



SISSEL® ACADEMY

THE POWER OF SISSEL®.

SPINEFITTER

BY SISSEL®

WORKBOOK



PROFESSIONAL USE OF
SISSEL® HEALTHCARE, FITNESS, PILATES AND WELLNESS PRODUCTS.
WWW.SPINEFITTER.COM

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OVERVIEW OF THE ADVANTAGES OF THE SPINEFITTER by SISSEL®

1. Releasing tension and adhesions:

The SPINEFITTER relieves tension in the muscles through concentrated pressure and the arrangement of the balls. Fascial adhesions can also be loosened through targeted movements using the SPINEFITTER.

2. Improving joint mobility:

The SPINEFITTER improves the range of motion in individual joints through targeted exercises. The arrangement of the balls means that it is possible to create more space within structures, which then allows for greater joint play.

3. Balancing the energy systems:

The SPINEFITTER targets energetic imbalances and balances the autonomic nervous system via concentrated pressure from precisely positioned balls. It influences the energy system (meridians) via acupressure points.



The SPINEFITTER by SISSEL® is a multifunctional tool

Formation and consequences of tensions and adhesions

Formation:

- **Incorrect strain on the muscles: overstraining or understraining**

If a muscle is overstressed in its load, so that the synergist muscles that support these muscles are overwhelmed with the load, an environment is created in the muscle that can lead to sticking. In the same way, muscles that are underused due to an imbalance in the agonist (player) and antagonist (opponent) muscles can tense quickly and thereby be inhibited in their function.

- **Joint disturbances**

If the function of a joint is restricted, the surrounding muscles cannot develop their full potential. Attempts to compensate for the range of movement can then lead to tension and adhesion.

- **Physiological traumata**

Any trauma, such as an injury to the structures, can lead to bleeding, torn fibres and the functional loss of a joint. As part of the rehabilitation of structural injuries caused by trauma, the synergy of some muscles may not rebalance and adhesions can develop. Scar tissue can also limit their function.

- **Psychological factors**

Stress, fear and traumatic events not only change the metabolic processes in the body, but also go hand in hand with a change in posture. This is a common cause of tension in the muscles.

Consequences: In summary, all of these factors can cause the following processes in the muscles:

- Localised metabolic muscle diseases
- Increased state of tension
- Decrease in blood supply
- Acidaemia
- Inflammatory responses

How does the SPINEFITTER work?

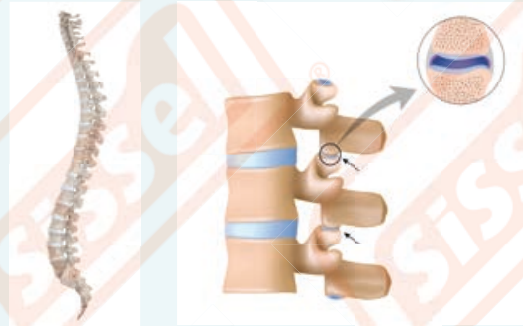
Concentrated pressure on trigger points and myogelosis causes:

- a reduction in inflammatory substances
- a normalisation of the pH
- an improvement in metabolism

IMPROVING JOINT MOBILITY

Mobilisation of the following joints: The SPINEFITTER can mobilise the following joints through targeted exercises:

- Spinal facet joints
- Shoulder girdle: 4 joints
- (sternoclavicular, acromioclavicular, glenohumeral, scapulocostal)
- Hip joint
- Sacroiliac joint



Shoulder girdle:

The shoulder girdle is functionally defined by the following four joints. Good interplay leads to an upright posture and muscle balance.

- Glenohumeral joint: head of the humerus/glenoid cavity of the scapula
- Acromioclavicular joint: clavicle/acromion process of the scapula
- Sternoclavicular joint: sternum/clavicle
- Scapulocostal joint: anterior scapula/thoracic rib cage

Muscles involved in the movement of the scapula:

Muscles involved in the external rotation of the scapula:

Trapezius muscle, upward movement

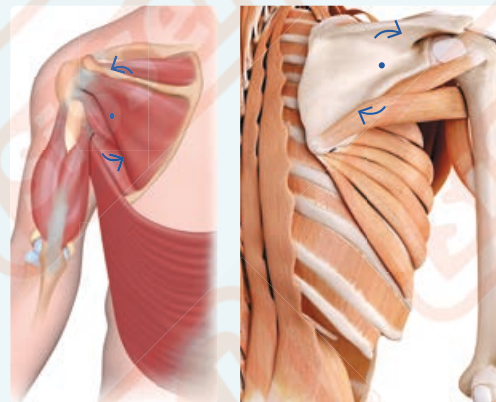
Trapezius muscle, downward movement

Serratus anterior muscle

Pectoralis minor muscle

Levator scapulae muscle

Rhomboid muscle



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Hip joint:

Ball and socket joint

- Movement in all directions possible
- Dependant on guidance from the bones
- Influenced by the surrounding muscles

Sacroiliac joint

articulate connection between sacrum and ilium

Real joints → synovial joint

between the bone joint cavity, hyaline cartilage, articular capsule, ligaments, fibrous membrane, synovial membrane (characteristics of a joint)

Special form: Amphiarthrosis → little movement

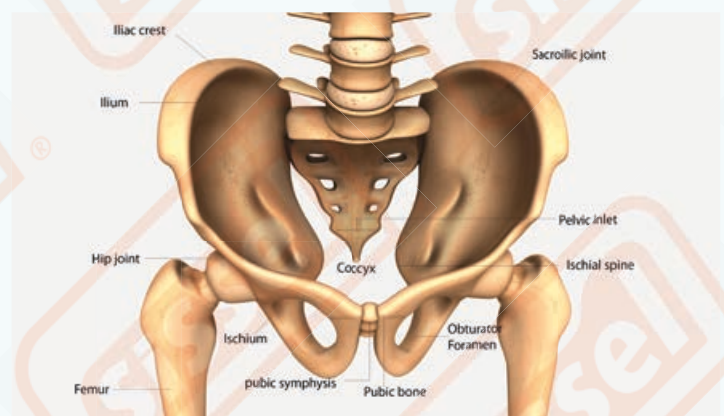
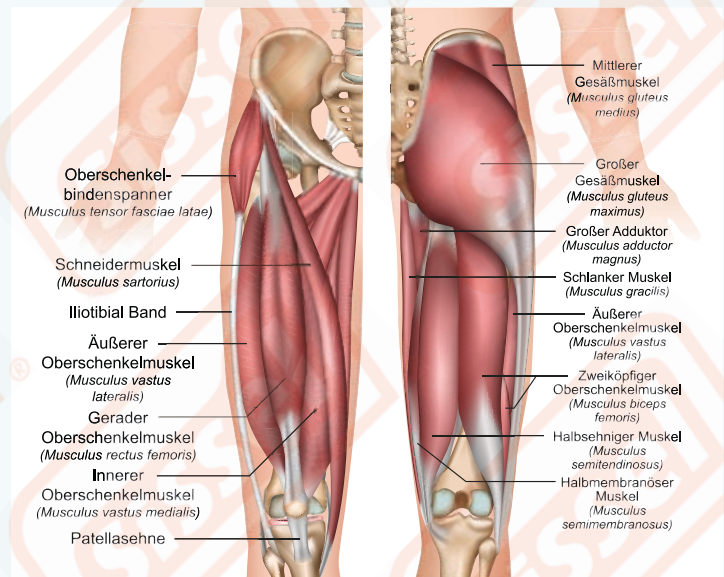
Fake Joints → synovial joint

continuous cartilaginous or connective tissue bone joints, no joint cavity, little flexibility

- Cartilaginous joint
 - Synchondrosis: bound by hyaline cartilage
 - Symphysis: bound by fibrous cartilage
- Facet joint
 - Sutures: binding together of the bones of the skull
 - Syndesmosis: syndesmosis fibrous joint

How does the SPINEFITTER by SISSEL® work?

Good mobility of the joints in the body improves posture and muscle function. It prevents injuries and reduces the risk of osteoarthritis. We can usually make more space within our joints by improving muscular interplay and stretching the surrounding muscles. Good muscle function and joint mobility are mutually dependent.



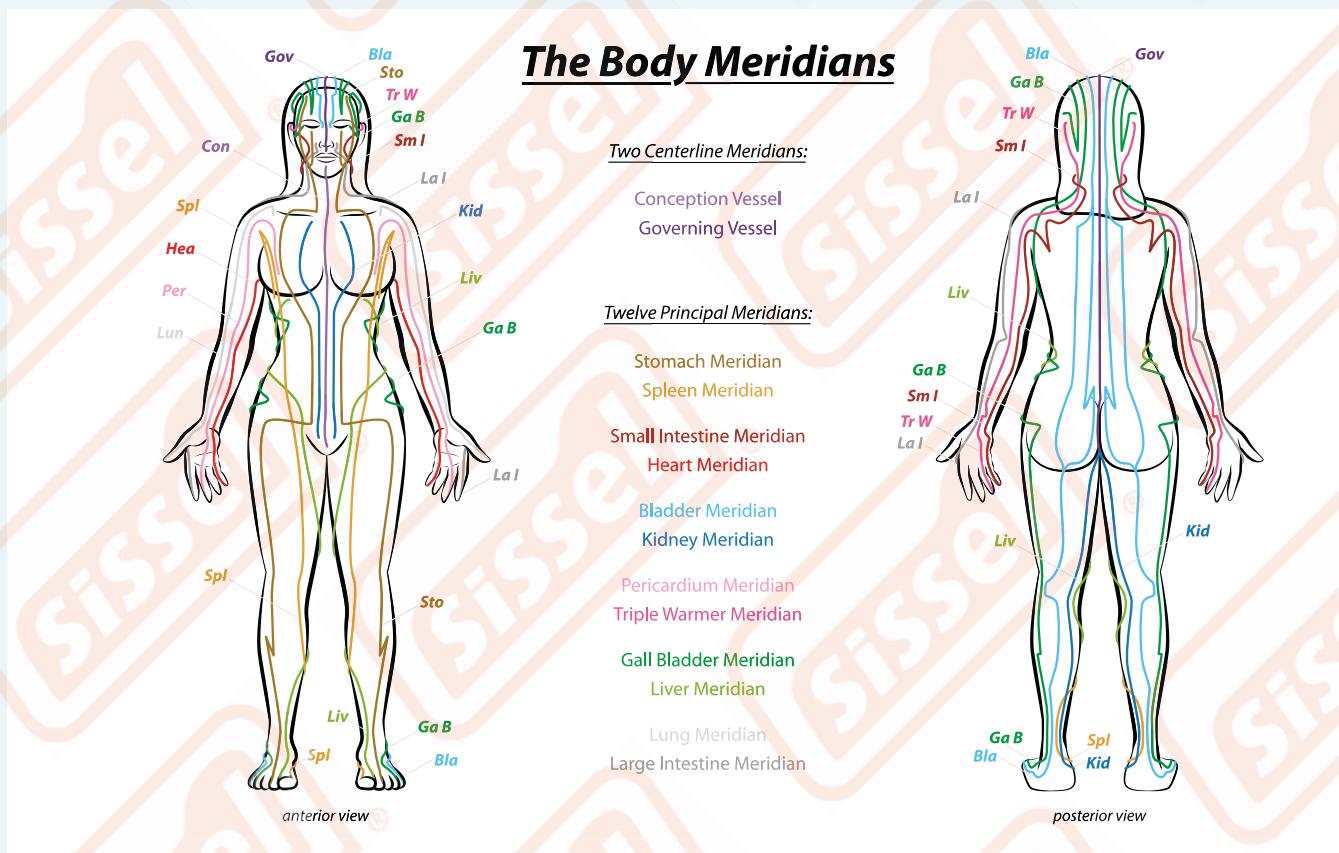
BALANCING THE ENERGY SYSTEMS

Meridians

In traditional Chinese medicine (TCM), meridians are channels through which the life energy, the Qi, is supposed to flow. Each meridian is assigned to a functional circuit (organ system).

Shu points

- Located two fingers paravertebral along the spine
- Activate life energy (Qi) and blood (Xue) in the associated organs (lungs, cardiovascular system and liver)
- Also act as pressure points for back complaints
- Pressure influences congestion, activates life energy and stimulates blood in the associated organs



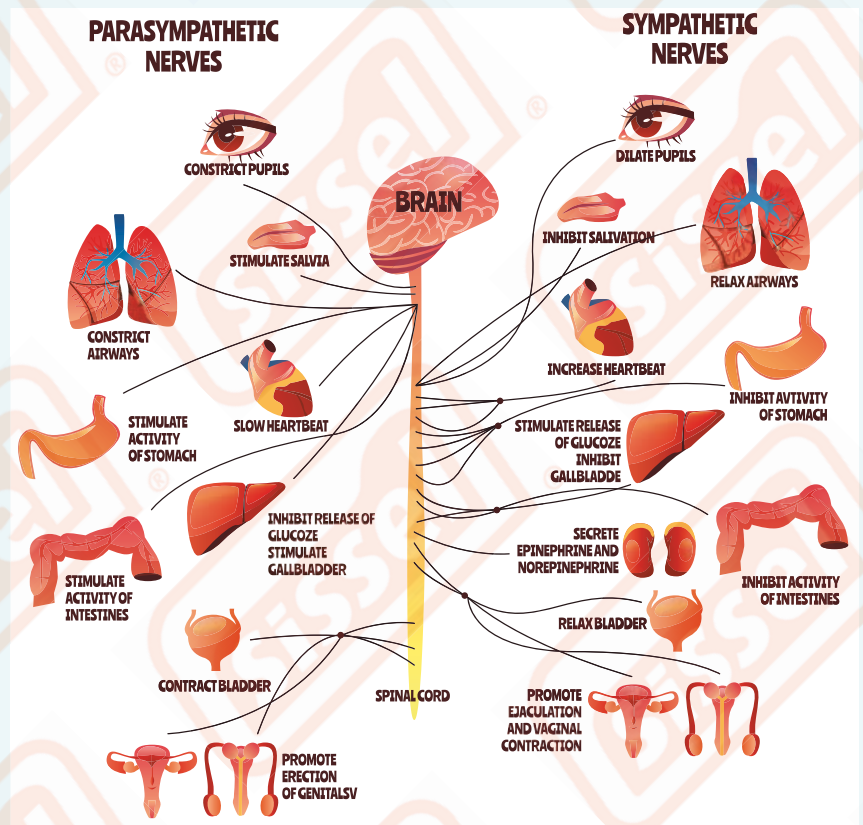
Autonomic Nervous System

The autonomic nervous system regulates involuntary processes in the body:

- Blood pressure
- Respiratory rate
- Digestion
- Metabolism

Sympathetic nervous system:

Located in the sympathetic ganglia along the thoracic spine, it prepares the body for emergency situations (fight or flight) Parasympathetic nervous system: located in the brain stem and sacrum, regulates "normal situations"



How does the SPINEFITTER by SISSEL® work?

- In the basic supine position on the SPINEFITTER, the concentrated pressure of the balls can act on the Shu points and promote energetic balance
- Acupressure points, which are like opening points for the meridians, can harmonise the energy flow and release and balance blocked energy.
- In applying pressure and movement to these points, muscular tension can be released, blood circulation is stimulated and waste products can loosen and be transported away.
- Holding the points stimulates the body to release neurotransmitters (endorphins), which have a positive effect on pain and relaxation.
- The flow of energy at the points is also stimulated by movement.

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1. EXERCISE: TENSION RELEASE

1.1 Warm up/relaxation

Start: lie with the SPINEFITTER lengthways from the back of the head to sacrum in a supine position with legs raised, arms lying relaxed next to the body.

Movement: with a focus on the areas in contact with the SPINEFITTER, make gentle weight shifts.

Objective: relaxation of the muscles along the spine



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1.2 Shoulder circles

Start: lie with the SPINEFITTER lengthways from the back of the head to the sacrum, hands pointing towards the ceiling, elbows soft.

Movement: circle the shoulder girdle with the arms outstretched.

Objective: tension release in the shoulder and neck muscles



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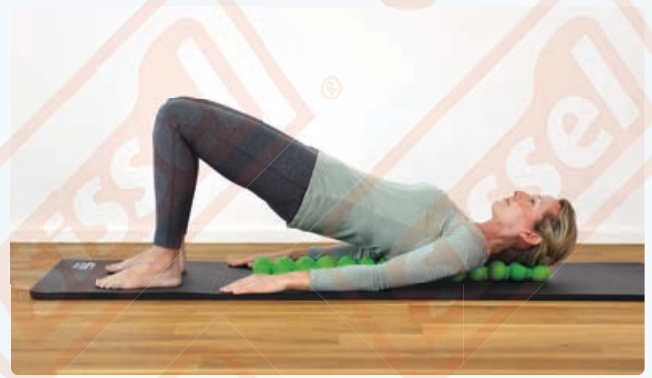
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1.3 Bridging

Start: lie with the SPINEFITTER lengthways from the back of the head to the sacrum, feet hip-width apart, arms lying relaxed next to the body.

Movement: roll up the vertebrae one at a time to the shoulder blades and unroll again.

Objective: mobilisation of the small vertebral joints, acupressure effect on energy points



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1.4 Chest lift

Start: lie with the SPINEFITTER lengthways from the back of the head to the sacrum, hands pointing towards the ceiling, elbows soft.

Movement: circle the shoulder girdle with the arms outstretched.

Objective: tension release in the shoulder and neck muscles



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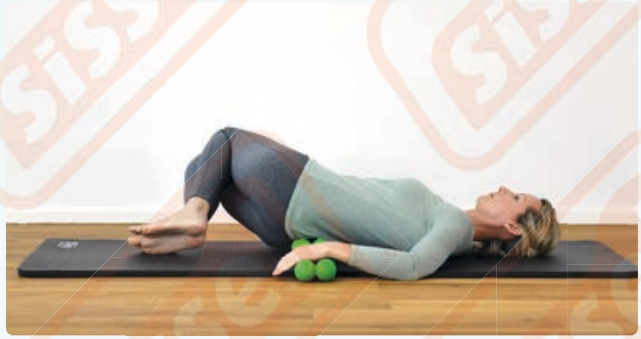
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1.5 Side to Side

Start: lie with the SPINEFITTER horizontal under the sacrum, legs bent, arms relaxed next to the body

Movement: gently move your legs to the left and right, the upper body remains relaxed.

Objective: relief of gluteal muscles, release of trigger points (gluteus medius muscle, gluteus maximus muscle, piriformis muscle)



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1.6 Shoulder girdle massage

Start: lie with the SPINEFITTER horizontal under the top of the shoulder blades, legs bent, upper body slightly raised, head held.

Movement: roll slowly from the outside of the shoulder blade to the opposite side and back.

Objective: stimulation of trigger points and tension release in the shoulder girdle



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1.7 Stretch

Start: lie with the SPINEFITTER horizontal under the top of the shoulder blades, legs bent, upper body slightly raised, head held.

Movement: holding the head, slowly move over the SPINEFITTER into an extension of the thoracic spine in an opening movement.

Objective: opening of the ventral muscle chain, mobilisation of the thoracic spine in extension



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1.8 Releasing the thoraco-lumbar fascia

Start: supine position with legs up, SPINEFITTER lying across below the waist so that the buttocks are actively disengaged from the floor.

Movement: the spine remains in a neutral position, while gently rotating from right to left with weight and pressure shifting to the sides.

Objective: relaxation through pressure on the large back fascia and trigger points.



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1.9 Calf stretching

Start: standing, SPINEFITTER lies crosswise, ball of one foot in contact with SPINEFITTER (acupuncture point kidney1), other foot stands in front of SPINEFITTER

Movement: weight on front leg slightly bent, stretch back leg to stretch the calf.

Objective: stretch gastrocnemius muscle, soleus muscle



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1.10 Foot massage

Start: standing, both feet on the SPINEFITTER.

Übung: slowly place both feet over the SPINEFITTER. Walk over it both sideways and from one end to the other.

Übungsziel: to loosen and massage the fascia and mobilize the small ankles.



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2. IMPROVEMENT OF JOINT MOBILITY

2.1 Cactus

Start: supine position lengthwise on the SPINEFITTER, feet up, arms stretched towards the ceiling

Movement: elbows drop towards the floor at shoulder level, hands towards each other. From here lower the forearms towards the thumb (external rotation of the shoulder), back and let the fingers touch the ground (internal rotation of the shoulder).

Objective: mobilization of the shoulder, acting on Trigger points of the rhomboid muscle



2.2 Chest lift – Bridging

Start Position: lie lengthways on the SPINEFITTER in a supine position, feet hip-width apart, hands under the back of the head

Movement: bring the elbows closer together, lift the head and roll up to the top of the shoulder blades, unroll each vertebrae one at a time, then roll up each vertebrae one at a time up to the shoulder blades

Objective: mobilisation of the thoracolumbar junction through stimulation of the acupuncture points



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2.3 SIJ Mobilization

Start: in quadruped position, place hand and knee of one side on the longitudinally positioned SPINEFITTER, position knee of the other side in the air at the same height

Movement: lower the knee/lower leg of the free side towards the floor, lower the pelvis on this side and bring it back and higher, repeat, change sides

Objective: mobilization of the SIJ (Sacroiliac Joint)



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2.4 Shoulder circles

Start: lying lengthwise on the SPINEFITTER from the back of the head to the sacrum, hands pointing to the ceiling, elbows soft.

Movement: circles from the shoulder blades and maintain the length of the arms.

Objective: to relieve tension in the shoulder and neck muscles.



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3. BALANCING THE ENERGY SYSTEMS

3.1 Relax - lying

Start: lying on the back, from the back of the head to the sacrum lengthwise on the SPINEFITTER

Movement: extend arms and legs sideways for a long time, feel contacts with the SPINEFITTER

Objective: stimulation of acupuncture points, relaxation, length



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3.2 Relaxation Sacrum

Start Position: lie with the SPINEFITTER lengthways under the sacrum in a supine position, legs stretched out, arms relaxed

Movement: with your weight relaxed on the SPINEFITTER, gently move the sacrum

Objective: relaxation of the sacrum, stimulation of the energy points in the sacrum



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4. EXERCISE EXAMPLES

Quadruped stand

Start: quadruped stand, activated starting position, hands under shoulders, knees under hips, place SPINEFITTER diagonally under hand and knee

Movement: push out other arm and leg long, if possible, no foot has contact with the floor

Objective: control of body center, progression quadruped stance through unstable base



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Criss Cross

Start: supine position, SPINEFITTER across under sacrum, both legs bent at hip and knee 90°, upper body lifted, head rests in hands

Movement: with exhalation turn upper body to one side, elbow to knee, extend other leg flat above floor, change sides, repeat

Objective: control of body center, complex coordination, SPINEFITTER supports body awareness and control of center



Rotation-stretching position

Start: supine position, SPINEFITTER across under the sacrum, legs close together, arms far to the side of the body next to the body

Movement: lower both legs to one side, upper body/arms remain lying or go to the length of the opposite side

Objective: to open the lower back, to release of tensions in the gluteal region



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Side Kick

Start: lateral position, SPINEFITTER lies from the hip to above the knee under the leg, lateral support on the forearm.

Movement: lift upper leg hip-high and swing forward with dorsiflexion of the foot and swing back with plantar flexion, repeat.

Objective: stabilization in lateral position, support on the SPINEFITTER provides more instability and punctual pressure on the fascia latae.



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Spine Twist

Start: sit long on the crosswise SPINEFITTER, legs open shoulder-width, arms held shoulder-high at sides

Movement: turn to one side with exhale, inhale back to center, repeat

Objective: spinal mobilization in rotation, facilitated starting position through position on the SPINEFITTER, body awareness



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Balance exercises

Start: stand with one foot lengthwise on the SPINEFITTER, playing leg in abduction/adduction

Movement: playing leg in abduction/adduction

Objective: coordination, balance



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EXERCISES FOR TWO

Mobilization of the spine muscles

Start: lying on the SPINEFITTER with long legs. Partner holds the legs above the ankles.

Movement: small shaking movements move the spine rhythmically over the SPINEFITTER, can be done lengthwise as well as sideways.

Objective: release of tension in the paravertebral musculature



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Roll Up, Roll Down

Start: lying on the SPINEFITTER, feet up. Partner grasps the forearms and positions himself at the foot end.

Movement: partner supports the roll up and down on the SPINEFITTER with traction.

Objective: mobilization of the facet joints of the spine.



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WHEN NOT TO USE THE SPINEFITTER

1. Taking blood thinning / anticoagulant medication.

Here, there is a risk of increased bleeding in the event of mechanical stimuli

2. Inflammations and inflammatory changes of the joints (arthritis):

In principle, in the case of inflammation of joints, which is often accompanied by pain and overheating, no additional mechanical stimulus should be applied.

However, this must be distinguished from arthrosis (wear and tear of joints). In this case, an improvement in joint mobility and gentle mobilization can be very helpful, as this increases the metabolism within the joint.

3. Osteoporosis (decrease in bone density)

Mobilizing exercises with the SPINEFITTER should only be carried out under guidance and after consultation with appropriate specialists in order to avoid overloading.

4. Acute herniated discs

In the acute phase of a herniation, the spinal nerve receives compression, so that there is often radiating pain. Here, additional mechanical stimulation should be avoided.

5. Pregnancy

The body is in an exceptional situation. Due to lack of experience and studies, we advise caution here

6. Fibromyalgia ("fiber-muscle pain", "soft tissue rheumatism")

Since pain occurs precisely in the tendon insertions of the muscles, additional mechanical pressure is not beneficial.

7. Dizziness

Since the causes of dizziness can be manifold, exercises in the supine position on the SPINEFITTER are not recommended.

The SPINEFITTER should also only be used after consultation with appropriately trained personnel in the case of:

1. Phlebitis
2. Cervical spine syndrome
3. Severe thoracic kyphosis
4. Headache (migraine)

In case of further restrictions, which exclude a general physical training with and without equipment, the application of the SPINEFITTER should be renounced.



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