the position of a low-back hyperkyphosis. Changing from anterior to posterior tilt of the pelvis not only does allow us to obtain a balanced position of correct lordosis but also prevents pain caused by stillness by alternating the loading and unloading of the discs and the back articular facets.

Mirror control is completed by a front view to check if:

- hips ar equally high;
- the spaces between the trunk and the arms are simetric;
- shoulders, eyes, and ears are all simetrically high;



06135 TWIN MIRROR

Suitable for posture exercises. It consists of two large mirrors which can be oriented. When they are set at a 45° angle, a 3D view is obtained, i.e, the patient can look at himself both front and sideways at the same time. It has a steel frame, painted and a hinge. It can be fixed onto the wall and has casters for the panes that can be closed as a book. Fixing elements are included.
Dimensions 100 x 2 x 200 h cm

03650 LOGOMIRROR

Desk mirror for speech therapy. Mirror and expanded agglomerate form a single block, for maximum grip, with a minimum weight, thanks to the frame and the special angle elements. In fact, the mirror will stick to the agglomerate even if broken. Dimensions 63 x 50 h cm

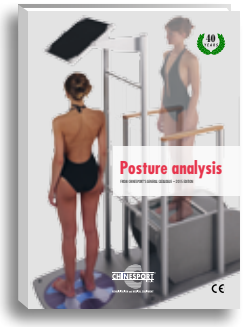


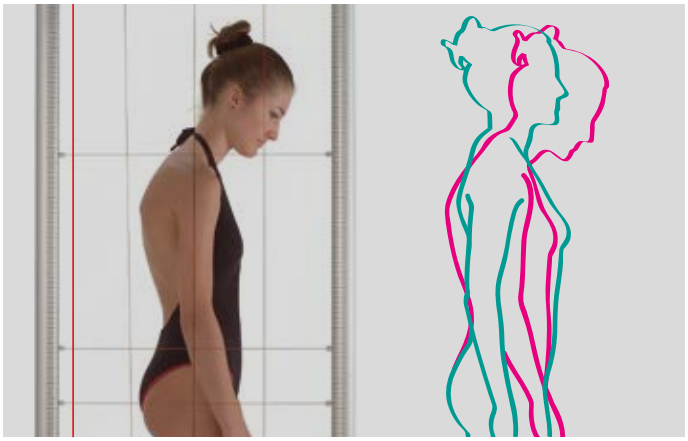
Posture analysis systems

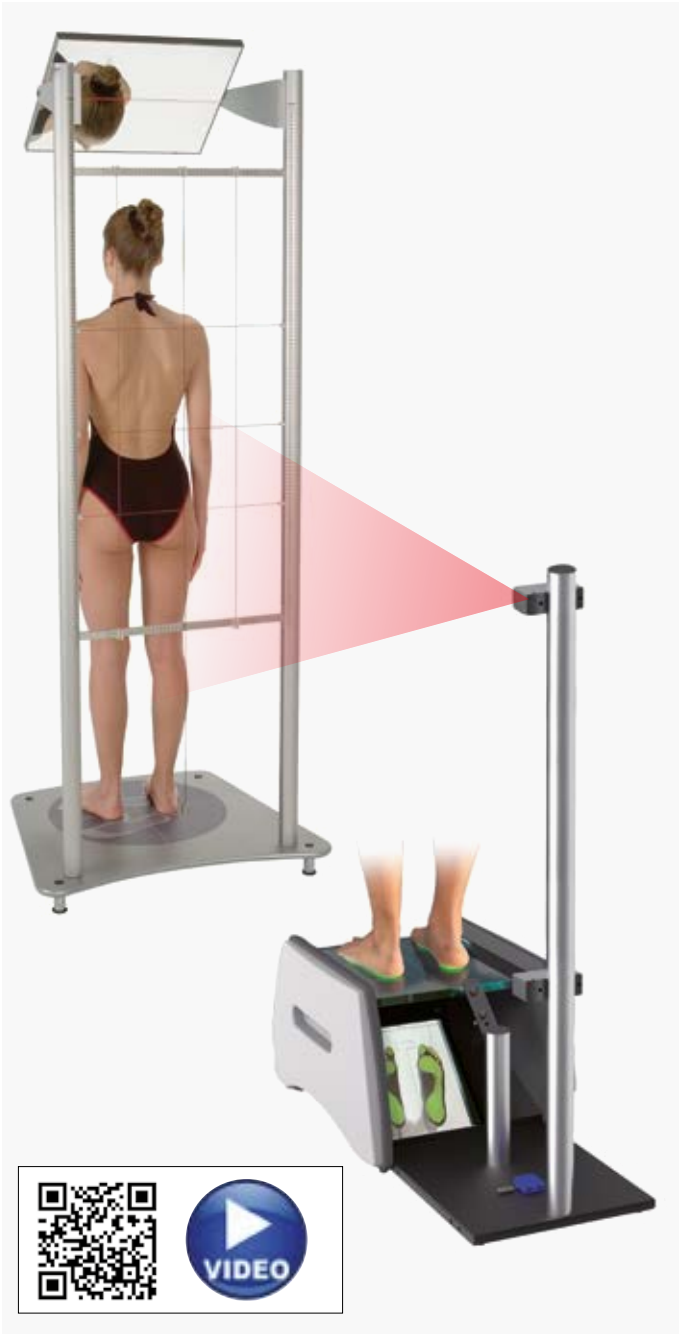
Made in Italy

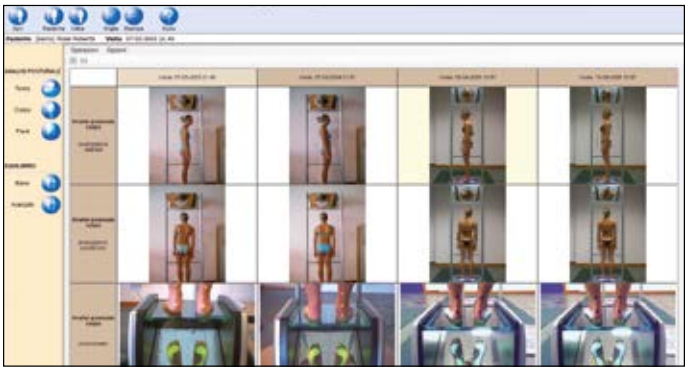
Chinesport has developed a great variety of hardware and software solutions for analyzing postural behaviors. It is possible to get pictures of the patient to be studied at different times so as to be compared and check the progress of the therapy or preventive procedures. The carer can also go on with the linear or angle measurements based on the picture obtained, which can be recorded and kept along with the other information gathered in the electronic patient's file.

You can check chapter 14 “Postural Analysis" from the General Catalogue, or a specific leaflet to be fully informed about posture analysis systems, as well as about other devices which can be used while making a diagnose. This documents can be downloaded from our official website www.chinesport.com . There is also a website devoted to this topic: www.globalposturalsystem.com







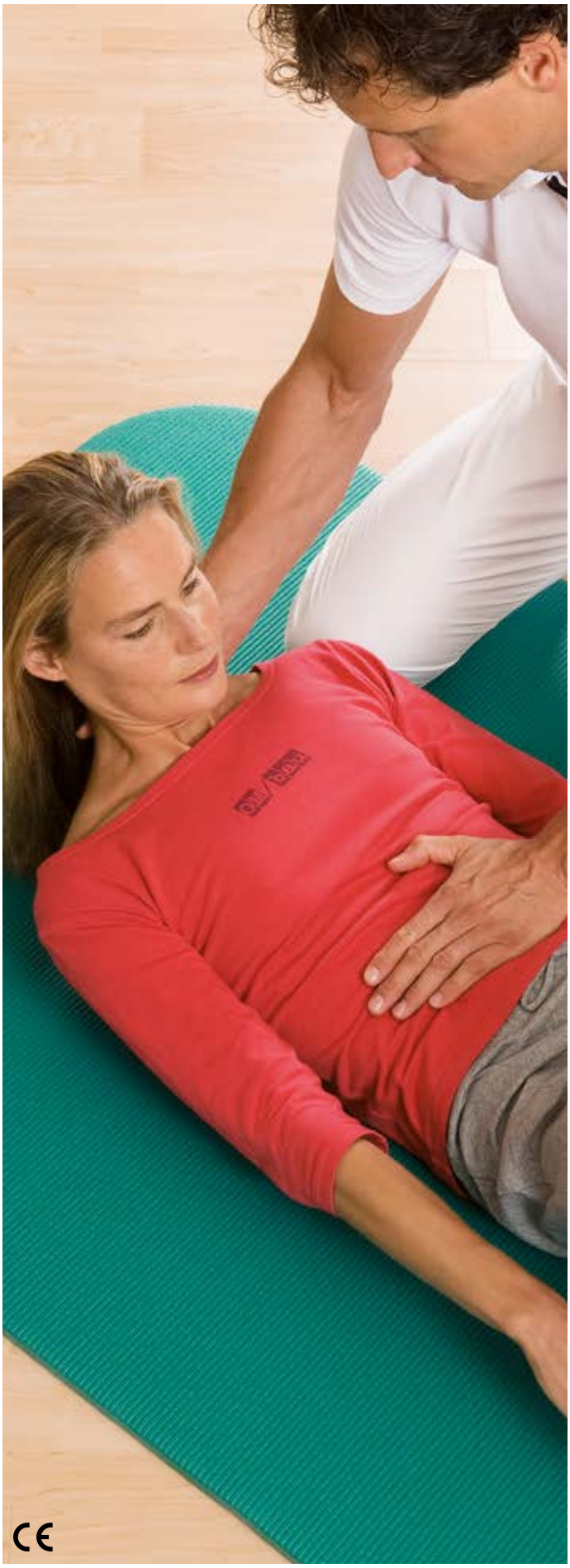


Easy search and fast retrieval of photos from a patient’s database is another remarkable feature. This function is called “Grid” because all the photos recorded are arranged in a grid by date and position used for the analysis. Two photos can be selected for comparison by just clicking on them.



Measurements can be taken after specific calibration; there are many types of measurements (linear, angular, angular between two segments, etc.). Virtual plumb-lines can also be drawn on the photo for further reference during postural analysis and to detect forms of dysmetria.

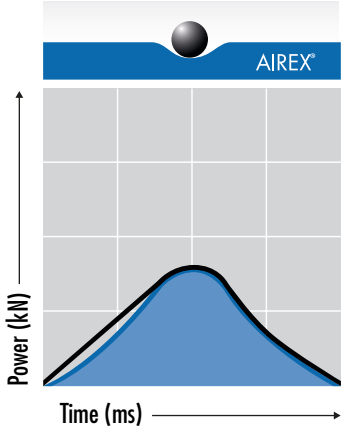
Mats *for different purposes*



A safe and comfortable posture is the key to success in a program of therapeutic activities.

The choice of AIREX professional products is based on the assessment of the characteristics that ensure they are:

- **warm and comfortable to touch;**
- **easy-to-clean: they can even be soaked in water;**
- **compact, non-slip, thin;**
- **durable and resilient: they can bear any kind of stress;**
- **shock-absorbing – in spite of their reduced thickness to provide great stability in balance exercises;**
- **extremely lightweight and flexible, easy to roll up and store away;**
- **impermeable: closed-cell structure;**
- **CE mark compliant (93/42/EC)**

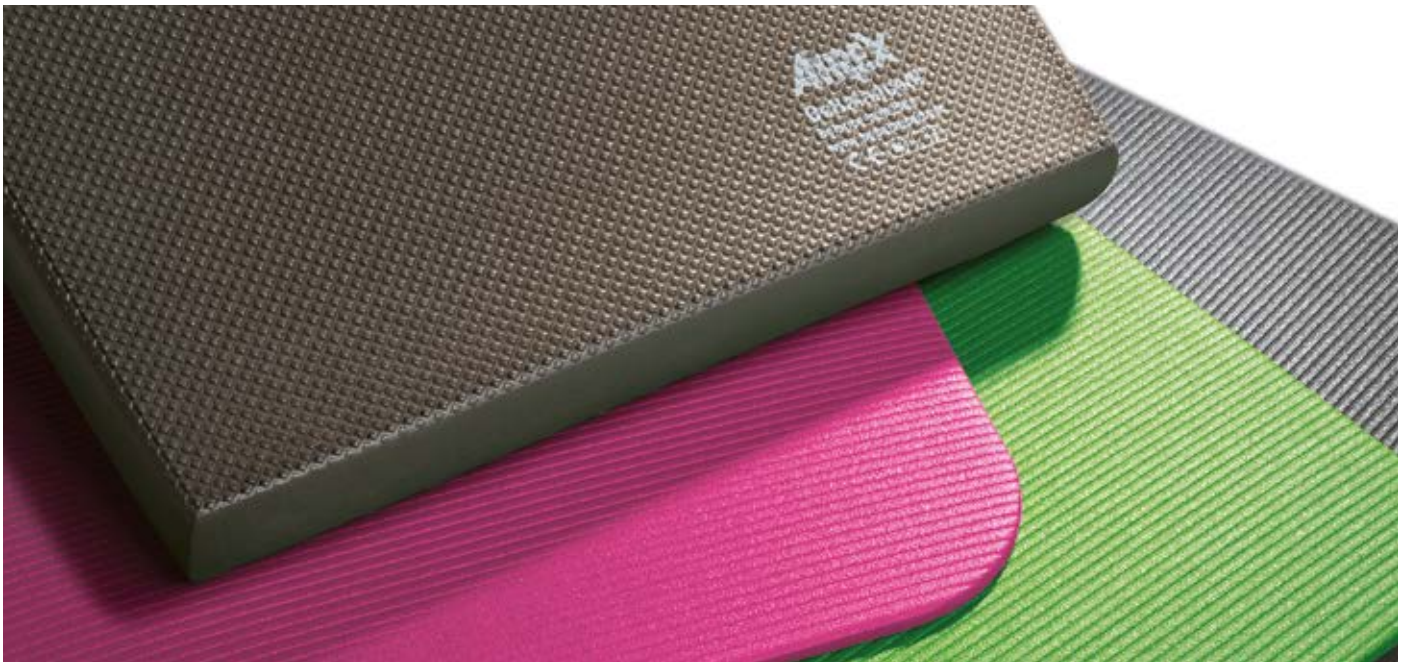


THE AIREX® QUALITY

It is neither too hard nor too soft. The AIREX® Foam material is perfect for all purposes. Shock is always absorbed even and delicately.

Mats *for different purposes*

Made in Italy



Permanent hygiene is guaranteed through the Sanitized process (inhibition of bacterial and fungal growth) on all AIREX products.

ACCESSORIES



11010S CORONELLA 185 WITH EYELETS

Mat code 11010 Coronella is available in a version equipped with plastic eyelets to hang on the pronged system code XWHS03 or store on the mat rack code XMRA01 at the end of the exercise session.

11015S CORONELLA 200 WITH EYELETS

For the choice of the colour please see following page.



XWHS03 MAT RACK 40

Wall bracket, consisting of a pronged system made of steel; can only be used to hold item code 11010S Coronella with eyelets. Width: 45 cm



XWHS01 MAT RACK 65

Wall bracket, made of steel, can be used to hold item codes 11010 Coronella, 11060 Fitline and 01442 Yoga pilates 190. Width: 65 cm

XWHS02 MAT RACK 105

Wall bracket, made of steel, can be used to hold item code 11000 Corona. Width: 105 cm



XMRA01 MAT RACK 1

Mat storage trolley, made of steel. To store item codes 11010S Coronella with eyelets, 10980 Balance Pad and 10985 Balance Pad Elite in an orderly and functional manner. Basic Dimensions: 70 x 79 x 220 h cm

Mats *for different purposes*





11010.? CORONELLA 185
185 x 60 x 1.5 h cm - Weight: 2.2 kg

11011.? SET CORONELLA 185
pack of 10 pieces.

? 1 2 3

11015.? CORONELLA 200
200x 60 x 1,5 h cm - Weight: kg 2,4

11016.? SET CORONELLA 200
pack of 10 pieces.

? 4 5 6

Main use: physiotherapy, hydrotherapy, Sports at school, balance and coordination exercises.



11000.? CORONA 185
185 x 100 x 1,5 h cm - Weight: kg 3,8

11001.? SET CORONA 185
pack of 10 pieces.

? 1 2 3

11005.? CORONA 200
cm 200x 100 x 1,5 h cm - Weight: kg 4,1

11006.? SET CORONA 200
pack of 10 pieces.

? 4 5 6

Main use: physiotherapy, hydrotherapy, Sports at school, balance and coordination exercises.

Note: mats decribed in this page can have a slight variation of length as they cool down after being made.



11020.? ATLAS
cm 200 x 125 x 1,5 h - Weight: kg 5,5

11021.? SET ATLAS
pack of 10 pieces.

? 1 2

Main use: physiotherapy, hydrotherapy, Sports at school, balance and coordination exercises.

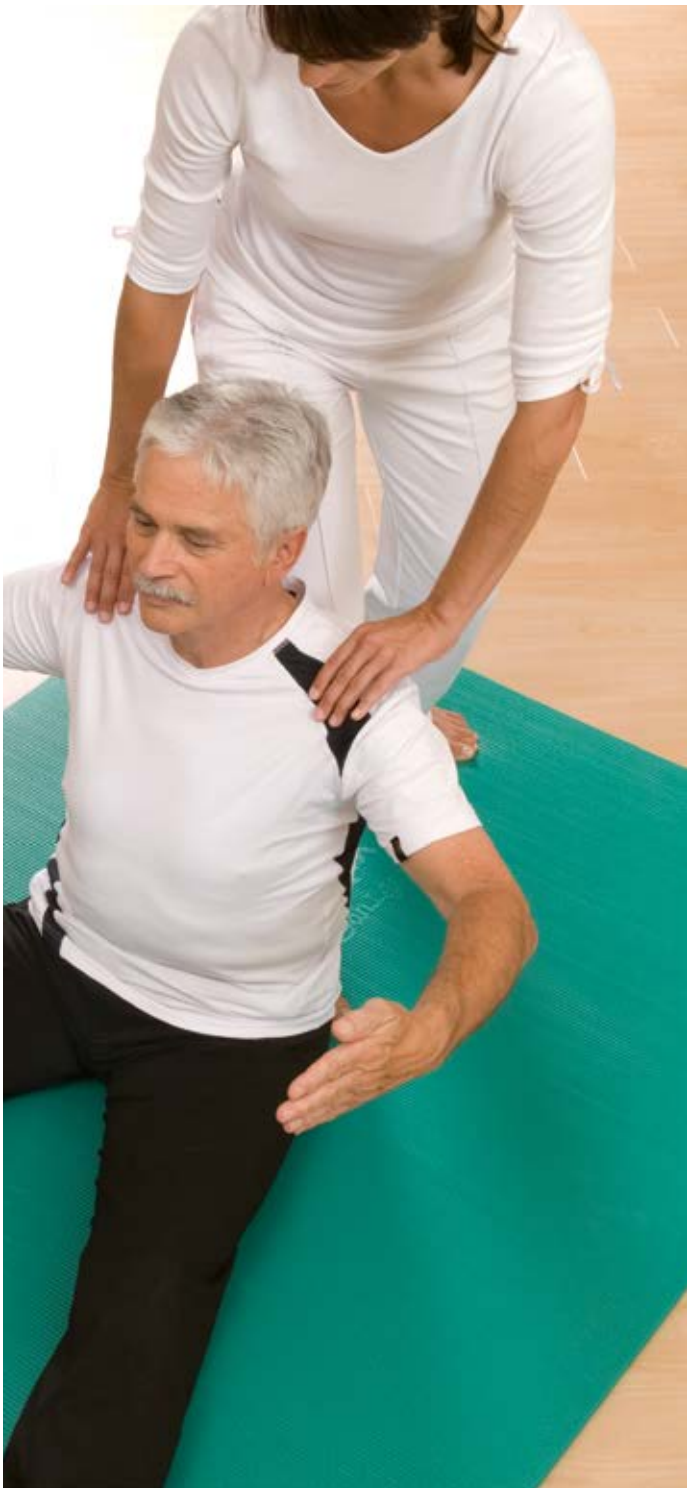


11030.? HERCULES
200 x 100 x 2,5 h cm - Weight: kg 6,6

11031.? SET HERCULES
pack of 6 pieces.

? 2 3

Main use: physiotherapy, hydrotherapy, Sports at school, balance and coordination exercises.





As all AIREX®products can float, they are ideal for water-based rehabilitation and physiotherapy treatment as well as aqua fitness training.

Mats *for different purposes*





11065.? FITLINE 140
140 x 58 x 1 h cm - Weight: kg 1,2

11066.? SET FITLINE 140
pack of 20 pieces.

11060.? FITLINE 180
180 x 58 x 1 h cm - Weight: kg 1,5

11061.? SET FITLINE 180
pack of 15 pieces.

? 4 7 8 9

Use: Fitness, Pilates, Yoga, Sports at school, balance and coordination exercises.



01442.? YOGA PILATES 190
190 x 60 x 0,8 h cm - Weight: kg 1,4

02070.? SET YOGA PILATES 190
pack of 15 pieces.

? 0 4

Use: Fitness, Pilates, Yoga, Sports at school, balance and coordination exercises.

Note: mats decribed in this page can have a slight variation of length as they cool down after being made.

Mats *for different purposes*

Made in Italy



The CALYANA Professional Yoga mat is a light-weight and thin, comfortable for yoga exercises. Easy to carry around and ideal for use at home , in a yoga studio and for travel.



XAI001 YOGA PROFESSIONAL
Stone grey color.
Dimensions 185 x 66 x 0,7 h cm. Weight: kg 2,3

XAI002 PRIME YOGA VERDE
Lime/brown colors.
Dimensions 185 x 66 x 0,4 h cm. Weight: kg 1,8

XAI003 PRIME YOGA BLU
Ocean blue color.
Dimensions 185 x 66 x 0,4 h cm. Weight: kg 1,7

calyana

CALYANA YOGA LINE FEATURES:

- Optimal grip onto the floor it is 100% antislip thanks to its special texture;
- Perfect cushioning for comfortable and joint-friendly workouts;
- Light-weight and compact
- Durable material for long-lasting use;
- Washable and easy to clean;
- Oeko-Tex Standard 100 certified, manufactured using sustainable materials.

Mats *for different purposes*

These mats are made of standard density foamed material; 30 kg/m³. They are covered with special "carbon fabric" which makes them highly resistant, tear-resistant, antibacterial and fire resistant. The bottom surface is made of non-slip material. Some models can be folded and it is possible to create larger exercise areas by grouping several mats and hold them together by Velcro straps.



XMD005 FITNESS SKY 5
Folding Carbon mat with non-slip surface.
Dimensions 140 x 60 x 0.8 h cm





XMD006 FITNESS SKY 6
It can be folded and closed with Velcro fastening and has a carry handle. Dimensions 195 x 70 x 5 h cm



XMD001 FITNESS SKY 1
Dimensions 200 x 100 x 3 h cm

XMD002 FITNESS SKY 2
Dimensions cm 200 x 100 x 4 h cm

XMD003 FITNESS SKY 3
Dimensions cm 200 x 100 x 5 h cm

XMD004 FITNESS SKY 4
Dimensions 200 x 100 x 6 h cm



XMD007 FITNESS SKY 7
Large folding mat. Velcro straps are used to hold together more than one mat as to compose a larger work space. Dimensions: 200 x 200 x 4 h cm



01301 MAT 3
Folding mat covered with special washable high-strength, antibacterial and fungicidal Btek® Hard fabric. Dimensions 150 x 60 x 1 h cm



01302 MAT 6
Folding mat covered with special washable high-strength, antibacterial and fungicidal Btek® Hard fabric. Dimensions 155 x 60 x 3.5 h cm

Mats *for different purposes*

Made in Italy

A whole set of mats of different shapes and sizes to be used at the gym or at home for psychomotor activities or for physical exercises in general. These mats are made of foamed material with a graduated thickness with a leather imitation cover, antibacterial, fire resistant and tear resistant. The covers are removable and washable. Standard density of the mats is 30 kg/m³. Density, shape and size can be customized. 24 standard colors of upholstery available.

10400.W ? MAT 1 COLOR LINE
200 x 100 x 5 h cm

10430.W ? MAT 2 COLOR LINE
200 x 100 x 10 h cm

10490.W ? MAT 3 COLOR LINE
200 x 140 x 3 h cm

10410.W ? MAT 4 COLOR LINE
200 x 140 x 5 h cm

10420.W ? MAT 5 COLOR LINE
200 x 200 x 5 h cm



All mats can be made with a folding system for an easier transferring or to be stored away tidily, saving space. In this case, a specific request must be made indicating the standard code above used as reference for the size. There may be a change of prize.



10460.W ? FOLDING MAT 6 COLOR LINE
200 x 80 x 5 h cm

10461.W ? FOLDING MAT 7 COLOR LINE
200 x 100 x 5 h cm

10462.W ? FOLDING MAT 8 COLOR LINE
200 x 100 x 10 h cm

MOBILIZING THE STRECHED LOMBAR RACHIS

After considering the usefulness of the kind of stretching exercises for the patient, the instructor will propose gradually to spread the stretching movement of the lombar rachis through different other exercises.

1



After relaxing with the previous position, the person can adopt the sphynx pose. It is important to highlight that it is the forearms that keep the spinal cord extended, while the rachis extending muscles are relaxed.

2



To avoid static contractions of the muscles of the neck, which can be annoying in the long term, the head can be held up with the hands, or even better, for a greater relaxing result, it is possible to lean on a dedicated wedge cushion.

3

With a progressive training it is possible to get to increase the low-back extension: hands are place at each side of the shoulders and the limbs are extended without contracting the spinal muscles while keeping the pubis on the ground. You push and raise while you breathe out and get back on the ground while breathing in. the exercise can be repeated for 7 or 8 times, while in the succeeding times the position can be held passively for a few seconds.



? CHOICE OF UPHOLSTERY COLOR - important: always specify the upholstery code along with the chosen item when this option is available.

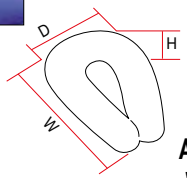
A N 8 7 K S B 4 T 1 6 E Z G F H 9 Q R 2 3 L M P

Cushions of various shapes *and functions*

CUSHIONS FOR POSTURE

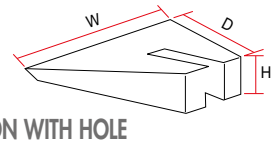
Postural cushions are available in various shapes and sizes to meet the professional's varied requirements to position a patient correctly. Our cushions are made from variable density foam and have a synthetic leather cover which is fire-resistant and anti-bacterial, easy to clean and durable. Standard density is 21 kg/m³. Cushion covers have a zip for easy removal, and come in a choice of upholstery from an assortment of 24 color options. Cushions can be purchased in the same type of upholstery as the examination or therapy table.





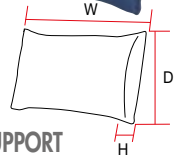
AC0024.W ? FACE CUSHION
W 31 x D 23 x H 6



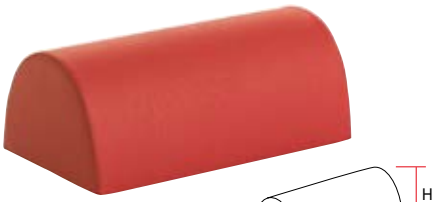


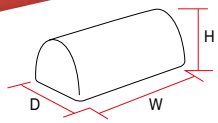
AC0025.W ? CUSHION WITH HOLE
W 40 x D 34 x H 9





10321.W ? LORDOSIS SUPPORT
W 29 x D 14 x H 5

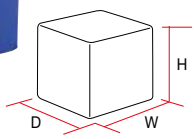




10300.W ? SEMI-CYLINDER 1
W 48 x D 25 x H 18

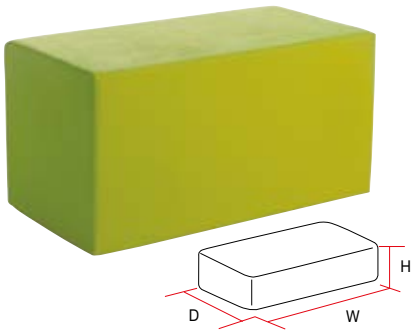
10310.W ? SEMI-CYLINDER 2
W 60 x D 40 x H 18





09940.W ? CUBE 1
W 40 x D 40 x H 40

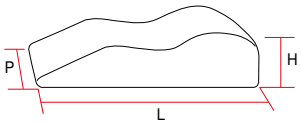
09950.W ? CUBE 2
W 50 x D 50 x H 50

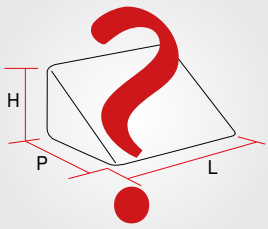


09700.W ? RECTANGLE 1- W 40 x D 20 x H 10
09730.W ? RECTANGLE 2- W 40 x D 30 x H 5
09740.W ? RECTANGLE 3- W 40 x D 30 x H 10
09820.W ? RECTANGLE 4- W 80 x D 40 x H 40



11250.W ? LEG CUSHION
W 77 x D 50 x H 20/15





MADE-TO-MEASURE CUSHIONS

On request, we can manufacture cushions with non-standard size and density.

Feel free to send us your request by e-mail to our address:
export@chinesport.it

KEY: W = width; D = depth; H = height; all dimensions are in centimeters (cm).

? **CHOICE OF UPHOLSTERY COLOR** - important: always specify the upholstery code along with the chosen item when this option is available.

A	N	8	7	K	S	B	4	T	1	6	E
Z	G	F	H	9	Q	R	2	3	L	M	P

Cushions of various shapes *and functions*

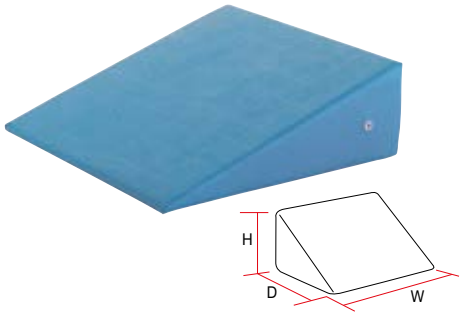
Made in Italy



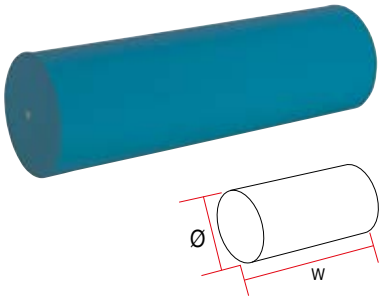
REMOVABLE COVERS

All Chinesport mattresses and cushions have a synthetic leather cover which is fire-resistant and anti-bacterial, highly durable, removable and washable.

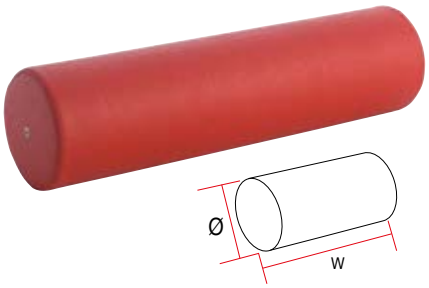




09600.W WEDGE 1 - W 25 x D 25 x H 10
09610.W WEDGE 2 W 35 x D 35 x H 10
09620.W WEDGE 3 - W 60 x D 45 x H 15
09630.W WEDGE 4 - W 60 x D 45 x H 30
09640.W WEDGE 5 - W 60 x D 60 x H 15
09650.W WEDGE 6 - W 60 x D 60 x H 20



10000.W CYLINDER 1 - W 20 x Ø 8
10010.W CYLINDER 2 - W 35 x Ø 15
10020.W CYLINDER 3 - W 50 x Ø 15
10030.W CYLINDER 4 - W 50 x Ø 25
10050.W CYLINDER 5 - W 100 x Ø 25



10130.W RIGID ROLL 1 - W 100 x Ø 30
10150.W RIGID ROLL 2 - W 100 x Ø 40
10160.W RIGID ROLL 3 - W 100 x Ø 50
10200.W RIGID ROLL 4 - W 50 x Ø 30



Cushions come in various sizes, they are elastic and mould easily but always return to their original shape. They offer an ideal support to the lumbar and lateral region, as well as to the upper and lower limbs. They are covered in a washable, breathable fabric.

01449 POSTURAL CUSHION 100 - ø cm 19 x 17
01450 POSTURAL CUSHION 110 - ø cm 19 x 31
01451 POSTURAL CUSHION 120 - ø cm 25 x 37
01452 POSTURAL CUSHION 8 - cm 40 x 20 x 13 H
01453 POSTURAL CUSHION 88 - cm 50 x 28 x 13 H





01426 POSTURAL SET
This set includes 5 cushions, one for each type specified above, and a carry bag to store the items, size 33 x 33 x 56 h cm.

Cushions of various shapes *and functions*

10320.W ? PROPRIOCEPTIVE ROLL

This instrument helps the proprioceptive re-education of the rachis, the mobilization of the kyphosis and an effective antalgic action in presence of lumbar, dorsal or cervical ache. Laying for a few minutes on the roll produces complete relaxation, which combines with the gravity force gives a gradual decrease of the spinal curves, resulting in a nearly complete contact of the spinal column with the surface, achieved without any effort.
Dimensions 110 x ø 17 cm. Density 30 kg/m³



COMBINING THE MOBILIZING OF THE DORSAL AND CERVICAL RACHIS
It is a very simple device but extremely helpful and efficacious created by a French therapist, Jean Teyssier. The patient lies down so that the spinal chord is in contact with the cylinder, especially a contact with the pelvis, with the dorsal vertebrae and with the occipital bone. When the patient feels that the low-back and cervical areas do not get into contact with the cylinder, the patient gets aware of the physiologic lordosis. These curves are more pronounced in patients with dorsal hyperkyphosis. The patient then, can relax and perform an abdomen breathing exercise getting concentrated on what is going on at low-back level: when breathing in, the low-back vertebare get more distanced from the cylinder, while breathing out the low-back vertebare get closer to it (1° phase).
After laying for a while on the cylinder, the patient notices that as a result of the relaxation and of the gravity force , the curve is gradually reduced and the spinal chord gets into contact with the cylinder almost completely, without any effort. Half the weight is at the right side while the other is at the left and the spinal chord is required to adopt perfect symetri position on the central axis which represents a division into two equal halves of the human body. The upper limbs are let loose, abducted and turned outwards so that the elbows and wrists touch on the ground. In this way the chest muscles can be stretched in a passive way, the shoulders are unblocked and the dorsal kyphosis. …"

1



2





1



2

MOBILIZING THE STRECHED LOMBAR RACHIS - SA similar effect to the previous exercise is obtained by using two proprioceptive cylinders, placing them with a "T" shape, i.e. one perpendicular to the other. As you can see in the picture, once the position is reached, the gluteal muscles are contracted and relaxed a few times, so as to feel the difference between contraction and relaxation and get the most ease. The patient keeps this position for some minutes, while comfortable. To get up, the patient must raise the pelvis and only after moving away the cylinder that was placed underneath, must he roll away on his side.



1



2

MOBILIZING AND RELAXING WHILE STRETCHING - The same pleasant and efficacious position of relaxation while laying can be obtained by using two propriocettivi cylinders, placed as a "T", one perpendicular to the other. In this case the lordosi cervicale coincides with the convex surface of the cylinder itself, and the head, which is very close to the floor, produces, by its own weight, a natural traction for the cervical inter-vertebrae discs. For greater relaxation, the patient can roll the head lightly to the right and to the left for a few times.

? CHOICE OF UPHOLSTERY COLOR - important: always specify the upholstery code along with the chosen item when this option is available.

A N 8 7 K S B 4 T 1 6 E Z G F H 9 Q R 2 3 L M P

Cushions of various shapes *and functions*

Made in Italy







01758 RUNDOBACK

When lying on RUNDOBACK you can perform balance and relaxation exercises for rachialgia. Moreover this apparatus can be used as a bench to perform dumbbell exercises. Its shape has been designed to follow the physiological curvature of the spine:
- Marked convexity to adapt to the form of concave curvature of the lumbar lordosis.
- Concavity to accommodate convexity of the dorsal kyphosis.
- Convexity to maintain cervical lordosis.

Dimensions 90 x 44 x 50 h cm.

Suitable for:
- Medical gymnastics
- Skeleton and spinal column
- Dorsal muscles and abdominals
- Legs, arms and pelvis.

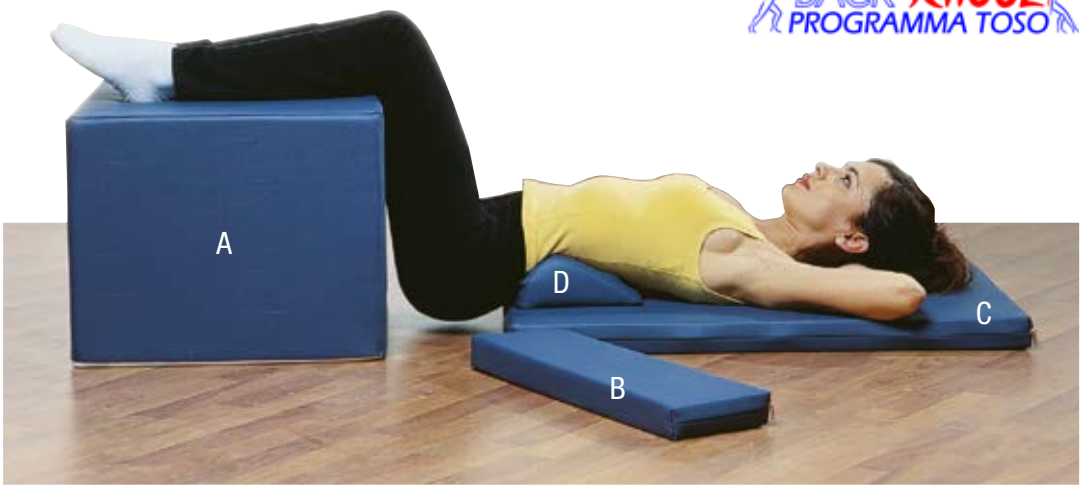


11198

SET LUMBAR TRACTION

Set consisting of four cushions in non-deforming foam rubber, with removable and washable synthetic leather cover.
These cushions allow performing exercises for the relief of the lumbosacral tract. They can be used by anyone, and especially by those who wish to obtain the following advantages:
- muscular stretching;
- vertebral self-traction;
- venous reflux;
- relief of knee and foot joints.

BACK SCHOOL PROGRAMMA TOSO



Cushion A: 50 x 60 x 40 h cm ; Cushion B: 17 x 60 x 5 h cm ; Cushion C: 85 x 60 x 5 h cm ; Cushion D: 20 x 30 x 10 h cm



MOBILIZING THE STRECHED LOMBAR RACHIS - For the same reasons that have been mentioned in the description of the previous exercises, we find the usefulness of the Lombar Traction Set. The smart combinaton of the four cushions, each with a different shape and function, allows the patient to adopt an efficacious and relaxing posture which relaxes the discs and mobilizes the lombar rachis by extending it, once again using the pelvic weight.



MOBILIZING THE FLEXED LOMBAR RACHIS - The same cushions of the Lombar Traction set can be used for an efficacious relaxing position which mobilizes the lombar rachis flexed by raising and lowering the pelvis from the contact area.

Large balls *introduction*



"The use of large balls has spread widely lately in most gyms. They are found to be very helpful for rehabilitation and fitness exercises.
Balls are useful since they improve the proprioceptive ability:

- *they stimulate the skin-related elements, the the limb proprioceptive related elements as well as ligaments and muscles;*
- *they stimulate the improvement of the posture control, balance and space orientation;*
- *by stimulating the standing muscles they show to be useful for all persons with a decrease of muscle tone shown at rachis level, those with scoliosis and dorsal hyperchiphosis.*

The different positions that can be adopted on the ball, and the loss of balance in the three planes of space, allow the instructor to create according to his own ideas a wide range of exercises to make the sessions less monotonous and more amusing."

Prof. Benedetto Toso

Excerpt from chapter 11. "Balance and proprioception" from the book "Programs, Organizing, Performing and Controlling" by Prof. Benedetto Toso. – Edi Ermes Publishing House



SIDEWARD MOVEMENT OF THE PELVIS - The ball has the capacity of favoring the movement of the pelvis not only at the sagittal plane, but also at the other planes, front and horizontal. The person is, therefore, aware of the sideward movement of the pelvis. The person notices a shifting from one sciatic to the other and then the body is stabilized at a middle balanced position in which the body weight is perfectly distributed on the hip bone.

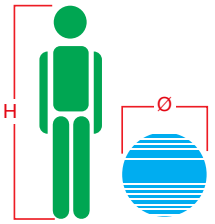


VERROUIALLAGE USING BALLS
"By putting the back on the ball, the patient can make a bipodalic bridge, keeping on the same line the knees, the bacino and the shoulders. The column is stabilized by the concentration of the extending muscles of the rachis and gluteal muscles"

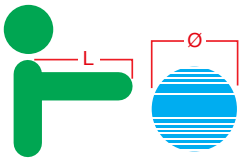
Large balls

Made in Italy

Height range H		Ball size Ø	
m	ft	cm	in
< 1,35	< 4'4"	30-35	12"-14"
1,35-1,54	4'4-5'0"	45	18"
1,55-1,69	5'1-5'5"	55	22"
1,70-1,84	5'6-6'0"	65	26"
1,85-2,04	6'1-6'7"	75	30"



Arm lenght L		Ball size Ø	
cm	in	cm	in
56-65	23"-26"	55	22"
66-80	27"-32"	65	26"
81-90	33"-36"	75	30"





The balls with a diameter of 85 cm (34 in) and over are to be meant for group activities.

ACCESSORIES



01826 GYMNIC DISPLAY
For balls 55-65-75 cm in diameter.





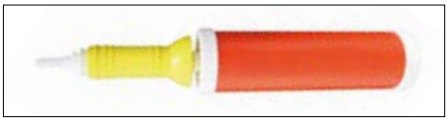
03035 BALL SUPPORT "S"
47 cm ø, for balls 45÷55 cm in diameter

03040 BALL SUPPORT "M"
60 cm ø, for balls 65÷75 cm in diameter





02116 INFLATING PUMP NEEDLE
Its use is advised whenever the ball is delivered deflated. This accessory, therefore, can be requested if necessary.





03111 FASTER BLASTER
Pump for balls up to 95 cm in diameter





As an alternative to accessory 03111 FASTER BLASTER, it is possible to use a normal bicycle pump by using the included adaptor.



01923.DVD FITBALL EXERCISES
Some examples of how to use the Fitball are presented. The Fitball can be used to reinforce the base body movent activities, to introduce and practice pre-acrobacy and to develop fundamental features as a right posture, balance, proprioceptive qualities and socialization. A child on the ball can gradually discover, step by step, the control of his own body.



The fitball is a system of physical exerices designed specifically as a corrective method for the back. The active sitting position on the ball allows to control the back, maintaining proper posture. Trough the game with the ball, the child gradually takes control of his body.

Large balls

GYMNIC E PHISIO GYMNIC



MODELS	MAIN FEATURES
02981 GYMNIC 45	45 cm ø - Yellow
02982 GYMNIC 55	55 cm ø - Red
02983 GYMNIC 65	65 cm ø - Blue
02984 GYMNIC 75	75 cm ø - Yellow
02985 PHYSIO GYMNIC 85	85 cm ø - Red
02986 PHYSIO GYMNIC 95	95 cm ø - Blue
02987 PHYSIO GYMNIC 120	120 cm ø - Red

GYMNIC PLUS



MODELS	MAIN FEATURES
03045 GYMNIC PLUS 55	55 cm ø - Green
03055 GYMNIC PLUS 65	65 cm ø - Green
03065 GYMNIC PLUS 75	75 cm ø - Green

THERASENSORY



MODELS	MAIN FEATURES
03265 THERASENSORY	65 cm ø - Green
03260 THERASENSORY	100 cm ø - Red

300 KG



SLOW DEFLATE



All ball models are tested to sustain up to 300 Kg weight. In case of puncture the ball deflates slowly. The BRQ system works with max. 120 kg - 270 lbs. The BRQ quality balls are marked with the Burst Resistant Quality logo. Their specific formula prevents the ball from bursting in case of puncture. The BRQ balls have the same resiliency features as the standard quality balls.

PHYSIO ROLL

The Physio Roll is created by the fusion of two balls giving birth to a device which allows to have a great variety of use along with a better stability regarding the normal ball. It has been used for physiotherapy since a few years now.
Recommended weight: max. 120 kg



MODELS	MAIN FEATURES
02962 PHYSIO ROLL 30	30 cm ø - Blue
02961 PHYSIO ROLL 40	40 cm ø - Red
02960 PHYSIO ROLL 55	55 cm ø- Yellow
02970 PHYSIO ROLL 70	70 cm ø - Blue
02980 PHYSIO ROLL 85	85 cm ø - Red

Specific training balls

Made in Italy

MED BALL

Ball than can increase its weight when filled with water or sand, and bounce if slightly inflated.





MODELS	MAIN FEATURES
03215 MED BALL - 1 KG	Polybag - 23 cm ø - Blue
03216 MED BALL - 2 KG	Polybag - 23 cm ø - Blue
03217 MED BALL - 3 KG	Polybag - 32 cm ø - Blue

RITMIC OFFICIAL

A 280 g or 400 g ball suited for rhythmic gymnastics training, available in red, yellow, blue and green.



MODELS	MAIN FEATURES
02745 RITMIC OFFICIAL GR. 280	17 cm ø - 280 g
02805 RITMIC OFFICIAL GR. 400	18 cm ø - 400 g

IMPORTANT: this item is delivered deflated. Ordering the corresponding needle - code 02116 is recommended.

HEAVYMED

Small volume but heavy weight! Useful in training in several sports disciplines (volleyball, basketball, soccer), popular in aerobics. These balls bounce and ensure good grip.



MODELS	MAIN FEATURES
05800 HEAVYMED 0,5 KG	10 cm ø - Green
05805 HEAVYMED 1 KG	12 cm ø - Red
05810 HEAVYMED 2 KG	15 cm ø - Yellow
05815 HEAVYMED 3 KG	17 cm ø- Blue
05819 HEAVYMED 4 KG	20 cm ø - Purple
05820 HEAVYMED 5 KG	23 cm ø - Orange

SOFTGYM OVER

Ball ideal for muscle strengthening and floor exercises, also suitable as lumbar support.



MODELS	MAIN FEATURES
03112 SOFTGYM OVER	26 cm ø, polybag
02820 SPONGE BALL	19.5 cm ø

Proprioceptive boards

Balancing and rocking boards are used for further reinforcement of the ability to control pelvic movements and the spinal chord.

02610 ROCKER BOARD

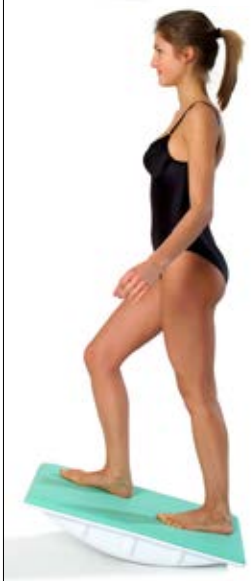
Padded top, synthetic leather covering.
Dimensions 70 x 40 x 13 h cm
Max load 120 kg



The first exercise to be performed on the rocking board is the grounding exercise to acquire stability. Once the perfect balance position is reached, a rocking action is performed, from left to right with rhythmic, regular and alternate movements. These movements favor a reset of the muscle reactions as well as the agonist and antagonist balance of each side of the body, right and left. (Cristofanilli, 1994)



After the patient has rotated the body of 90°, the aim is a good stability by performing a grounding exercise. Then, keeping both feet at the same height, the patient begins to rock forward and backwards, alternately, rhythmically and in a regular way. In this way, the movements favor the agonist and antagonist balance of the front and hind muscles in the body. The instructor watches closely the patient at the sagittal level and may the trunk be bent forward, he would advice to work about the unbalancing of the body backwards, while, may the body be bent backwards he would advice to work about the unbalancing of the body forward, to find the right balance of posture.



The rocking movements are performed also with spread lower limbs in reference to the sagittal plane: the weight of the body is transferred from one foot to the other, alternating the position each time the patient feels any stress on the lower limbs.



Last, the proprioceptive work is intensified on one foot only, both on the front and hind planes, as well as in the sagittal plane.



07755 BALANCE BOARD

For foot prono-supination exercises.
Resistance to medial and lateral pressure is applied by the spring.
Dimensions 34 x 17 x 8h cm



07735 ACCELERATOR

For ankle and foot exercise.
The urethane wedge provides the desired pressure-resistance.
Dimensions 34 x 17 x 18 h cm

Proprioceptive boards

Made in Italy





Then, the patient may pass on to the balancing board Bobath which is even more unstable in comparisonwith the balance board: the same progressive movements can be repeated and further exercises to favor balance of planes can be performed at the same time.

02650 BALANCING BOARD BOBATH P
Padded top, synthetic leather covering.
Dimensions 50 ø x 10 h cm
Max load 120 kg

Directions for performing exercises on rocking and balancing boards

- At the begining it is advisable to place the device in front of the wall bars. Thtat way getting on and off the device is easier and perform the exercises safely. Once you have more ability you can perform the exercises in front of the mirror;;
- Exercises are performed with your eyes open. Little by little, after you have more ability, difficulty of the exercises can be increased by keeping your eyes closed;
- Another way to increase the difficulty of the exercises is by increasing the speed of the movements, diminish the contact surface as by lifting yourself on the tip of your feet;
- The trainer may increase the difficulty of the exercises by pushing the patient or the device. In this way a rhythmic balance of the posture is performed and the trainer can control the reactions of the patient and check on the progress.



02620 BALANCING BOARD BOBATH G
Padded top, synthetic leather covering.
Dimensions 80 ø x 14 h cm
Max load 120 kg



02600 BASIC BOARD
Painted-wood rocking board.
Ideal in the early stage of therapy.
Dimensions 50 x 40 x 7 h cm
Max load 120 kg

02630 ROCKER PLATFORM
Padded top, synthetic leather covering.
Dimensions 175 x 75 x 15 h cm
Max load 120 kg



Proprioceptive boards





01842 PEDOBALL

This small wobble board with a hemispheric bottom allows patients to perform various exercises both sitting and standing; it stimulates balance, stability on one leg and motor coordination. 5 balls are supplied as standard to gradually increase the level of difficulty of the exercises.
Dimensions: ø 47 x 27 h cm.
Max load: 120 kg





01843 THERAPY LOW

Wooden wobble board, covered in non-slip rubber.
Dimensions: ø 35 x 4.5 h cm.
Max load: 120 kg





01844 THERAPY TOP

Therapeutic wobble board, ideal for exercising balance, coordination and responsiveness. The surface is structured in such a way as to provide further sensory stimulation.
Dimensions: ø 40 x 9 h cm.
Max load: 120 kg





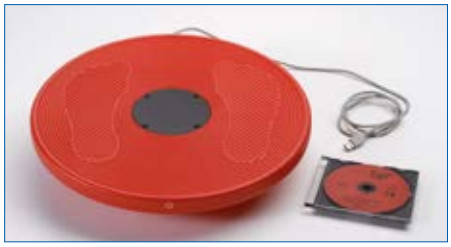
01845 BALANCE

Therapeutic wobble board developed by Prof. Bielefeld at the University of Flensburg to exercise coordination and stability of movement, balance, psychomotor skills, concentration and responsiveness in a varied and effective way. Supplied with three interchangeable exercise programs and two pairs of hand straps.
Dimensions: 54 x 40 x 10 h cm.
Max load: 120 kg

Proprioceptive boards

Made in Italy





01847 GYM TOP

Professional therapeutic program, designed to treat coordination, balance and muscle function disorders. The 13 exercises and 2 games suggested by the software allow choosing different difficulty levels and duration times, and are based on a new concept of psychomotor training. To train properly, the user must generate position changes on the balance board actively and consciously rather than merely react to them. In this way, the quality of the therapy is enhanced, since tactile, optical and acoustical analyzers are stimulated along with the main proprioceptors. The main data related to quality and quantity of the exercises can be measured, viewed, saved and analysed statistically, which makes this instrument ideal for therapists, suitable for use in sports and school, in physiotherapy and reehabilitation, ergotherapy, orthopaedocs, neurology and psychosomatics. It is also possible to exercise the hand, using a mouse or a joystick instead of the balance board. Simple to install and connect to the PC through USB port. Dimensions 40 x 10 h cm. Max load 120 kg





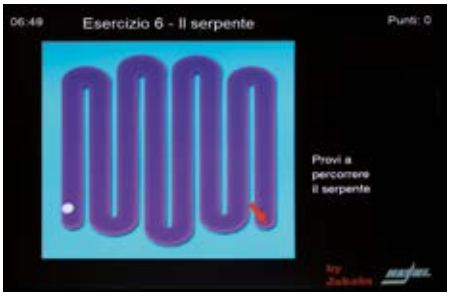
01846 WIPPRACER

Keep your balance on the balance board while shifting your weight to drive your car in the traffic of the amusing game!The Wipracer is an innovative instrument, based on a new concept of phychomotor training: through play, patients will become strongly motivated to exercise. To continue the program, the user must generate position changes on the board actively and consciously rather than merely react to them. 10 types of programs, each one with different levels of difficulty, duration and sensitivity, make sure that the exercise is varied and the engagement is ever increasing, aimed at stimaulating both the main motor proprioceptors and tactile, optical and acoustical analyzers. It is possible to exercise the hand, using a mouse or a joystick instead of the balance board. This instrument is perfect for use in sports and at school, in physiotherapy, ergotherapy, orthopaedics and rehabilatation, as well as for leisure activities. Simple to install and connect to a PC through USB port.
Dimensions 52 x 13 x 10 h cm. Max load 120 kg

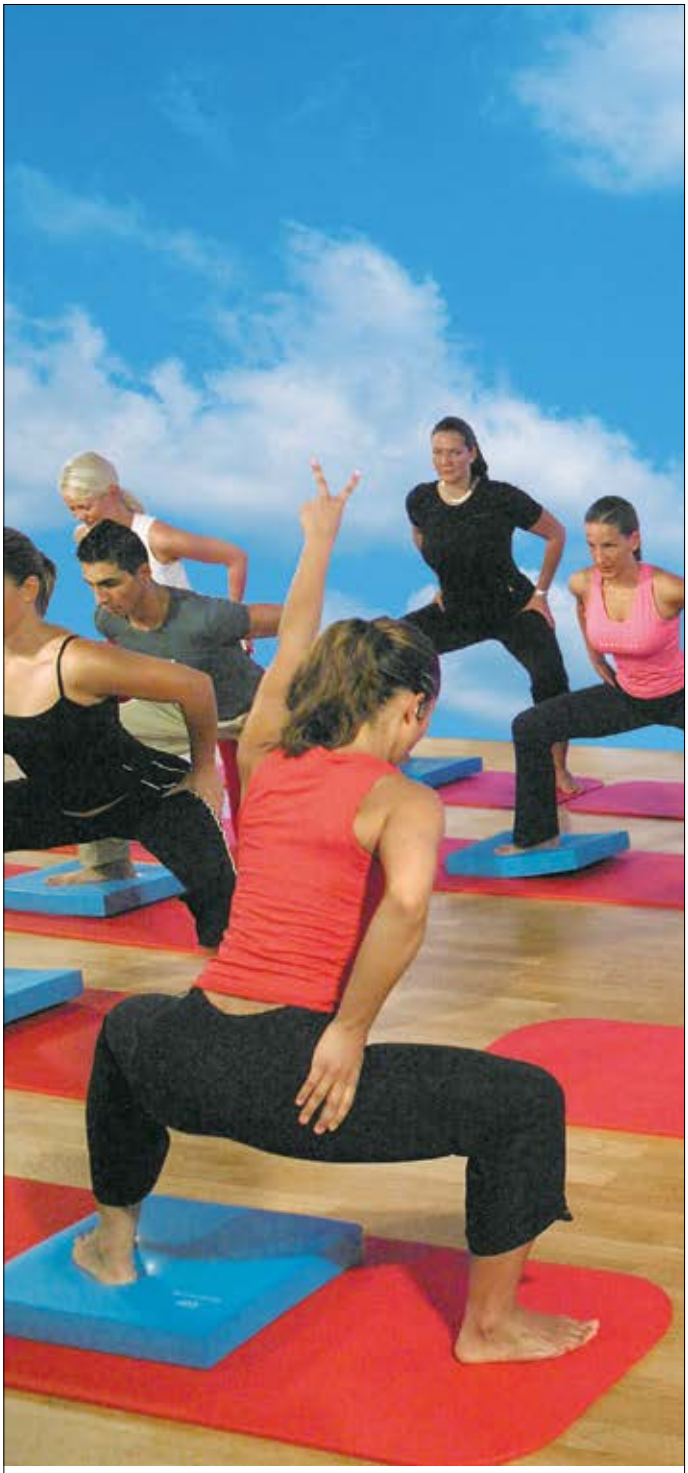
GYM TOP POSSIBLE PATHS







Other proprioceptive devices





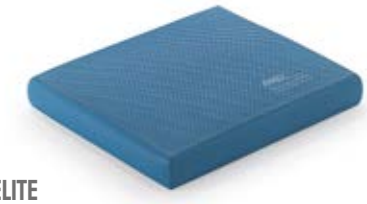
Training with the AIREX® Balance range of products offers you an efficacious and complete resource for the workout, focused on the different sectors in which they can be applied. Along with the balancing posture, strength and flexibility, great attention is paid to health care, prevention and psychophysical wellbeing in general.

The unique, closed-cell foam in these mats is supportive on the one hand, and warm, soft and cushioning on the other, allowing joints, tendons and muscles to trained in an extremely gentle yet effective manner. All areas of proprioception, sensorimotor function and co-ordination can be improved using the Airex Balance-pads, with the secret of the program being the softness of the equipment.



10980 BALANCE-PAD

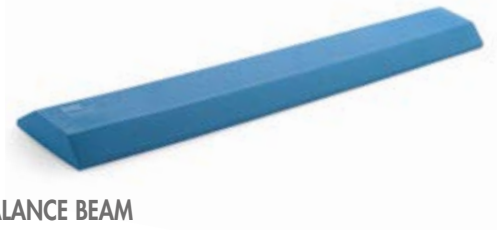
This Balance pad has lateral supports made of non-slip foam rubber, warm and comfortable to the touch. Suitable for use in exercise therapy and sports therapy. Dimensions: 50 x 41 x 6 h cm. Color: blue. Weight: 0,7 kg



10985.? BALANCE-PAD ELITE

This Balance Pad "Elite" has lateral supports, a new surface that offers a pleasant massage and stimulation of the receptors in the sole of the feet. It actively promotes blood circulation in the feet and helps their well being. Use: mobility, stability, balance training and exercise in the water. Dimensions: 50 x 41 x 6 h cm.
Weight: 0,7 kg

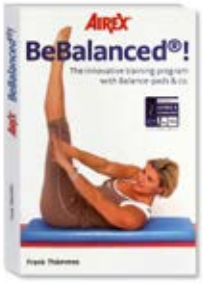
? 3 7



10995 BALANCE BEAM

Dimensions: 160 x 24 x 6 h cm. Color: blue. Weight: 0,9 kg

02078 AIREX "BE BALANCED!" - BOOK



Bebalanced! – The innovative training program with Balance-pads & co. The book uses clear, simple language to explain the relationship between balance, co-ordination, and importance for health, posture and sporting activities. A wide variety of target groups can improve their skills through the different exercise modules. Over 200 illustrations – Frank Thommes English language

Other proprioceptive devices

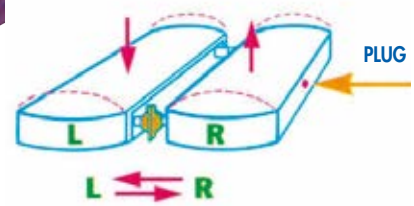
Made in Italy



03218 MOVIN'STEP

It is an innovative product that can be used in workouts, therapy and rehabilitation.
It combines two exercise tools: an Air-Step for cardio-vascular and strengthening exercises; plus a dynamic base for exercises that improve balance and co-ordination. A special valve allows switching from one use to the other. Available only in Purple. Dimensions: 35 x 35 cm

While the valve is open, fill in with air according top your body weight.



OPEN VALVE
Alternated stepping with air exchange

CLOSED VALVE
Without air exchange. Right and left sides are independent

01827 SPORTS DISC

55 cm diameter, Polybag, exercise guide included, orange,
2 pcs pack







01460 CORE BALANCE

The Core Balance is an inflatable, elastic, highly resistant PVC half-sphere with a diameter of 40 cm, which can be set on a rigid base. It can be easily inflated by any pump by removing the plug on the edge.It can be used for several kinds of training, both in the "medical rehabilitation", field for post-traumatic rehabilitation, especially concerning knees and ankles, and in the fitness branch. Thanks to its rounded shape and its variable elasticity (it can be inflated according to individual needs) it allows to work on static and dynamic balance, on strength and muscle toning as well as on spinal stabilization.Postural gymnastic training can be done with it. On the Core Balance you can do many exercises of coordination, stretching, flexibility as well as flexions, little jumps, dashes, didactic and pre-sport games. This tool absorbs the foot impact and does not stress the limbs, by reducing the micro-traumas. For such characteristic it is also used as an alternative to the step. Dimensions ø 40 x 25 h cm



XCP001 WAFF MINI

Ergonomic cushion contoured around the body that brings recognized benefits in medical and sport environments. Develop and improve your reflexes, at any age. Whatever your exercise, support is essential for good balance. The Waff cushion is intended to promote values such as wellbeing, relaxation, and caring for your body. Dimensions: ø 36 x 8 h cm
Weight: 0.3 kg





Devices for low-impact exercises *and massage*

Balls or rolls for low-impact exercise, massage or self-massage, all of which can be performed simply and easily on any part of the body. Soft gymnastics is based on: limited, slow, straightforward movements designed to rekindle the sensitivity of all areas of the body; exercises and positions to relax tension in the muscles and joints; antalgic positions and spinal relaxation; skin massage and self-administered massage of internal organs. Massage can be either calming or stimulating, depending on speed, force applied and the technique that is being used. The same techniques are also used in self-administered massage.

03229 AKU BALL

Rigid, inflatable ball.
Green. Diameter: 20 cm
Max. capacity: 100 kg



CE





IMPORTANT: this item is delivered deflated. Ordering the corresponding needle - code 02116 is recommended.

03256 ACTIV ROLL

Rigid, inflatable roll.
Grey. Diameter: 15 cm



CE









IMPORTANT: this item is delivered deflated. Ordering the corresponding needle - code 02116 is recommended.

01893 BODYBOLSTER

Bodybolster functions as a postural support and a stretching and training aid at the same time. Inflates and deflates easily via a valve, to conform to the shape of the body. Can be used in a program of exercises with increasing levels of difficulty. Dimensions: 39 x 9 ø cm. Comes with a DVD and an exercise poster in English. Available in blue only





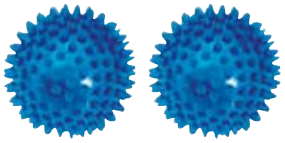




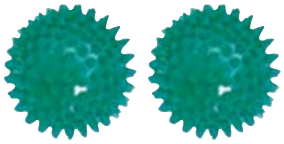


Devices for low-impact exercises *and massage*

03235
MASSAGEBALL REFLEX
2 pcs. set - Blue
Dimensions 6 cm ø - 40 g



03236
MASSAGEBALL REFLEX
2 pcs. set - Green
Dimensions 8 cm ø - 85 g



03237
MASSAGEBALL REFLEX
2 pcs. set- Blue
Dimensions 9 cm ø - 120 g



03238
MASSAGEBALL REFLEX
2 pcs. set - Green
Dimensions 10 cm ø - 150 g



CE

03145 REFLEXBALL
2 pcs. set - Green
Dimensions 8 cm ø



03228 EASY GRIP
6 pcs. set, Polybag
Assorted colors
Dimensions 12 cm ø – 100



"Sensyball" Balls with spikes suitable for massage, reflex stimulation, hand-mobility exercises and relaxation.



03120 SENSYBALL
2 pcs. set, polybag
Dimensions 10 cm ø – 70 g

03130 SENSYBALL
Dimensions 20 cm ø - 330 g

03140 SENSYBALL
Dimensions 28 cm ø - 400 g



IMPORTANT: this item is delivered deflated. Ordering the corresponding needle - code 02116 is recommended.

02046 BENE FEET
The Bene-Feet Mat, thanks to its long flexible bumps, makes the concept of feet massage evolve towards an active-reactive level. Among the main benefits, it boosts the blood circulation of the feet, it helps relaxing the foot muscles and it helps sensitizing and stimulating the feet reflex areas.
Dimensions 28 x 23 x 4 cm

- It can be used while standing or sitting.
- Easy to wash with water and neutral soap.









Devices for psychomotor exercises

Bags, wooden blocks, balls and other items can be combined by qualified personnel in motor skill development programs to carry out at the gymnasium. In particular, these psychomotor tools can help children to gain awareness and improve their own coordination and sense of balance.



This pictures shows items code 03360 and 03700

03360
PSYCHOMOTOR KIT 1

Items:
16 colored clubs;
16 motor training bags;
16 colored ropes 3 m long;
10 jump ropes with counterweight;
10 jump ropes with handgrips;
16 colored wooden balls;
4 balls for rhythmic gymnastics;
16 colored wooden blocks;
16 colored nylon hoops, 60 cm in diameter;
9 vinyl discs.

The trolley is not included in the kit.

03700
WOODEN TROLLEY

Multi-layered wooden trolley (empty) with swiveling wheels.
Dimensions: 84 x 42 x 80 h cm



This pictures shows items code 03460 and 03520

03460
PSYCHOMOTOR KIT 2

Items:
16 colored clubs;
16 motor training bags;
16 colored ropes 3 m long;
10 jump ropes with counterweight;
10 jump ropes with handgrips;
16 colored wooden balls;
4 balls for rhythmic gymnastics, 280g;
16 colored wooden blocks;
16 colored nylon hoops, 60 cm in diameter;
9 vynil discs;
10 clubs 31 cm long;
5 vinyl medicine balls (1÷5 kg);
16 wooden sticks 90 cm long;
16 wooden sticks 120 cm long;
2 tambourines with drumstick;
4 balls for rhythmic gymnastics (400g)

The trolley is not included in the kit.

03520 TOOL RACK

Painted steel frame, with wooden shelves. Can be easily disassembled. Supplied empty. Dimensions: 127 x 60 x 93 h cm

Devices for psychomotor exercises

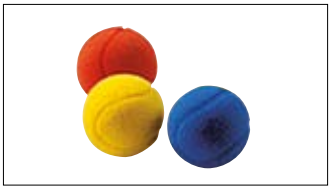
Made in Italy



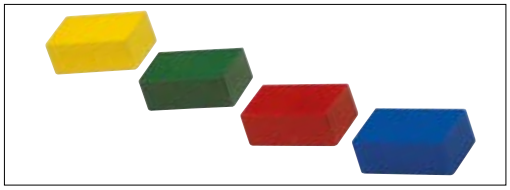
02300 TAMBOURINE
For rhythmics. With drumstick.



04430 VINYL DISC
9 soft vinyl discs for walking paths or for playing bowls in domestic environments or as supports for motor activities in the water.



02750 FOAM BALLS
4-piece package, 7 cm ø



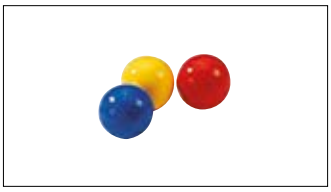
01040 WOODEN BLOCK
4-piece package in 4 different colors.



02100 WOODEN BALLS
4-piece package. In different colors.



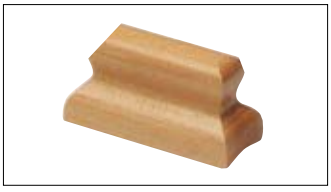
01720 JUMP ROPE WITH HANDGRIPS
10-piece package.



02730 FREE BALL
3-piece package, 5.5 cm ø



01770 JUMP ROPE WITH COUNTERWEIGHT
10-piece package.



01050 BAUMAN SUPPORT



01060 BAUMAN BLOCK

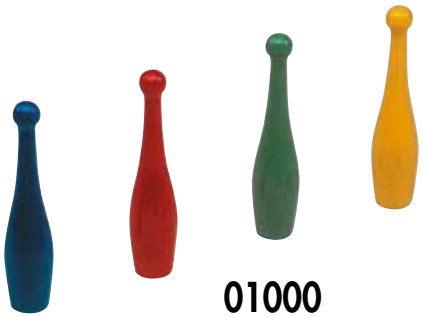


WOODEN CLUB

01010
31 x 5.5 cm ø

01020
35 x 5.5 cm ø

01030
39 x 5.5 cm ø



01000
COLORED CLUBS
4-piece package in 4 different colors.
Dimensions: 25 x 6 cm ø



NYLON HOOP
4-piece package in 4 different colors.

01600
40 cm ø

01620
60 cm ø

01640
80 cm ø



STICKS



WOODEN STICK
2,5 cm ø

01110 80 cm
01120 90 cm
01130 100 cm
01150 120 cm



PVC STICK
4-piece package in 4 different colors.
2 cm ø

01320 60 cm
01350 100 cm

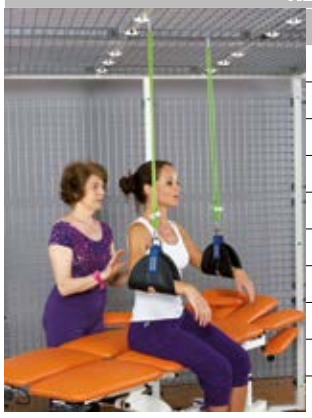
Rep bands and weights

REP BAND



CODE	COLOR	LEVEL	LENGTH
31010	peach	1	5.5 m
31100			45.7 m
31020	orange	2	5.5 m
31110			45.7 m
31030	green	3	5.5 m
31120			45.7 m
31040	blue	4	5.5 m
31130			45.7 m
31050	purple	5	5.5 m
31140			45.7 m

REP CORD



CODE	COLOR	LEVEL	LENGTH
31200	peach	1	7.6 m
31280			30.5 m
31210	orange	2	7.6 m
31290			30.5 m
31220	green	3	7.6 m
31300			30.5 m
31230	blue	4	7.6 m
31310			30.5 m
31240	purple	5	7.6 m
31320			30.5 m

REP BAND AND REP CORD

Elastic therapy bands and tubes for rehabilitation exercises, latex and odor free. Five resistance levels marked by different colors. Available in two lengths (see table).

Kit containing 3 Rep Bands x 1.4 m each with increasing resistance, to perform progressively harder exercises.

31060
REP BAND KIT - EASY LEVE
Levels 1, 2, 3

31070
REP BAND KIT - MEDIUM LEVEL
Levels 2, 3 ,4

31080
REP BAND KIT - HARD LEVEL
Levels 3, 4, 5



31550
REP BAND DISPENSER
(container only)



REP PUTTY

An anti-microbial, non-toxic, non oily and no odor putty for hand rehabilitation. Available in five different color-coded strengths (see table).

REP PUTTY



CODE	COLOR	LEVEL
31430	peach	extra soft
31440	orange	soft
31450	green	medium
31460	blue	firm
31470	purple	extra firm

EGGSERCIZER

Ergonomic rehabilitator for hands, wrists and fingers. Available in three different color-coded strengths (see table).

EGGSERCIZER



CODE	COLOR	LEVEL
31501	peach	soft
31511	green	medium
31520	blue	firm
31521	purple	extra firm







01828
THERA FREEBALLS HAND
Dimensions 4 cm diameter – yellow; 5.5 cm diameter – red. Exercise guide included









Rep bands and weights

Made in Italy

Used for a few minutes every day, the wrist and ankle weights keep the arms and legs toned. Wear them before starting your usual exercise or while doing your domestic chores: they will help you find your best shape again. Each exercise has to be repeated several times and gradually increased over time.

ANKLE/WRIST WEIGHT

XMB001
Single item; 0,5 kg

XMB002
Single item; 1 kg

XMB003
Single item; 1,5 kg

XMB004
Single item; 2 kg

XMB005
Single item; 2,5 kg

XMB006
Single item; 3 kg





07492
SOFT ANKLE/WRIST WEIGHTS
Contains 2 items; 1.5 kg x 2



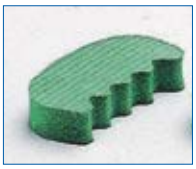






Jogging on the spot





07160
RUBBER HAND EXERCISER



07170
HAND GRIP



07230
SPRING DUMB-BELL



07240 5-SPRING STRETCHER

DUMB-BELLS
sold as a pair

X941501
1 kg each

X941502
2 kg each

X941503
3 kg each

X941504
4 kg each

X941505
5 kg each

XER001 TWO DUMB-BELLS
0.5 kg each





X9414 DUMB-BELL RACK
Painted steel, empty, can hold 10 dumbells.



Bouncing trampolines



IT IS KNOWN THAT BOUNCING ON A TRAMPOLINE:

1. It increases the capacity for breathing.
2. It circulates more oxygen to the tissues.
3. it establishes a better relationship between oxygen needed by the tissues and the one available.
4. Muscles work better as fluids are transported along the body decreasing the work of the heart.
5. Diminishes the blood pressure during effort.
6. It helps normalize your blood pressure after intense physical activity.
7. It helps prevent cardiovascular disease.
8. It increases the activity of the red bone marrow in the production of red blood cells..
9. It aids lymphatic circulation, as well as blood flow in the veins of the circulatory system.
10. It aids collateral blood flow in general.
11. Strengthens the heart and other muscles making them work more efficiently.
12. it lowers heart rate at ease.
13. It lowers elevated cholesterol and triglyceride levels.
14. Stimulates your metabolism.
15. It aids in the development and repairing of cells.
16. it activates the gland system, especially tyroid.
17. It increases alcaline reserves of the body.
18. It stimulates and strengthens cells in the body, from a chemical popint of view.
19. It increases body resistance and fitness.
20. It improvesthe sense of balance b y coordinating impolses and muscle response.
21. It offers relief from neck and back pains, headaches, and other pain caused by lack of exercise.
22. Improves Digestion.
23. It helps relaxing and have a better sleep.
24. Reduces the likelihood of obesity.



05840
TRAMPOLINE

Steel frame with 6 non-slip feet.
32 springs ensure even tensioning of the circular polypropylene
fabric mat. Padded edges.
Maximum load: 100 kg
Diameter: 96 cm

05845
TRAMPOLINE

Steel frame with 8 non-slip feet. 44 springs ensure even tensioning of the circular polypropylene fabric mat. Padded edges. Maximum load: 100 kg. Diameter: 122 cm



Improving the sitting posture

Made in Italy

The ability to control your pelvis is an important goal to reach, because the spinal chord is set on it and when the pelvis is at the right position the spinal chord is at the right position as well. Learning how to move your pelvis forward and backwards is not an easy task, especially for patients with reduced mobility and those who are not practical with body movements or feel block by low-back pain. An adequate device to help learn these movements is the DISCO SIT.



04952 DISCOSIT
Round inflatable cushion for posture exercises.
39 cm diameter



LYING FACE UP
Once the patient is lying down and the lower limbs are bent, the instructor asks him to raise the pelvis to place the disc under him so as to make the center coincide with the second sacral vertebra. The patient may let the weight fall down onto the disc and then can move the pelvis forward and backwards without little effort, feeling how the air movement within the disc helps the movement of the pelvis.



WHILE SITTING
Also in this position the DISCO SIT can be used to ease the performance of the exercise. Every time the patient is sitting, he will remember this exercise until the moment when maintaining the lordosis won't become automatic both, actively by sitting on the ischi or passively with an ergonomic chair or with an added low-back support.

LYING FACE DOWN
When the patient can fully manage to move the pelvis forward and backwards and has enough elasticity of the iliopseas muscle then he can he can perform this exercise while adopting the most difficult position. Thus, facing down: with the lower limbs bent outwards during the breathing-out phase, the patient putting the abddomen in and contracting the gluteal muscles, he may perform the moving of the èpelvis backwards. He may feel the pubis pushes agaist the floor while the belly tends to lift up. Breathing in, automatically, without effort, the pelvis comes back to a forward position, while the pubis tends to lift up from the ground. Carry on, allowing the breathing to be the guide of the movements for the abdomen and the pelvis.

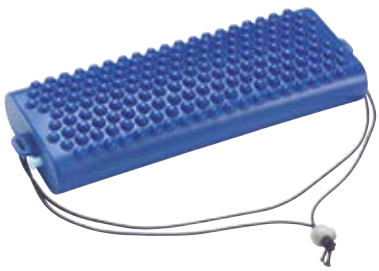


01461 COMFORT' A' BACK
Half-round cushion. Inflatable, complete with case. This cushion functions as a lordosis support when placed between the lumbar area and the backrest.
Dimensions 33 x 24 x 5 h cm





02068 VITA ROLL
Half-round cushion. Inflatable.
Dimensions 30 x 12 x 4 h cm







Improving the sitting posture

01984
SIT ON AIR
Air-filled cushion designed to control posture when seated or to perform exercises involving the lumbar muscles. Depending on where it is placed, the Sit on Air allows sitting either in a relaxed or dynamic posture. Dimensions: 37 x 37 x 6 h cm.
Capacity: 150 kg







04950 MOVIN'SIT
Inflatable wedge-shaped cushion for improving posture while sitting and for allowing movement of the pelvis. Dimensions: 36 x 36 x 7,5 h cm
Max. capacity: 200 kg



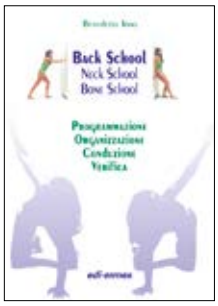


01985 MAGIC SIT
It is the easiest way to train muscles in an active way. While you are sitting on the Magic Sit cushion, the muscles of the back and abdomen are activated, besides the gluteal and leg muscles. Thanks to this active seat, you can get rid of muscle tensions. In addition to that, its knobby surface allows stretching the connective tissues. What makes Magic Sit® (patented) so unique is the special dual chamber system which allows you to continuously increase your entire workout effect. Effective against back ache, it greatly helps reduce muscle tensions and cellulite. Excellent workout for: legs, abdominals, glutei, the pelvic muscles.
Diameter: 39 cm. DVD and manual included.



CE







01240 PROGRAMS, ORGANIZING, PERFORMING AND CONTROLLING

01241 RACHIS PATHOLOGIES DEDICATED WORK PROGRAMS

Author: Benedetto Toso
Publishing House: Edi-Ermes

The basic elements for learning not one method, but many, which are like tiles of a mosaic carefully chosen to shape the modern The Back School. The treating of low-back pain, dorsal and cervical pain starts with motion, making the person an active participant, conscious and involving him in his own healing. More than 250 exercises and 450 pictures to show in detail the six standpoints on which the methologic work of the author is based on.
The work is completed with a second volume, published by Edi-Ermes, Back School – Neck School – Bone School Rachis Pathologies Dedicated Work Programs.

Copies are in Italian language only. For furthur informatio visit www.backschool.it

