

back *in* action

# THE MOBILISER

Join the  
movement



[backinaction.co.uk](http://backinaction.co.uk)

# The Mobiliser is like having a factory reset button for your spine...

**T**his might just change your life. The *Back in Action Mobiliser System™* was developed to help people who feel stuck in everlasting back pain. The Mobiliser is typically used when pain has lasted six months or more and hasn't responded to rest, drugs or treatment.

*Back in Action* was set up in 1987 to help people manage, prevent and treat the symptoms of back pain. Our greatest asset is our staff and team of specialists, all dedicated to giving you the time, care and attention necessary to help you beat back pain. When you hire or buy one of our Mobilisers to use at home, we'll be there through the Mobiliser Diary, to help you on your particular journey.

Most Mobiliser users experience positive changes in the way their body works and in how they feel. Generally the effects of the first mobilisation last between a few hours and two days and get deeper with long-term use. The speed of the change is why we offer a complimentary first session in our stores to feel what it could do for you.

Many users are a little apprehensive before using it for the first time and that's totally understandable. We know first-hand how nerve racking it can be to have a spine that is permanently on the verge of spasm, or to be enduring a constant throbbing pain, sciatica or any number of other back problems. But we also know the potential for change through improved movement, reduced inflammation and decreased spasm. That's why we are always happy to chat it through by phone or walk you through your first session in store.

If you aren't able to come and visit us, we're pretty good at explaining the Mobiliser and answering questions by phone or email.

We are looking forward to being with you on this journey...

The Back in Action Team

back*in*action



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Please read these instructions carefully and completely. Each section should be considered in the context of the whole booklet and with any subsequent updates published on [www.mobiliser.co.uk](http://www.mobiliser.co.uk) or [www.backinaction.co.uk](http://www.backinaction.co.uk)

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# What does the Mobiliser feel like?

Try the Mobiliser for yourself – it’s like a strong massage combined with a wave moving up and down your body

First of all, you don't need to do anything but relax on a Mobiliser. It's like combining a strong massage with a wave that moves up and down your body. If you are already flexible, you will love it straight away; if not, it may feel uncomfortable for the first few sessions.

The rolling action of the 'thumbs' will find the stiff places and knotted muscles and try to restore the flexibility that makes you feel fitter. If you experience increased pressure in certain areas of

your back, or the feeling that it 'can't bend that much', it is very likely that this is where the Mobiliser will be able to do you the most good.

Regular use can bring increased mobility you had forgotten about. The list of Mobiliser users and advocates includes Sir Steve Redgrave, one of Britain's most renowned sportsmen, Dr Lady Ann Redgrave, one of the UK's leading medical voices, Sally Gunnell OBE, Bernard Gallagher OBE and thousands of other back pain sufferers. *h*

The Mobiliser feels like a strong massage combined with a wave moving up and down your body



**56 'THUMBS'**  
Deep pressure where it is needed



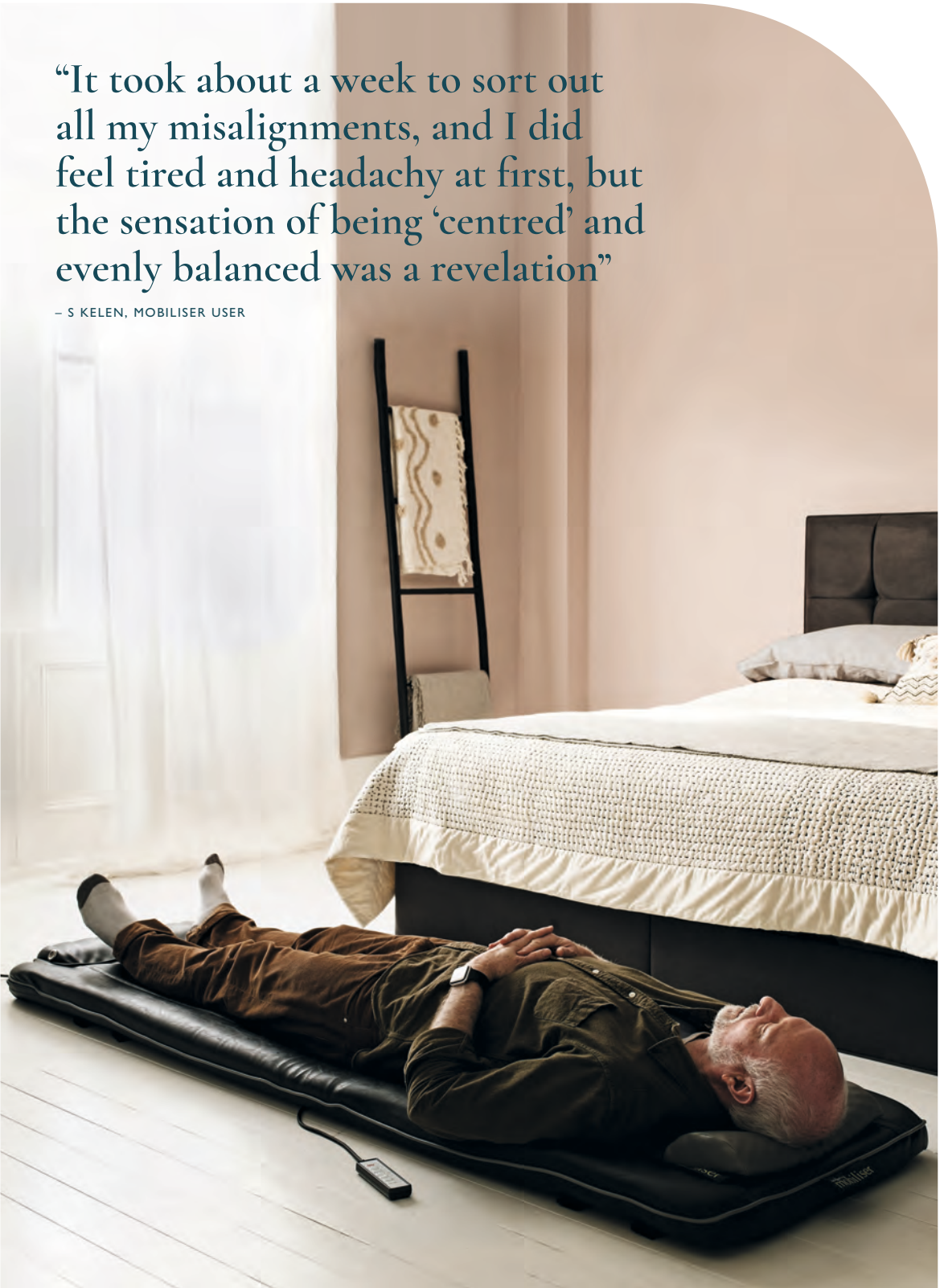
**CARBON HEATING**  
Warmth to improve flexibility



**SPINAL WORKOUT**  
More stretch than a normal massage



**CONTINUOUS PASSIVE MOTION**  
Movement while you relax



“It took about a week to sort out all my misalignments, and I did feel tired and headachy at first, but the sensation of being ‘centred’ and evenly balanced was a revelation”

– S KELEN, MOBILISER USER

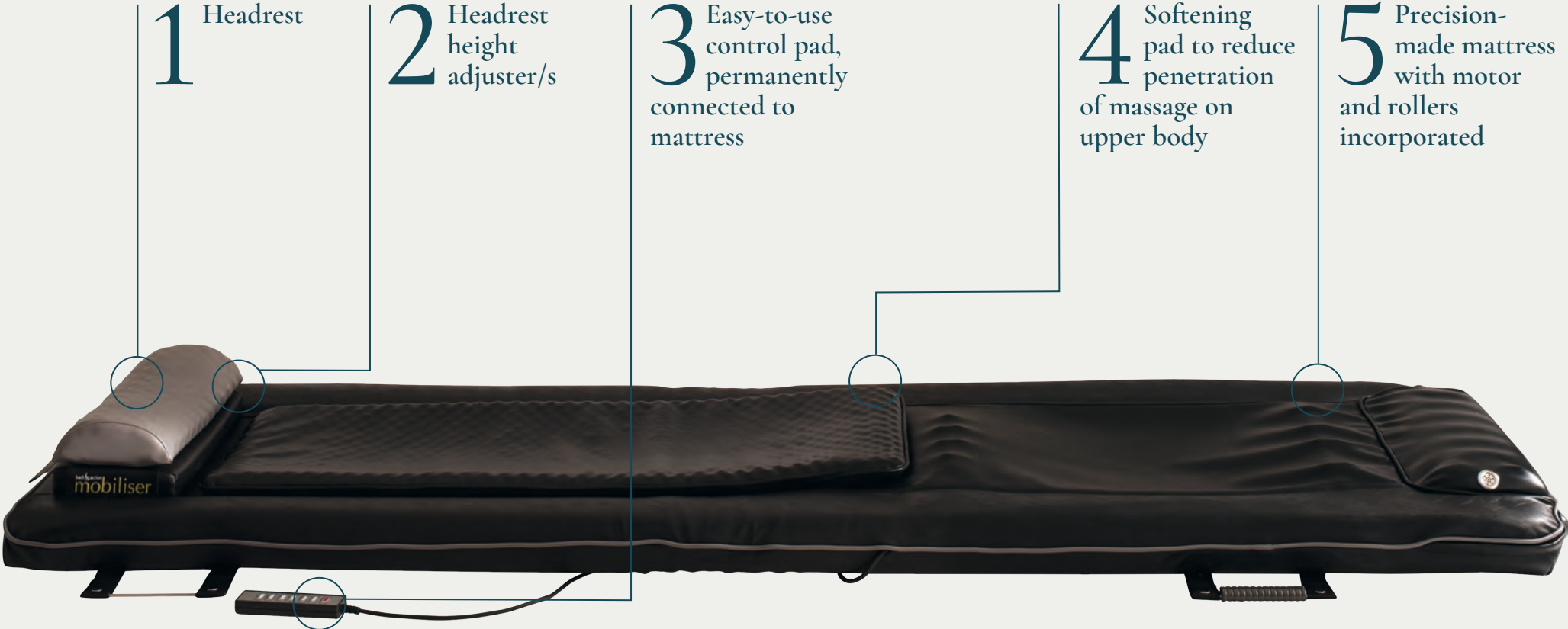


# Getting to know your Mobiliser

Understand the different components of your *Back in Action* Mobiliser with our easy guide



**Headrest adjusters** provide increased support for your head and can also be used to create bridging for areas of the spine and pelvis



## Optional extras & accessories



### DURABLE CARRY BAG

Our carry bag with a shoulder strap is ideal for travelling or frequent moving between premises. One is included as standard with hire, or can be purchased separately.



### OPTIONAL MOBILISER WEIGHT

A weight can be purchased separately to increase penetration on legs. One, two or three can be added for advanced uses and athletes.



### MOBILISER TABLE

A folding massage table can be used for those who struggle to get up and down off the floor with ease.

Section one

# Before you start

All users and potential users need to read this opening section carefully before trying the Mobiliser





# Get the support you need... online

Check your emails today to access your Mobiliser Diary and receive your personal advice from the *Back in Action* team

**W**e offer real and easily accessible support for Mobiliser users five days a week. This service is included in the cost of hire and included for life for purchasers of the Mobiliser, so do take advantage of it, especially if you are tackling a long-term serious health issue or using our Mobiliser for sporting excellence. Share your journey with the team through our unique Mobiliser Diary.

## Need to know: your Mobiliser Diary

### Why do I need to record my progress?

- By recording your starting situation you can monitor change, modify use, and maximise your Mobiliser experience.
- We have read thousands of Mobiliser diaries and recognise trends, so can offer very valuable advice. We can help you use the Mobiliser more consistently than you might otherwise and support you to achieve greater benefits than you think possible at first.
- We can encourage you to push yourself to get past any days when your new-found flexibility has created a reaction, and help

merge the Mobiliser with treatment for rapid progress.

### How do I get set up?

We will send you an email with a password protected link. Simply follow the link and start typing your first entry. Occasionally emails go straight into your spam folder or do not get through; please let us know if you do not receive an email at [mobiliser@backinaction.co.uk](mailto:mobiliser@backinaction.co.uk) or call 020 7935 9120.

### How do I use my Mobiliser Diary?

- Read the opening message as soon as possible, as this contains valuable information to get you started.
- Type a short starting situation and say how you reacted to your first Mobiliser session. Then, each day (for a few days) type in a sentence or two. We read every diary and respond as needed. Together, we work out the optimum use of the system for you.
- If others want to use your Mobiliser we can advise, and if requested, set up separate diaries to record progress.

We look forward to hearing from you and sharing your Mobiliser journey. *in*

Photography: Polina Tankilevitch/Pixels.



“Through our Mobiliser Diary system we can support you to achieve greater benefits”

— LUCINDA NEWBOUND, SENIOR ERGONOMICS ADVISOR, BACK IN ACTION

“Each user goes through their own journey, but we are here to help you on your way, offering user advice through your Mobiliser Diary”

– DAVID NEWBOUND, CO-FOUNDER,  
BACK IN ACTION

# Advice for new users

It's important to remember that everyone's Mobiliser journey will be unique to them – and that we're here to help

**Y**ou may have already used the Mobiliser in a *Back in Action* store, at a practitioner's, or at a friend's, but it's important to note that the second use of a Mobiliser is often less comfortable than the first. For the first few sessions people report a spectrum of reactions from deep relaxation to significant localised pain. Each user goes through their own unique journey, and typically the early discomfort is greater the more long-term the condition being tackled.

Remember, back pain is not necessarily a sign that you are being damaged. Many medics will recommend that you move through the pain as a means of recovering. To gain support, and to realise what shifts over time, each user is encouraged to keep an online diary and to take advantage of our ongoing advice and guidance. A Mobiliser Diary will have been set up for you on purchase or hire, and your entries can vary in length from a few words to a whole page.

Some users find the initial effects relaxing to the extent that they will want to sleep afterwards. Most will feel thirsty. Some users, especially those with long-term chronic pain and inflexibility in the spine, will find early use painful. We can't tell you to persevere, it's your choice, but we do observe that most do and the early pain is often replaced by extra vitality. You may also like to read the MOD report on page 40.

## The softening pad

You must use the softening pad at first, to decrease the penetration of the 'thumbs' until your back muscles soften and your

spine becomes more flexible, (typically 10 to 20 sessions). The pad decreases the amount of flexion and extension applied to each vertebral joint. Only progress to using the system's full force cautiously, at a rate your body and your practitioner are happy with, and if you want to. Many users find that they get long-term benefits from the Mobiliser using the softening pad at all times, others love the extra pressure after removing it. A healthy spine can accept the Mobiliser without the pad, but it is for you to decide how far to push yourself towards a younger, healthier spine.

## Adding weight

If you've chosen to use a weight, this is for placing over your legs to increase the penetration into the calves and thighs. We strongly recommend that you use the system a few times without the weight; the muscles can then be gently prepared for deeper penetration. (See *Special techniques*, page 34).

## The local point facility

You should use the 'Auto' programme many times before using the buttons labelled 'Local point up/down'. (See *Skilled use of the control pad*, page 32).

**TIP** If you are aware of pain or discomfort as a result of using the Mobiliser for the first time, this is probably because of movement occurring where you have been stiff for some time. In this case, repeated use usually causes the symptoms to ease and improve your mobility. You may choose to proceed gradually, spending only ten minutes on the Mobiliser or using a towel for extra padding, until you feel flexible enough for more penetration.



# Why use the Mobiliser?

Regular use of the Mobiliser has many benefits, depending on the state of health and normal activities of the user

**Y**ou can use it virtually anywhere – on the floor of your bedroom, in a hotel room or on a purpose-built table at a medical practitioner's premises. Most back pain sufferers use the Mobiliser in their own home, often as a result of a recommendation from a philanthropic and trusted medic.

The system can be used at home by the month (for a concentrated attack on back pain symptoms), or used as a lifelong preventative method.

“If most people used the Mobiliser after stressful activities (in everyday life and in professional sports), we’d see increased fitness, fewer injuries, and more British gold medals!”

DR LADY ANN REDGRAVE MB BS DO,  
CHIEF MEDICAL OFFICER OLYMPIC ROWING TEAM

## Everyone finds that the Mobiliser...

- Stretches and massages muscles
- Increases spinal flexibility
- Encourages the body's natural healing processes
- Improves circulation and posture

## Professionals, such as osteopaths, chiropractors and physiotherapists, find that the Mobiliser helps them to work more effectively with patients because...

- It speeds up recovery
- It enables progress in previously intractable cases

## Sports people report that the Mobiliser...

- Improves performance
- Decreases the after-effects of exercise
- Helps to protect from injury

## Back pain sufferers say...

- It relieves pain
- It improves relaxation and flexibility

1 Relieves stress in neck area

2 Improves thoracic flexibility

3 Targets backache and sciatica

4 Rejuvenates aching legs and feet





# The control pad – the basics

Keep this page handy as you get used to the controls of your Mobiliser

- To use the Mobiliser, press the top button on the control pad called 'Auto' or 'Program'.
- The first time you use the Mobiliser, you should use the top button only. This is so that you can assess your body's reaction before you use other buttons to select individual parts of your back for concentrated treatment.
- It's important to stay relaxed and allow the Mobiliser to move up and down your body.
- If you need to avoid pressure on a specific part of your body, see chart (below) to select upper or lower body only.
- There is an automatic 15-minute timer, which will switch the motor off. This is the recommended maximum length for a single session using the Mobiliser.

**TIP** If your body gets tense on a cold surface, pre-heat the Mobiliser by pressing only the 'Heater' button (5) and then press 'End' (6) to reset the timer when you are ready to start your massage.

BUTTON	OPERATION		EFFECT
Auto <i>Called 'Program' on some units</i>	For full body	Press once	'Thumbs' move up and down your body, concentrating on the part you have selected
	For upper body only	Double click	
	For lower body only	Triple click	
5 Heater	Press once at any time		The heater operates automatically, but you can switch it off without affecting your massage. The buzzer sounds at the end of the 15-minute session.
6 End	Press once at any time		Switches heating on or off. The light shows when the heater is on.
7 Stop	Emergency use only Press once at any time (This button is only present on very recent systems)		'Thumbs' return to the foot end of the Mobiliser and stop. The buzzer sounds when they have come to a halt.
			Immediately stops 'thumbs'. Always press 'End' button after using to park 'thumbs'.



Use the Control Pad to target certain areas

# Your quick-start Mobiliser guide

Follow our detailed instructions – from set-up to switch-off – for using your Mobiliser



- 1** To unfold the Mobiliser, release the hooks on both sides and open it out on a hard, flat, horizontal surface, such as a table or directly on the floor. (Don't use your Mobiliser on a bed or mattress, as it is too flexible.)
- 2** Select a headrest adjuster (or two/three to match the forward curve of your neck). If in doubt use one thick adjuster until we advise otherwise. Use the Velcro tape on the headrest/adjuster combination to secure it to the matching Velcro on the Mobiliser. The three additional small pads can be used underneath the headrest to raise it up, instead of the headrest to lower the position of the head, or anywhere else to bridge an area (e.g. the sacrum).
- 3** Place the softening pad along the Mobiliser with one end next to the headrest. Connect the mains lead at the foot end and plug into a mains socket.
- 4** Wear normal, comfortable clothing. Remove your shoes, belt and anything



- sharp such as buckles. Take any bulky items out of your pockets. Some items of jewellery, such as heavy necklaces, can be uncomfortable and are best removed. If your back or legs are not clothed, then place a towel or blanket over the Mobiliser before use.
- 5** Lie on your back with your head on the headrest and relax. Note – it is a headrest, not a neck rest. When first using the Mobiliser, use the softening pad without the optional weight.
  - 6** To use the Mobiliser, press and release the top button on the control pad, which is labelled 'Auto' or 'Program'.
  - 7** If you need to avoid pressure on a specific part of your body, see the table on page 16 for how to select upper or lower body only.
  - 8** Stay relaxed and allow the Mobiliser to move up and down your body. The first time you use the Mobiliser, you should use the top button only. This is so that you

can assess your body's reaction before you use other buttons to select individual parts of your back for concentrated treatment.

- 9** There is an automatic 15-minute timer, which will switch the motor off if you take no action.

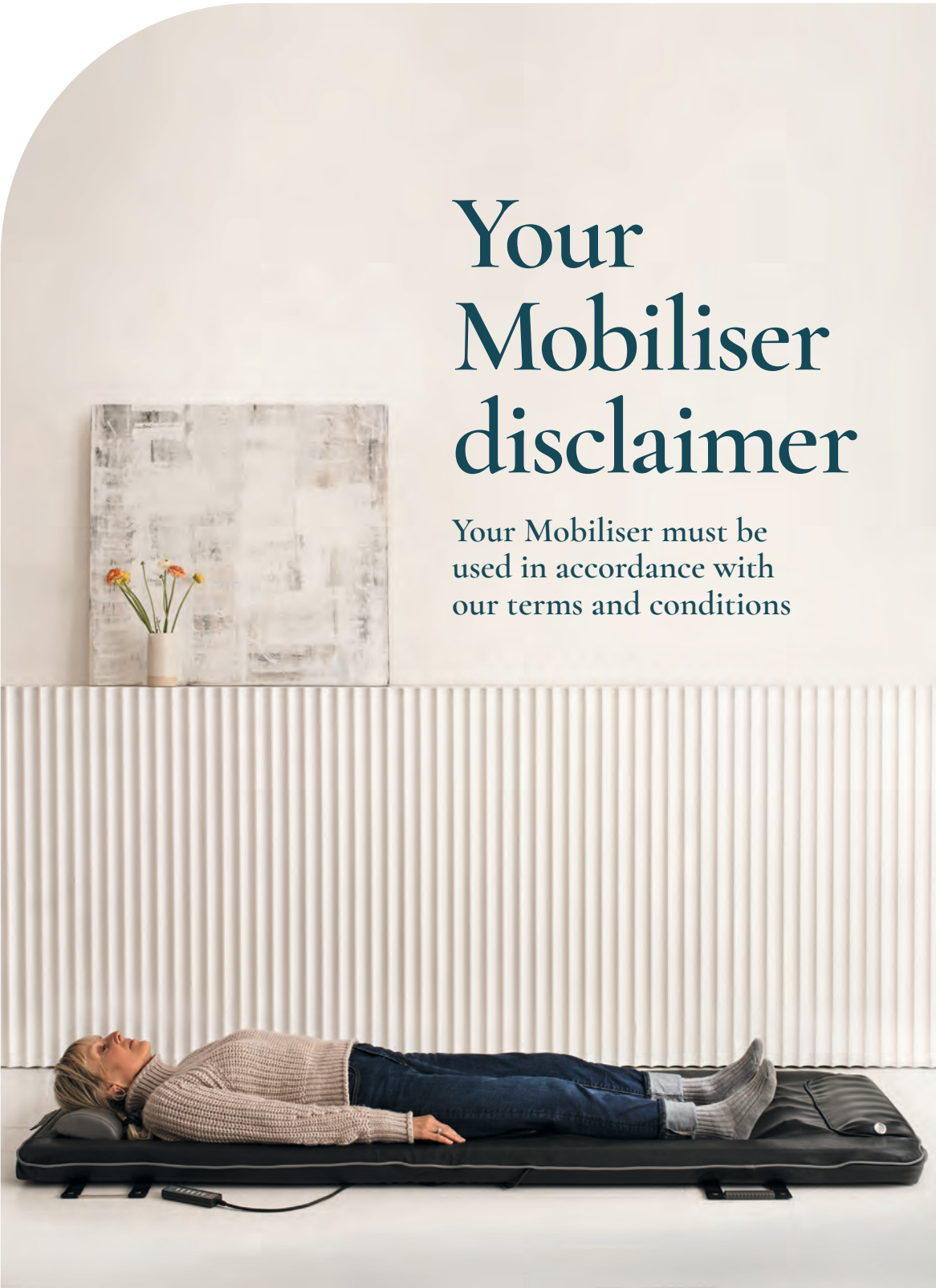
**TIP** If your body gets tense on a cold surface, pre-heat the Mobiliser by pressing the 'Heater' button (5) and then press 'End' (6) to reset the timer when you are ready to start your massage.

**Use the Mobiliser on a hard, flat horizontal surface**

**“15 minutes is the recommended maximum length for a single session”**

– LUCINDA NEWBOUND, SENIOR ERGONOMICS ADVISOR, BACK IN ACTION





# Your Mobiliser disclaimer

Your Mobiliser must be used in accordance with our terms and conditions

Before you reach for that control pad, make sure you read this booklet through, and acknowledge our conditions of use. Our team is also on hand for any questions or concerns. Call us on 020 7935 9120.

### No gain without pain

Most exercise programmes produce initial discomfort followed by long-term wellbeing. Those with the greatest need often get the greatest initial reaction, and it's the same with the Mobiliser. Most users say that any initial discomfort or fatigue quickly fades, typically after just a few sessions. And thereafter, almost all regular users describe virtually no discomfort, report less pain and feelings of being taller, having greater flexibility, relaxation, improved sleep and general wellbeing. Of course, everyone has their own threshold of discomfort, so we strongly recommend using our online **Mobiliser Diary**, which allows us to offer skilled help (see page 10).

### Getting started

You must use the softening pad and headrest and *start gently!* Everyone needs to use these until their back muscles soften and their spine becomes more flexible (typically 20 sessions). The softening pad decreases the penetration of the flexible 'thumbs' into your back. It also decreases the amount of flexion and extension applied to vertebral joints. The headrest decreases pressure on your neck.

You/your practitioner (if applicable) must decide whether to discontinue using the Mobiliser if you have any concerns. Progress to using the system's full force cautiously, at a rate that your body and your practitioner are happy with. We will offer more guidance via your online diary. Most users report having removed the pads after four weeks.

### Making progress

If you choose to use a leg weight this increases the penetration. It should be gradually introduced – typically, after 20 sessions the muscles are better prepared for deeper penetration so the weight shouldn't be used prior to this (unless discussed through your

Mobiliser Diary). Likewise, you need to have used the 'Auto' full body program many times before progressing to using the local point buttons.

### Understanding *Back in Action's* role

The above will certainly ease your introduction to the Mobiliser, but its success is based on it being a powerful system that avoids all temptation to compromise. We cannot be your medical advisor, and if you pursue the potential benefits, you must accept the risks involved. Commercial issues mean that we can only allow you to use the Mobiliser if you are happy to absolve us of responsibility and consequential claims regarding injury or discomfort to all users.

### Agreeing to our conditions

The Mobiliser bends your spine and applies strong pressure. This booklet limits *Back in Action's* liability regarding any injuries that may appear to result from using the *Back in Action* Mobiliser. If it is possible that you have a condition which would respond badly, we advise you to seek medical advice before using. If you wish to talk to a doctor or medically qualified expert with experience of the Mobiliser, our website lists medics who use the Mobiliser and can be consulted. If you decide to use the system without taking specific medical opinion (which many choose to do), you do so at your own risk. By signing you agree to be personally responsible for your wellbeing, and you absolve *Back in Action* from all responsibility. You also agree that no member of *Back in Action* staff has made claims that this system can create benefits for you specifically, even if they have given examples of the kinds of results others have gained.

Signature *The Back in Action Team*

Print name

Date

*I have read and agree to the above conditions*



## Section two

# Need to know

As you get to grips with your Mobiliser routine, this section has plenty of user tips and hints



“My sleep habits have improved significantly. Instead of waking two or three times a night with muscle tension, I am sleeping all night without interruption”

– SUFFERER OF SCIATICA AND SCOLIOSIS OF THE MIDDLE BACK FOR MORE THAN 20 YEARS

# Important notes

Just with any new regime or exercise plan, we've a few simple rules to help you make the most of your Mobiliser

**1** The power lead must be removed from the Mobiliser each time it's folded in half (whether for storage or for transport). If the power lead isn't removed, the inlet socket and lead can be damaged. Removing the power lead also prevents the Mobiliser from being accidentally started in the folded position, which can cause damage. Should either of these issues occur, you will be responsible for the cost of repair needed to the system.

**2** Before moving or transporting the Mobiliser the lead should be returned to the headrest pocket in the carry bag. The pins of the plug may cause damage if the unit is folded with the lead inside.

**3** Always ensure the rollers are parked by the motor before folding, especially if you have used the 'Stop' button. You can park the rollers by pressing the 'End' button, or waiting until the end of the programme.

**4** As with any exercise, it is advisable to wait at least 30 minutes after a meal before using the Mobiliser.

**5** If you have been very tense you should expect that relaxing your muscles will increase blood flow to the muscles and may make you feel light headed for a while after using the Mobiliser. Do not drive until this has passed.

**6** Drink plenty of water after using the Mobiliser, just as you would after a vigorous massage or workout.

**7** When recommending or loaning the Mobiliser to others, please make sure that they have an opportunity to read this booklet before use, ensuring they have read the first section. They should also read the question-and-answer section on our website at [www.mobiliser.co.uk](http://www.mobiliser.co.uk).

**8** If you suffer from back pain, are pregnant or have any other condition that could make this type of mobilisation and pressure unsuitable for you, then you should seek medical advice before using the *Back in Action* Mobiliser.

**TIP** If you have further questions about whether this kind of treatment is suitable for you, visit [www.mobiliser.co.uk](http://www.mobiliser.co.uk) where you will find the latest information, including the following:

- The answers to frequently asked questions.
  - Notes on using the Mobiliser for specific conditions such as sciatica, or for applications such as particular sports, or for staff wellbeing at work.
  - Users' experiences and recommendations.
- If you are a practitioner or a sports therapist you can access information from other practitioners to see how they have used the Mobiliser.

# How to care for your Mobiliser

Follow our simple tips to keep your Mobiliser in tip-top condition for years to come

Owni g a Mobiliser is an investment in healthy living that can pay back many times over. We're regularly told that, "The Mobiliser is the best money I've ever spent", and with each year of use the value is greater.

You'll be pleased to know that the Mobiliser was developed to pass military endurance tests, and these tips will help it last decades...



## Folding and storing

Allow five minutes either side of your Mobiliser use to unpack and pack away.

- Make sure the rollers are parked at the foot end of the massager before folding. If in doubt, leave the Mobiliser plugged in and press 'End', then wait until you hear the buzzer sound.
- Disconnect from the mains only after the Mobiliser has parked.
- Remove the softening pad and headrest/headrest adjusters.
- Lift the lighter (non-motor) end to fold, keeping the Mobiliser level and avoiding any twisting motion.
- Connect the hooks on both sides.
- **Do not** stand, sit or lie on the Mobiliser when folded, and do not place anything heavy on top of it.
- Use the dust cover or the optional carry bag.
- Store away from direct sunlight.
- **Do not** store the Mobiliser upright as this may cause damage to the mechanism.

## Care and maintenance

The Mobiliser must be placed on a surface that remains flat when in use. A mattress is



"The Mobiliser is the gift that goes on giving, needing just a few bits of common sense, care and attention"

– DAVID NEWBOUND, DEVELOPER

not suitable (it's also too short). The surface should be free from roughness so that the cover is not scuffed or torn. Normally carpeted floors, a blanket over a hard floor, or a lightly padded massage table meet this criteria. If in doubt we will gladly advise as to where best to site your Mobiliser.

- Always unplug after use (ensure the 'End' button was pressed to park the rollers).
- **Do not** sit up on the Mobiliser while it is operating.
- **Never stand** on the Mobiliser or operate it with more than one person on it.
- Keep the surface clean with a slightly damp cloth and mild detergent. Do not get the Mobiliser wet or expose it to high temperatures or direct sunlight.
- **Do not** attempt to maintain or modify the mechanism of the Mobiliser. If it fails to operate correctly, get in touch with the dealer you bought it from.

If you have hired a Mobiliser and there will be smoking in the vicinity of the unit, please ask for an appropriate hire unit. If you do not bring this to our attention, be aware that smoke is difficult to remove and we are

likely to have to charge for cleaning or replacement covers.

## Guarantee

If you have hired the Mobiliser, maintenance is included but it's your responsibility to protect the Mobiliser from damage (we've had units damaged by dogs in the past, for example). If you have purchased a new Mobiliser your guarantee for manufacturing faults provides the following (assuming domestic use in the UK):

- For one year from date of purchase, free replacement in the event of failure due to manufacturing defects.
- Years two and three, free repair of manufacturing faults.
- For a further two years, free repair in the event of failure due to any manufacturing defects.

The cost of collection and delivery of the Mobiliser is borne by the customer. Please keep your receipt showing the serial number as you will need this to make any future claims against the guarantee. Professional users will have separate Mobiliser guarantee details. [i](#)



# Understanding your Mobiliser

Troubleshoot your Mobiliser with our helpful guide – it's often a quirk rather than a fault

Used privately twice a day, the Mobiliser is first due for a service after ten years. Our hire fleet of Mobilisers hardly ever experience a fault – and that's with very regular use and transportation back and forth to us. So, if you think you have a fault then chances are it's just a characteristic of the unit that you haven't noticed before.

## Check out the following:

### 1 Making a noise

All units make a noise from the motor and the drive chain mechanism. The motor noise is rarely commented on but sometimes people are concerned about noises they can hear from the mechanism that moves beneath them. All drive mechanisms have some protection built in to help prevent damage if the roller passage is blocked. This can sometimes be heard as a slight noise or juddering, more noticeable if the system is under significant load.

We sometimes take calls from people who noticed this noise on a new unit after previously hiring one. It's nothing to be concerned about; the very latest specified units have additional protection to cope with some of the intensive professional users we now have, especially those used by heavy, muscled sports people regularly.

But there is another factor: when people are stiff the unit is very challenging to use and the last thing people are worried about

is noise. What's more they are probably using the softening pad, which acts as a noise barrier. As they progress and the symptoms of using the Mobiliser subside towards pleasure, then they can find themselves hearing noises that have been there all along.

### 2 Becoming 'stuck'

The unit has a mode of operation called 'Shuffle' in which it makes halting progress two steps forward one back. This is a standard part of the 'Auto'/'Program' button. It's an optional part of the 'Whole' button.

To protect the motor (for long life), the motor power is completely turned off during the change of direction. During this 'off' period it's possible for a person's frame to backward wind the mechanism, causing a small whirring noise. Sometimes the backwards winding is sufficient to give the impression the unit has stuck. That's not the case, and if you press the 'Up' or 'Down' button you will see the unit has the power to get past your frame. The unit is working normally and you need to make a choice to either:

- A** Gently flatten the curve that is causing the backward wind (raise your knees to flatten the lumbar curve).
- B** Ease yourself away from the unit for a second or two.
- C** Use the 'Up' and 'Down' buttons for a short while.
- D** Make use of this characteristic to get more intensity locally in deep curves. *in*

Get to know your Mobiliser



## Section three

# Specialist guidance

Wanting to get more from your Mobiliser? Read our guidance for sports people and those with special health needs, including acute and long-term chronic back pain





# Skilled use of your control pad

Target particular areas with the Mobiliser control pad



You can use the control pad to get precise control of your Mobiliser system and to target particular areas. This can be effective with stubborn local symptoms. We advise that you first use the general 'Auto' mode many times

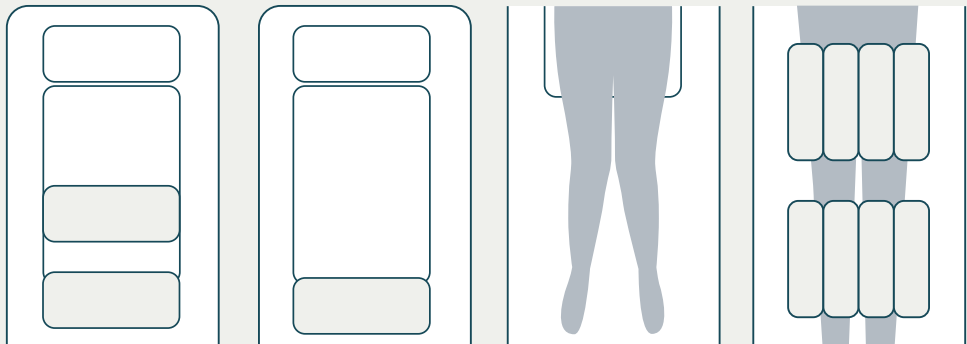
unless you have been specifically advised by your practitioner. As you switch between the modes of operation, the 15-minute timer remains in force, so you can experience different settings without extending the overall usage time of your Mobiliser.

BUTTON	OPERATION	EFFECT
1 Auto <i>(Called 'Program' on some units)</i>	Press once	'Thumbs' move up and down the full length of your body for 15 minutes with local shuttles, or until you press 'End'. Heater operates. Lights 1 and 4 are on. The buzzer sounds at the end of the session.
	Double click	After moving up your body once, the Mobiliser works on your upper body only. Light 1 flashes.
	Triple click	The Mobiliser works on your lower body only. Light 1 flashes quickly.
2 Whole <i>Use this to fix your preferred focal points for the duration of your massage</i>	Press once	'Thumbs' move up and down the full length of your body for 15 minutes or until you press 'End'. Light 2 is on.
	Press again during operation	A 'local shuttle' is incorporated at the point where the Mobiliser 'thumbs' were when you pressed the button. You may add up to three local shuttles to the program. To reset, press 'Auto' and then 'Whole'.
3 Partial point up	Hold down	'Thumbs' move up your body until you release the button. A local shuttle will then operate at the chosen point for the remainder of the 15 minutes, or until you relocate the shuttle.
4 Partial point down	Hold down	'Thumbs' move down your body until you release the button. A local shuttle will then operate at the chosen point for the remainder of the 15 minutes, or until you relocate the shuttle.
3+4 Both Partial point buttons	Press together	'Thumbs' lock where they are. Light 3 flashes. Then press 'Up' or 'Down' to precisely locate. To release, press 'Auto'.
5 Heater	Press once at any time	Switches heating on or off. Can be used to warm the Mobiliser before use. The light shows when the heater is on.
6 End	Press once at any time	'Thumbs' return to the foot end of the Mobiliser and stop. The buzzer sounds when they have come to a halt. Timer is cancelled.
7 Stop <i>Emergency use only</i>	Press once at any time	This button is only on very recent systems. Immediately stops 'thumbs', always press 'End' after using to park 'thumbs'.



# Special techniques

As you become more familiar with your Mobiliser, try these more intense routines. Consult your practitioner about the Mobiliser's suitability for your condition first



### DECREASING LOCAL PRESSURE

Place some extra padding on either side of the area that needs protecting to hold it clear of the 'thumbs'. You can use the headrest adjusters for this purpose or use your own padding.

**NB Do not place extra padding under a sore area – this will increase the pressure**

### DECREASING LUMBAR PRESSURE AND SPINAL EXTENSION

Place extra padding (ideally the unused headrest adjusters), under the buttocks or use your own padding. This raises the pelvis and decreases the penetration into the lumbar zone.

### DECREASING PRESSURE ON THE SACRUM

If you have a pronounced lumbar curve, you may notice higher pressure on the sacrum as the 'thumbs' move from head to foot. This may feel like a localised burn initially, but usually disappears after a few days. You can reduce the effect by raising your knees – this increases lumbar pressure but decreases it on the sacrum. *(Can be combined with previous)*

### INTENSIFYING LEG MASSAGE

If you chose to purchase a leg weight, when ready to increase leg pressure, lay the weight across your calves. On the next session lay it across your thighs. Continue to use the weight alternately until any initial discomfort has decreased. Using the weight on the thighs increases lower back extension. Few people use the weight every session because they need more help with their back than the legs. Sports people such as runners use the weight more. Additional weights are an option.

## Intensifying upper body pressure: a phased approach

The following techniques are not for everyone. Each user, with experience, will select their own limit on the intensity with which they use the Mobiliser and will build up to it in progressive stages. For example, sports people and those seeking relief from long-standing conditions often choose higher pressure levels.

- Cross your arms across your chest so that your hands touch your shoulders. This increases the pressure between your shoulder blades (pic 1).
- Lie with your knees up (semi-supine or recovery position) to increase the pressure on your lumbar and thoracic area (pic 2).
- Move the softening pad down 10-15cm so that the 'thumbs' make deeper contact with the neck.
- Lower the headrest and eventually remove it so that the 'thumbs' have more impact on the shoulders.
- Move the softening pad further down to create more thoracic bend and pressure.
- Turn the softening pad sideways across the lumbar area of the spine.
- Remove softening pad altogether.
- Lie further down the Mobiliser so that the 'thumbs' come up to your axis joint (approximately level with your ears).
- Some users will enjoy tucking in their chin to increase the intensity in the neck area, before or after the above.
- A combination of the above techniques can be beneficial.



### IMPORTANT

**Do not** progress past any stage until your body has become accustomed to the previous intensity level.

**Do** remember that each time you increase pressure you are likely to recreate the same acclimatisation effects that you experienced when first using the Mobiliser. Drink plenty of water. Choose a time when an initial reaction can be accommodated into your life.

“The results from its use are life changing. Now pain free, my joints are no longer seized, a fitness level better than even my teenage years – I’m 60 next month”

– R GILBANK, MOBILISER USER

## Next steps

We really value your feedback, so do stay in touch through your Mobiliser Diary or pop into store

### Keep in touch

Use our online Mobiliser Diary. If you feel that any part of this instruction book is unclear or misleading, or if you discover a new technique, post to your diary or email [mobiliser@backinaction.co.uk](mailto:mobiliser@backinaction.co.uk) so that we can keep the instructions as useful as possible. You can find the latest version of the instructions on [www.mobiliser.co.uk](http://www.mobiliser.co.uk). You will need your serial and invoice numbers to access them.

### To arrange a trial for a friend, colleague or practitioner

- If they are local to one of our shops, they can use the Mobiliser free for assessment, and thereafter for a small fee per session.
- Practitioners can borrow a Mobiliser for a month if they are to monitor the use on a patient. If visiting our shops is difficult, our website contains details of local practitioners who can explain the Mobiliser, assess its value for your needs, and incorporate it into a treatment plan if they think suitable. Alternatively we can ship a unit to any address for hire or purchase, subject to our current terms.

### Contact us

We have four showrooms where you can see more *Back in Action* furniture and equipment (see over page). It is advisable to phone the store first if you would like detailed personal advice as we are sometimes very busy.

### Our *Back in Action* showrooms

#### AMERSHAM

43 Woodside Road,  
Amersham on the  
Hill, Bucks HP6 6AA  
Tel 01494 434343

#### LONDON

67/69 George Street,  
London  
W1U 8LT  
Tel 020 7930 8309

#### MARLOW

3 Quoiting Square,  
Oxford Road,  
Marlow, Bucks  
SL7 2NH  
Tel 01628 477177

#### BRISTOL

42-43 College Green,  
Bristol, Avon  
BS1 5SH  
Tel 0117 922 6377

For opening hours, call the showroom or visit [backinaction.co.uk](http://backinaction.co.uk)

# About back *in* action

As a team of ergonomic experts and specialists, we offer exciting designs and solutions for your home and office too

Over the past 35 years, we have helped thousands of people lead happier, pain-free lives. *Back in Action* was set up in 1987 to help manage, prevent and treat the symptoms of back pain.

We have four fabulous showrooms, where you'll find an incredible range of stylish, therapeutic furniture that will complement any space.

But our greatest asset is our staff and team of specialists, who will give you the time, care and attention necessary to help you beat back pain. We want to relieve the symptoms and address the causes of back pain to give you a higher standard of living. In fact, many of our staff started their relationship with *Back in Action* as customers and subsequently decided to join the team – so they've got a pretty good idea of what you're going through.

We know that back pain can mean stress, irritation, sleepless nights, loss of appetite, anxiety, poor concentration both at home and at work, as well as having to miss out on your favourite activities. It affects your enjoyment of life; we are here to help.

*Back in Action* takes in all aspects of your lifestyle – both at home and at work – to help you relieve your symptoms.

## We do this through:

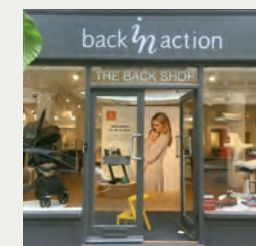
- Our extensive range of beautifully designed and crafted furniture
- Postural training programmes
- Ergonomic advice
- Our in-depth knowledge of the very latest recuperative treatments

We aim to inspire people to live happier, healthier lives through education on the value of movement and industry-leading customer service. We offer free consultations over the phone or by email, or face to face at any of our showrooms.

A typical visit to one of our showrooms might take 90 minutes – even longer if you really want to try out every item (and of course, we don't mind at all... We want to help you find the right solution for you and your home).



“From understanding to beating your condition, as an individual or as a business, we're here to help”



“Excellent, speedy delivery. Superb product – can't begin to explain the difference to my posture in just a week. No neck or back pain, after two years of pain.”



“Delighted again with this company and product. Would recommend and will definitely use in the future.”



“Love my new chair and can't fault a thing. Arrived 20 hours after ordering. Immaculate. Thanks.”





# Mobiliser study

## Example of Mobiliser use for low back pain: a trial conducted by MOD

### Background

In June 2004, some physiotherapy patients approached the author to inform her of a new piece of equipment which they felt could help their spinal conditions. This equipment was the Mobiliser: a mattress with two motorised knobbled rollers that move up and down the body, mobilising the vertebrae, massaging the muscles and concurrently providing heat to the back as the patient lies supine.

As the Mobiliser was new to the world of military physiotherapy, it was decided to undertake a pilot study to see whether it could be a useful adjunct to the physiotherapy practice at Northwood HQ.

### Conclusions

The results (below and full report) appear to bear out, on the whole, the manufacturer's claims of increased lumbar and thoracic flexibility, and of decreased pain in patients suffering from low back pain. (Note: claims for thoracic and cervical pain were not tested in this study – *Back in Action*).

For the majority of patients with low back pain, it is felt that the Mobiliser has been

shown to be a most useful adjunct to physiotherapy. It is extremely simple to use and judging by its first four months at Northwood HQ Medical Centre it appears to be virtually squaddie-proof. (Now functioning normally after seven years – *Back in Action*).

It also appears to be quite easy for the therapist to predict which patients are likely to benefit from its use.

It remains to be seen how much impact it could have on the requirement of manual physiotherapy in the treatment of low back pain, but it is felt that the data below (including the discharge of 75 per cent of participants from physiotherapy for their back problems following the trial) would justify the purchase of Mobilisers for units other than Northwood HQ (cost: £3,500 including full five-year guarantee and VAT).

### Flexibility

There was a mean increase in the flexibility of the participants as a whole. The mean increase in flexion, as measured by Schober's test, was 0.46cm or 11%. The mean increase in extension was 0.5cm, or 32%. The mean increase in thoracic



“There was a mean increase in the flexibility of the participants as a whole”

expansion was 1.21cm, or 19%. More impressive was the improvement in those patients whose pre-trial scores were below the 'normal' ranges. Although it is acknowledged that the numbers were very small, in these patients:

- Flexion increased by a mean of 1.25cm (56%)
- Extension increased by a mean of 0.5cm (100%)
- Thoracic expansion by a mean of 1.33cm (36%).

All of these results were significant to  $p=0.05$  or better.

### Pain

Prior to the trial, the mean pain score was 4.25/10 (range 1-7, SD 1.68). After the trial, the mean pain score was 2.34/10 (range 0-7, SD 2.04).

This was a mean reduction in pain of 44%.

Although it was not statistically significant to  $p=0.05$ , it was felt that it was likely to have made a considerable difference to the lives of many of the participants.

### Discussion

The results (see detailed report for more) demonstrate clearly that the effect of the Mobiliser is not significantly affected by either age or gender with regard to its impact on lumbar or thoracic flexibility, sacroiliac function or perceived pain levels.

The effectiveness of the Mobiliser on all conditions was significant to  $p=0.05$  for those participants whose objective measures of lumbar flexion, lumbar extension, thoracic expansion and sacroiliac function were lower than the perceived norms prior to the trial.

Of those participants who presented with objective markers below the norms 61% of those markers had returned to 'normal' scores or above following the trial – a 'normal' rate of 90% after the trial, compared to 68% before.

The report strongly recommends further trials in areas of injury prevention. <sup>4</sup>

Effectiveness of the Mobiliser in the Treatment of Low Back Pain: A Quantitative Pilot Study

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Medical Centre  
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January 2005

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Presented in précis form with small changes for clarity only. Full and original version available on request

Tel 020 7935 9120

## Notes

[illegible]This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

“We love helping people overcome back pain... on the telephone, in store, online, at your office and at home. The Mobiliser™ system was developed by us because people get stuck in everlasting back pain”

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