

# The Mobiliser

## WHAT IS IT?

The Mobiliser is a self-treatment tool that allows you to regain mobility in your spinal joints and release trigger points and muscle spasm. The Mobiliser has been specifically designed based on the shape and size of the spinal joints and muscles.

Physiotherapists, Chiropractors and Osteopaths use their hands to identify and treat tight muscles, trigger points and stiff joints. The Mobiliser was designed with thumblike projections to replicate the sensations during a Physiotherapy treatment, to enable you to self-treat your symptoms.

## 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.

## How do I use the Mobiliser?

- Position the Mobiliser on a towel or on a mat and slowly lower yourself down on top of the Mobiliser.
- Check the position of your neck. It may be necessary to use a pillow to keep the neck in a good position.
- Move around until you find or hit the spot that is tight and painful. Ideally, try and find the spot that reproduces your pain. You will know when you find it.
- Once you find a sore spot, try and relax the weight of your body into the Mobiliser. Some points will be much more intense than others. This is due to the amount of muscle tension or joint stiffness.
- If you find you can't relax, move the Mobiliser to another spot.
- If you wish to go deeper into the muscle or joint, use your Riser attachment to increase the intensity.
- Gentle movements, such as a rocking motion, will encourage muscle tension to decrease and help you to relax into the Mobiliser.
- Also, 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.
- Keep working each spot until you feel a decrease in tension and pain (approximately 30 seconds to 2 minutes), then move the Mobiliser to the next tight spot.
- If you find lying on the Mobiliser is too intense, another effective option is to use the Mobiliser against a wall or hold it with your hand.

## Mobiliser physio treatment exercises (for the back)

**1. Knee Rock** - Gently rock knee's side to side (use the riser for extra stretch)



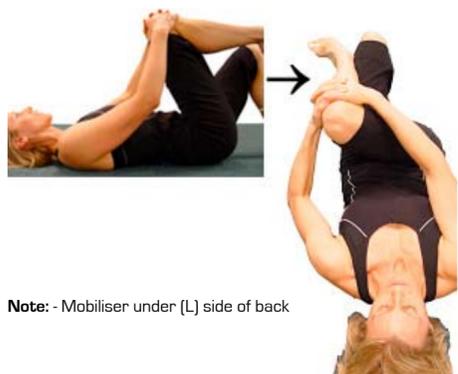
**2. Knee up's** - Gently rock knee up and down to chest



**Option 2** - lift both knees to chest (Rock knees up and down to chest)



**3. Knee Twist** - Pull knee up and across chest



**Note:** - Mobiliser under (L) side of back

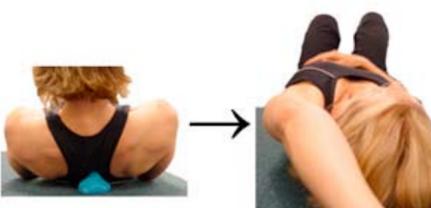
**4. The Pelvic Roll** - With leg crossed over gently lift and slide bottom up and down (in a rocking motion)



**5. Thoracic Roll** - Mobiliser just off to the side of the spine gently roll onto it and back



**6. Up and Over** - Gently roll onto the mobiliser and lift the opposite arm above the head. To increase the strain you can rock on and off the mobiliser or lift both arms above the head



## The Mobiliser<sup>®</sup> physiotookit.com

The Mobiliser allows you to regain mobility in your spinal joints, release trigger points and muscle spasms, and release connective tissue.

### WHAT IS IT?

The Mobiliser is the creative result of a combined 25 years of working with patients in pain and discomfort. The Mobiliser has been specifically designed, based on the shape and size of the spinal joints and muscles, to allow you to take control of your pain.

### WHY SHOULD I BUY THE MOBILISER?

The Mobiliser is ideal for releasing tight muscles and for addressing trigger points virtually anywhere in the body. The Mobiliser can also be used to release connective tissue and stretch spinal joints. The Mobiliser is so effective and easy to use, you'll want to take it with you everywhere you go.

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

Physiotherapists, Chiropractors and Osteopaths use their hands to identify and treat tight muscles, trigger points and stiff joints. The Mobiliser was designed with various thumblike projections to enable you to do the same.



### Effect of PhysioToolKit MOBILISER on the Spine

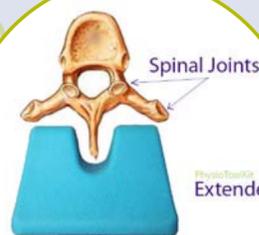
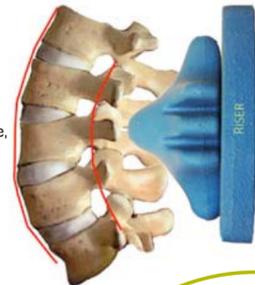
Before using MOBILISER

Flat and stiff Lumbar Spine (loss of extension)

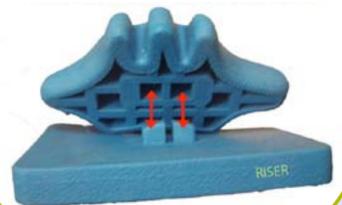


After using MOBILISER

Stretched and extended Lumbar Spine, good smooth curve.



For extra stretch Snap on the RISER



### What should it feel like when I use the Mobiliser?

The Mobiliser is ideal for releasing tight muscles and for addressing trigger points virtually anywhere in the body. When you first start self-treatment with the Mobiliser, chances are that it will feel quite intense... it will literally feel like someone is digging their thumb into you.

When you are using the Mobiliser, it is essential that you relax the weight of your body into the device. By tensing up against the Mobiliser you can cause an increase in muscle spasm and worsen your symptoms.

If you find you cannot relax, place the Mobiliser on a towel or a mat to decrease the intensity OR use it against a wall while standing. The appropriate level of intensity can be described as uncomfortably comfortable.

Once you have started to work on a tight spot, generally within the first few moments, the tension will begin to relax and release, and the intensity will significantly decrease. This will normally take approximately 1-2 minutes. If it does not, don't panic. It simply means that the point you are working on is very tight. With points that are very tight, just stay with that spot only as long as it is tolerable.

### How do I know when to move the Mobiliser?

You will know it is time to move the Mobiliser to a new point 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

Take your  
PHYSIOTHERAPIST  
with you where ever  
you go!

REVOLUTIONARY  
Self-Treatment Tool

SAFE

SIMPLE

EFFECTIVE

AFFORDABLE

**The Mobiliser<sup>®</sup>**  
Do you suffer from pain, discomfort or muscle tightness?  
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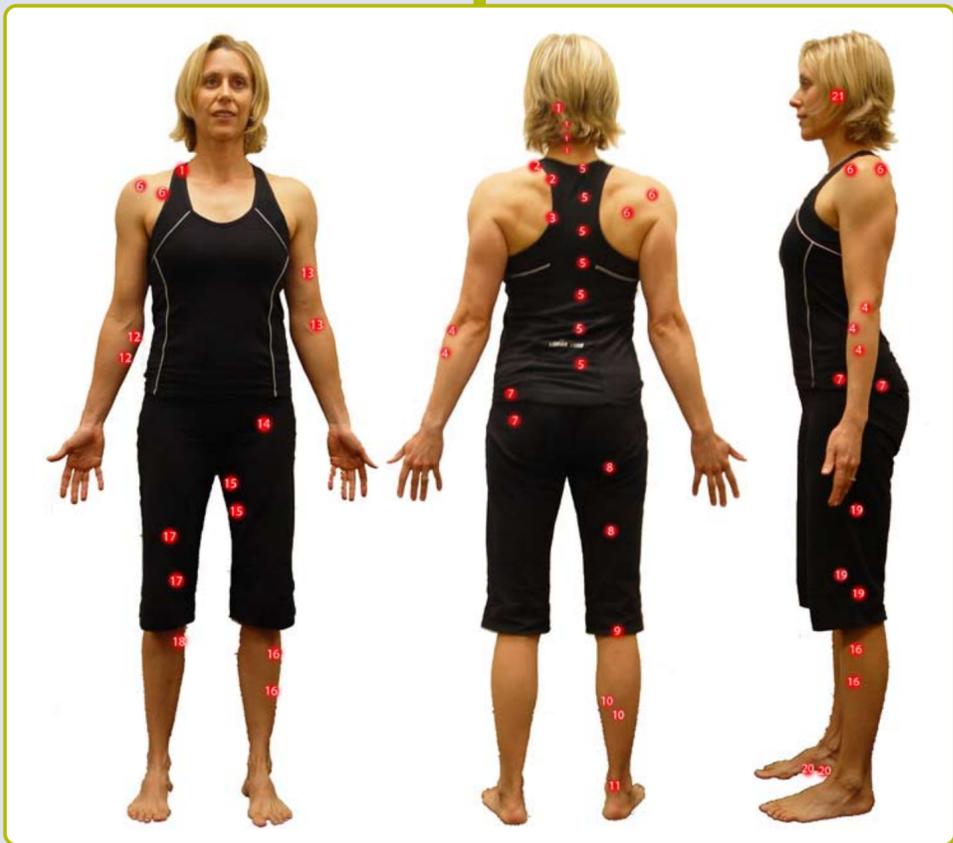
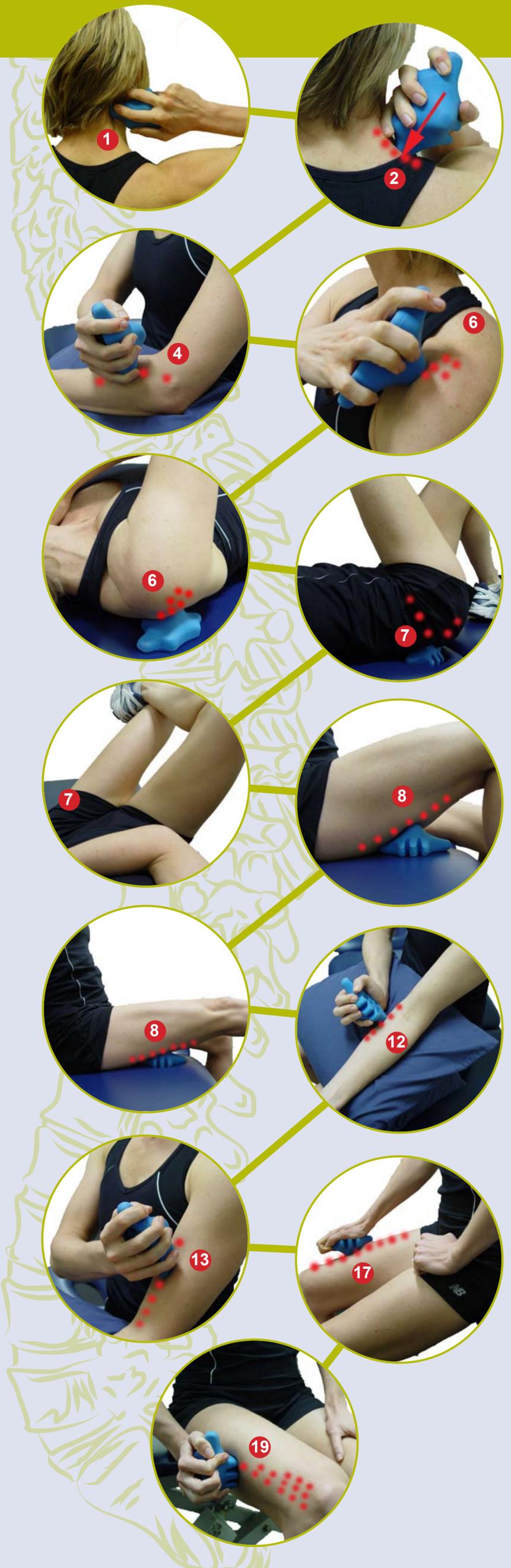
## How do I use the Mobiliser to release trigger points and connective tissue?

To address trigger points, muscle spasms and tight connective tissue, the Mobiliser can be used against a wall, on the floor or held in your hand.

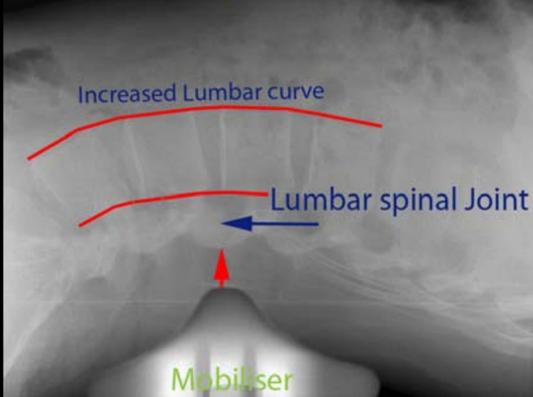
- Please refer to the Self-Treatment Chart and corresponding photos to find your most effective options.
- Move around until you find or hit the spot that is tight and painful. Ideally, try and find the spot that reproduces your pain. You will know when you find it.
- Once you find a sore spot, massage or mobilise that point until the tension begins to relax and fade away.
- If you find you can't relax, move the Mobiliser to another spot.
- If you wish to go deeper into the muscle or joint, use your Riser attachment to increase the intensity.
- Gentle movements, such as a rocking motion, will encourage muscle tension to decrease and help you to relax into the Mobiliser.
- Also, 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.
- Keep working each spot until you feel a decrease in tension and pain (approximately 30 seconds to 2 minutes), then move the Mobiliser to the next tight spot.

### The Mobiliser Self-Treatment Chart

Tight/Painful Area	Trigger Points	Most effective when combined with:
Neck	1, 5, 2	Neck stretches, heat and postural strengthening exercises
Lower Back	5, 7, 8	Lower back stretches, heat, abdominal strengthening and gluteal strengthening
Around Shoulder Blades	5, 2, 3, 6	Spinal stretches, postural strengthening, heat
Shoulder	6, 2, 3, 5 (around shoulder blade)	Combination ice/heat, shoulder strengthening exercises, stretches
Cramps	8, 10	Stretching, heat
Elbow/Forearm	4, 12	Combination ice/heat, strengthening, stretching
Shin	16, 10, 18	Stretching, ice, strengthening
Ankle	16, 10, 11	Stretching, ice, strengthening
Knee	19, 17, 18, 8, 9	Strengthening, stretching, heat
Hip	7, 14, 15, 5	Stretching, heat
Foot	10, 16, 20	Stretching, ice
Headache	1, 2, 5	Heat, neck stretches
TMJ/Jaw	21, 1	Heat, relaxation exercise (sometimes night splint)



X-Ray displaying the effectiveness of the Mobiliser



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.