

The Extender

WHAT IS IT?

The Extender is a self-treatment tool that helps to correct posture, release tight muscles and loosen stiff joints. This is how Physiotherapists, Chiropractors, Osteopaths and Massage Therapists decrease your pain and improve your health.

The two projections pointing out from the Extender are designed to push into the muscles surrounding your spinal joints and the joints themselves. By pushing into the spinal joints the Extender extends and stretches them.

The intensity of the stretch can be decreased by placing the Extender on a mat, towel or bed. You can also increase the intensity of your session with the addition of a Riser, which attaches onto the base of the Extender.

HOW OFTEN AND HOW LONG SHOULD I USE THE MOBILISER?

Using the Mobiliser once a day or every other day for a maximum of 15 to 20 minutes is recommended. Remember to only stay on each spot for 1 to 2 minutes at the most. With points that are very tight, just stay with that spot only as long as it is tolerable...this may be as little as 10 seconds to begin with.

Take your
PHYSIOTHERAPIST
With you where ever
you go!



Self-Treatment Tool
REVOLUTIONARY

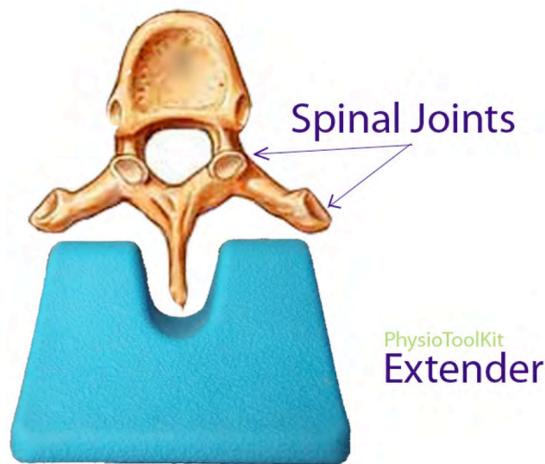


physiotookit.com

The Extender
Do you suffer from pain, discomfort or muscle tightness?

Biomechanically Designed Devices

Based on the shape of the spine



The Extender[®] physiotookit.com

Regaining flexibility in your spinal joints is vital for eliminating and preventing back pain

95% of the population suffer from muscle or joint pain at some stage in their lives

WHAT IS IT?

The Extender is a self-treatment tool for your spine that helps to correct posture, release tight muscles and loosen stiff joints. This is how Physiotherapists, Chiropractors and Osteopaths decrease your pain and improve your health.

Now relieving and controlling your pain is so easy, you can do it while you watch the evening news.

WHY SHOULD I BUY THE EXTENDER?

The Extender is a therapy tool that is the result of extensive clinical research. The Extender is specifically designed to undo the wear and tear of daily stresses on your spine. It will enable you to safely and effectively reduce your spinal aches and pains.

ALL FOR THE COST OF 1 PHYSIOTHERAPY TREATMENT



What should it feel like when I use the Extender?

When you first come onto the Extender, chances are that it will feel quite intense. It may feel more like a brick, than a self-treatment tool. This is normal and is due to the tightness of the muscles and stiffness of the joints...the tighter the muscle (stiffer the joint), the greater the soreness. Over time, the Extender becomes much less intense as your spine becomes more flexible...flexibility in your spinal joints is vital for eliminating and preventing back pain.

When you are using the Extender, it is essential that you relax the weight of your body into the device. By tensing up against the Extender you can cause an increase in muscle spasm and worsen your symptoms. If you find you cannot relax, place the Extender on a towel or a bed to decrease the intensity. The appropriate level of intensity can be described as uncomfortably comfortable. Believe it or not, you will begin to enjoy this feeling because of the benefits it brings.

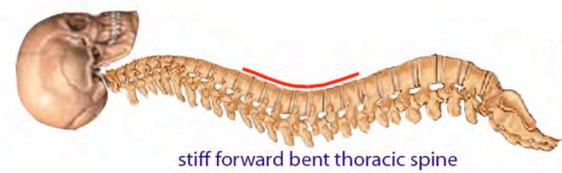
Generally, within the first few moments of lying on the Extender, the muscles and joints will begin to relax and release and the intensity will significantly decrease. This will normally take 1-2 minutes. If it does not, don't panic. It simply means that the level of the spine you are working on is very tight and restricted. With points that are very tight, just stay with that spot only as long as you can relax into it. This will improve with prolonged use of the Extender. It may take a few weeks of use to really undo this deep-seated tightness.

How do I know when to move the Extender?

You will know it is time to move the Extender to the next level when:

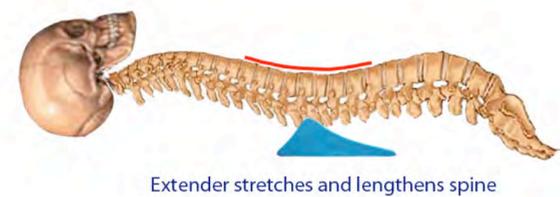
- the point you are working on feels relaxed and you are no longer feeling any discomfort
- the point you are working on has become too intense to relax into

Prior to using the PhysioToolKit Extender

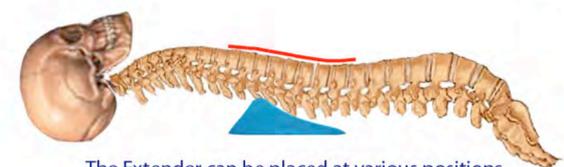


Before

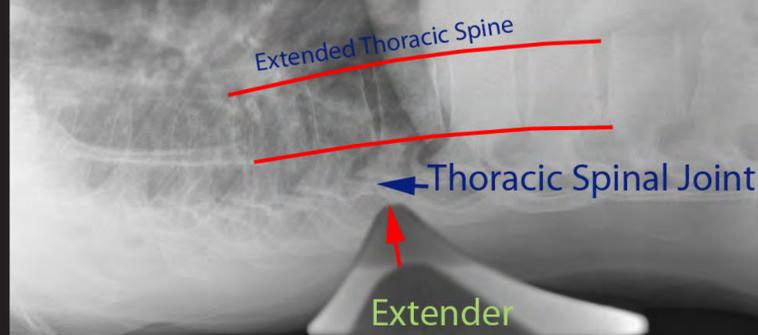
Effects of using the PhysioToolKit Extender



After



X-ray displaying the effectiveness of the Extender stretching the spine

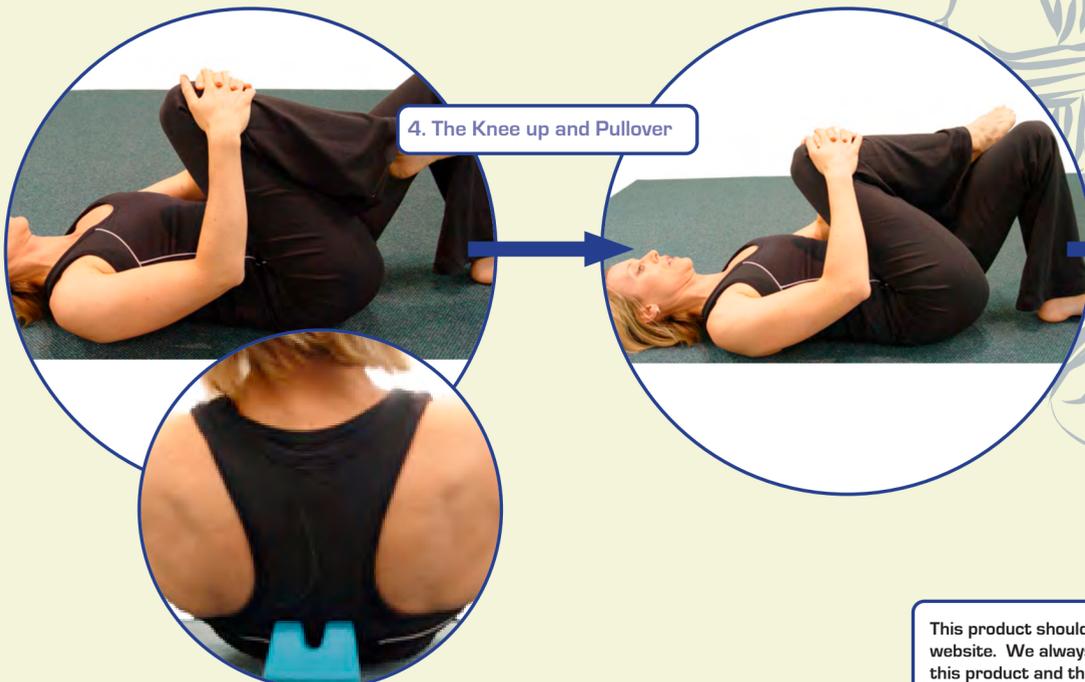
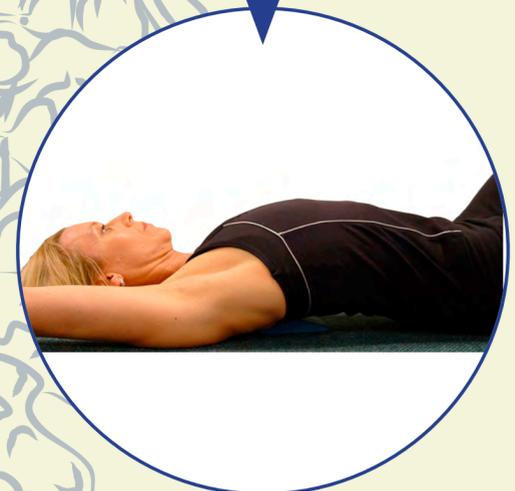
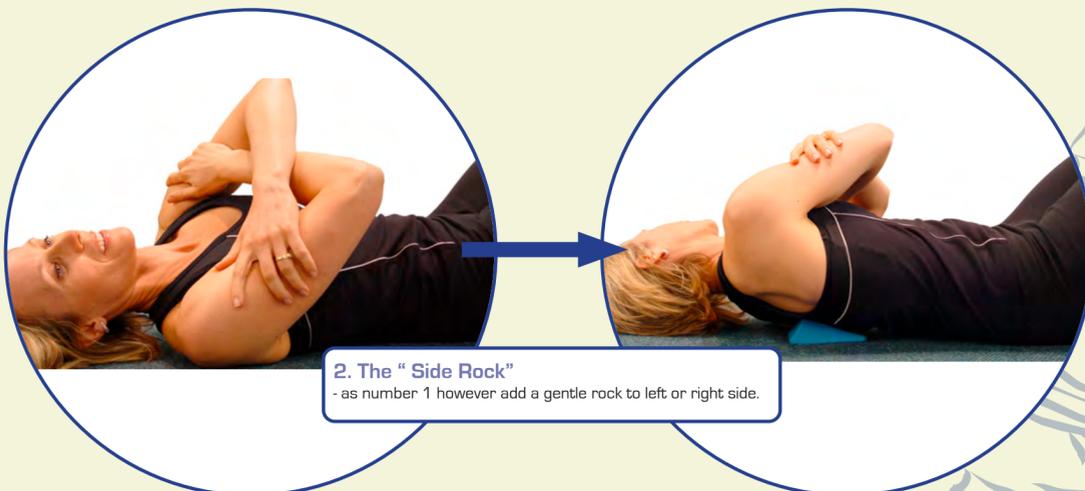
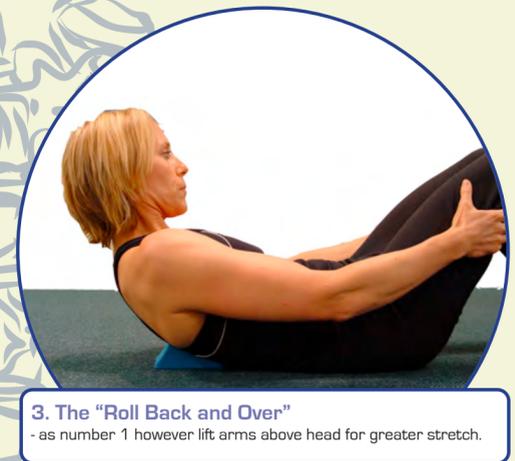
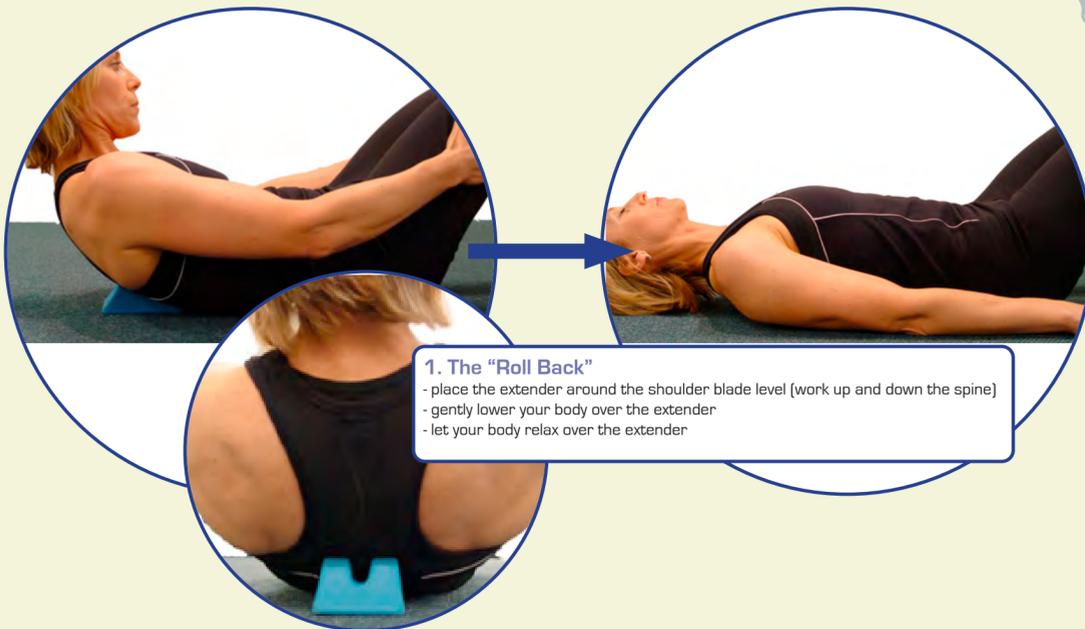
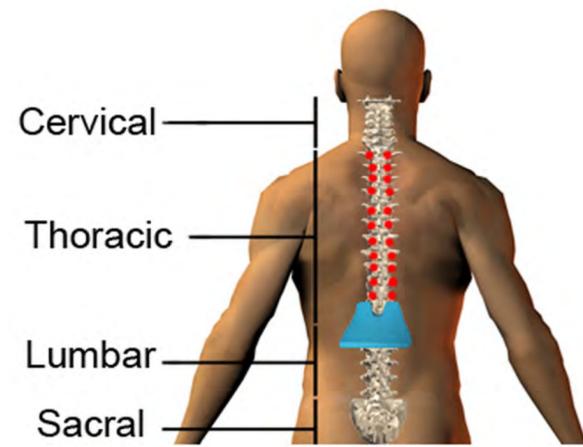


This product should be used only as described in the product brochure information and the Physio Tool-Kit website. We always recommend you should seek professional medical advice in conjunction with the use of this product and the information contained with it. The Physio Tool-Kit Company will not accept responsibility for injuries incurred while using this product.

How do I use the Extender?

- Position the Extender on a towel or on a mat and slowly lower your back down on top of the Extender starting at the base of the ribcage.
- Make sure your spine feels centred on the Extender.
- Check the position of your neck. It may be necessary to use a pillow to keep the neck in a neutral position.
- Relax the weight of your body into the Extender.
- Most likely, you will experience some discomfort initially. If you find that you are tensing up against the Extender, try another spot.
- Some points will be much more intense than others. This is due to the amount of muscle tension or joint stiffness.
- Use your breath to help you relax. Send your breath to the area that you feel discomfort and envision the tension releasing and fading away.
- Hold this first position for up to 2 minutes, dependent on the level of intensity you are experiencing.
- Then begin to move the Extender up the spine towards the neck. The idea is to try and loosen each of the joints in the spine, so move it just a few centimetres at a time, holding at each level for up to 2 minutes.
- Continue to move the Extender up until you reach the top of the shoulders, but do not come onto the neck.

Where do I use the Extender?



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