

SPINEFITTER® by SISSEL® System

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

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

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



Learn more about the versatile application possibilities of the SPINEFITTER by SISSEL in rehabilitation and training in our online video workshops.

You can find more information at spinefitter.com.



An Innovation by SISSEL®

An innovative, modular system for maximum application possibilities

Versatile and impactful training

The SPINEFITTER by SISSEL System was developed by an interdisciplinary team of physiotherapists, osteopaths and Pilates trainers. Numerous exercises from the fields of Pilates and Yoga can be combined and supplemented with the SPINEFITTER by SISSEL. Twelve exercise videos available online show the versatility and potential of regular training with the SPINEFITTER. The SPINEFITTER loosens muscular tension, mobilises joints, and strengthens deep muscles. Thanks to targeted exercises, the SPINEFITTER helps to relieve pain effectively in the back, neck and shoulder areas*.

The SPINEFITTER is made of PU integral foam and thanks to its unique shape, consisting of a 28 double-row ball structure, the SPINEFITTER by SISSEL enables comprehensive back training. The modular design of the system makes it easy to attach various add-ons and thanks to its excellent connection options, this effective training tool becomes a valuable treatment and relaxation aid. Versatile exercise options allow to train safely and effectively in the physiotherapy practice, studio and at home.

Discover the SPINEFITTER System and learn why this multi-tool has quickly become a professional asset in the physiotherapy practices and self-treatment at home.

*You can download the study abstract via spinefitter.com


SPINEFITTER
BACK IN BALANCE

The SPINEFITTER® product family is growing:
SPINEFITTER® by SISSEL® Junior – available soon!

SPINEFITTER by SISSEL Trigger Tool

The attachable module offers a simple way to autonomously release trigger points and hardenings along the spine most precisely, and, thus, contribute to pain relief.

Tip: Can also be combined with the SPINEFITTER Mini.



SPINEFITTER by SISSEL Extension Kit

Expands the range of exercises and is perfect for people taller than 180 cm. Consists of the SPINEFITTER by SISSEL Mini and a Connector. The simple click system ensures a correct alignment of the Extension Kit.



SPINEFITTER by SISSEL
Extension Kit:
Mini with Connector

SPINEFITTER by SISSEL Linum & Linum Pro

The perfectly fitting SPINEFITTER cover with natural linseed filling can be used for heat application on the SPINEFITTER and comes in two versions: for use at home or professional application.



SPINEFITTER
not included



SPINEFITTER® by SISSEL®



The innovation for a healthy back

Thanks to its unique design the SPINEFITTER by SISSEL enables comprehensive back training. The paired ball structure enables the spinous processes to sink in, which, even in a simple supine position, achieves a positive effect on the muscular tissue adjacent to the spinal column. The small vertebral joints can be opened and, thus, one's mobility can be improved. The SPINEFITTER is an intuitive training device and can be used for exercises from the area of spinal gymnastics, Pilates and Yoga. New stimuli are set through easier joint positions and challenging motions (balance). Intuitive handling and a quickly noticeable effect make the SPINEFITTER an ideal piece of equipment for regular training in the Pilates or fitness studio, in therapy or at home.

- Innovative training device with 28 interconnected balls
- Intense, deep-impact pressure across the entire muscular and fascial tissue along the spine
- Improves joint mobility
- Strengthens deep muscular tissue
- Available in four colours: anthracite, green, blue, purple red
- Incl. SPINEFITTER Carry Strap for comfortable transport on the back



Item Number	Attributes
162.300	SPINEFITTER by SISSEL, blue
162.301	SPINEFITTER by SISSEL, green
162.302	SPINEFITTER by SISSEL, anthrazit
162.303	SPINEFITTER by SISSEL, purple red
162.300.5	Set of 10 blue incl. Coach Bag
162.301.5	Set of 10 green incl. Coach Bag
162.302.5	Set of 10 anthrazit incl. Coach Bag
162.303.5	Set of 10 purple red incl. Coach Bag

 approx. 84 x 12 x 6 cm

 polyurethane

 available in 4 colours    

SPINEFITTER® by SISSEL® Trigger Tool



Attachable module for expanding the SPINEFITTER by SISSEL System

It allows targeted, punctual pressure to be applied to trigger points, hardenings, and tensions. Consequently, the module offers a simple way to autonomically release trigger points and hardenings along the spine most precisely and, thus, contribute to pain relief. The shape of the Trigger Tool ensures symmetrical, constant pressure with the surface area of a therapeutic thumb. This allows pain points to be specifically released, blood circulation to be increased and the muscles to work evenly again.

- Pain reduction of trigger points
- Shape ensures a symmetrical, constant pressure
- Individual placement
- Optimum degree of hardness*
- Vary and regulate the intensity of the pressure using your own body weight
- Weight product: approx. 55 g
- Maximum user weight: 150 kg



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

Item Number	Attributes
162.308	SPINEFITTER by SISSEL Trigger Tool

 approx. 12 x 4,5 x 7 cm

 polyurethane

 melon yellow

Discover our
workshops on the
SISSEL® ACADEMY
website



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

SPINEFITTER® by SISSEL®

Extension Kit

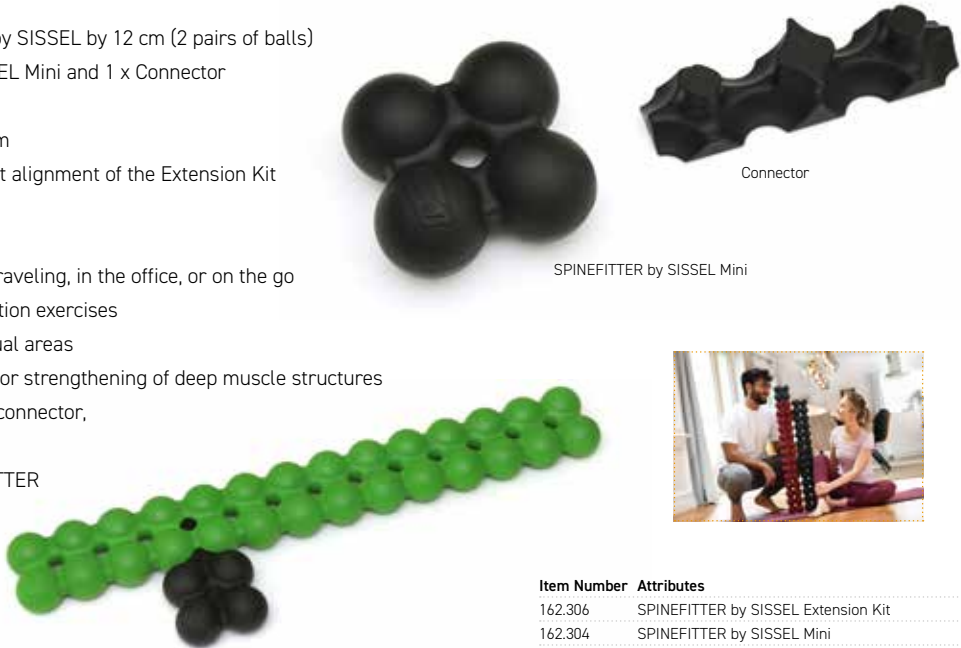


Expand the SPINEFITTER by SISSEL with four additional balls and the ideal connecting piece to achieve a greater variety of exercises. Set new stimuli and support specific areas of the body to optimise your self-treatment even more precisely. The Extension Kit can support specific areas of the body in order to train in a more targeted and controlled manner.

- Extends the regular SPINEFITTER by SISSEL by 12 cm (2 pairs of balls)
- Contains: 1 x SPINEFITTER by SISSEL Mini and 1 x Connector
- Expands the range of exercises
- Perfect for people taller than 180 cm
- Simple click system ensures correct alignment of the Extension Kit

SPINEFITTER by SISSEL Mini

- Extra small and light – perfect for traveling, in the office, or on the go
- Supports segmental spine mobilisation exercises
- Perfect for fascia release of individual areas
- Suitable for balance exercises and for strengthening of deep muscle structures
- Also available individually, without connector, incl. SPINEFITTER carrying strap
- Can be combined with the SPINEFITTER by SISSEL Trigger Tool



Item Number	Attributes
162.306	SPINEFITTER by SISSEL Extension Kit
162.304	SPINEFITTER by SISSEL Mini

 Extension Kit: approx. 21 x 12 x 6 cm

 Mini: approx. 12 x 12 x 6 cm

 polyurethane

 black



SPINEFITTER® by SISSEL®

Linum & Linum Pro



The custom-fit SPINEFITTER cover with natural linseed filling can be used for heat application on the SPINEFITTER. The Linum/Linum Pro provides natural warmth along the entire spine and is ideal for relaxation, for loosening up the muscles before or after training, or for relieving pressure on the paravertebral muscles when training with the SPINEFITTER. Using the Linum/Linum Pro increases blood circulation along the spine and thus relieves pain.

- For heat application
- Ideal for relaxation or loosening up the muscles
- Filling: natural linseed filling
- Can be combined with the SPINEFITTER by SISSEL and Extension Kit

SPINEFITTER by SISSEL Linum Pro

- specially developed for use in physiotherapy practices, Pilates and fitness studios – thanks to the wipeable and disinfected surface



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



Item Number	Attributes
162.310	SPINEFITTER by SISSEL Linum, anthrazit
162.320	SPINEFITTER by SISSEL Linum Pro, anthrazit

 approx. 84 x12 x 2 cm

 Linum: 100% cotton
Linum Pro: 100% polyester / PU coating

 anthrazit









