



Sissel Spinefitter



The Spinefitter by SISSEL is a versatile training device for back pain, tension in the muscles and limited mobility of the facet joints. 28 interconnected balls lie in two rows along the spine. The small balls help to release tension through the deep-acting pressure.

CHF 124.90

The unique shape of the Spinefitter causes a loosening of the shoulder-neck area in simple application. The small vertebral joints of the spine are opened via mechanical stimuli and can release blockages through movement on the Spinefitter. In the supine position on the Spinefitter, it has a stimulating effect on the energy points of the body. The energetic balance is thereby supported.

The Spinefitter was developed from the daily work in therapy practice & studio. It is versatile and can be used in therapy, individual and group training. With the Spinefitter, exercises from the areas of spinal gymnastics, Pilates and yoga can be usefully supplemented. New stimuli are set through facilitated joint positions and challenging positions (balance). Intuitive handling and a quickly noticeable effect make the Spinefitter an optimal piece of sports equipment for regular training at home.

- Innovative training device with 28 interconnected balls
- Release of tension pain
- Improvement of joint mobility
- Balancing of the energy system & vegetative nervous system
- Incl. carrying strap for comfortable transport
- Dimensions: L84 x W24 x D6cm
- Weight: 1210g