


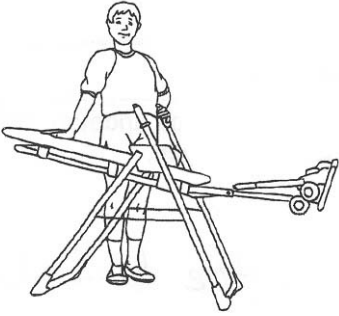
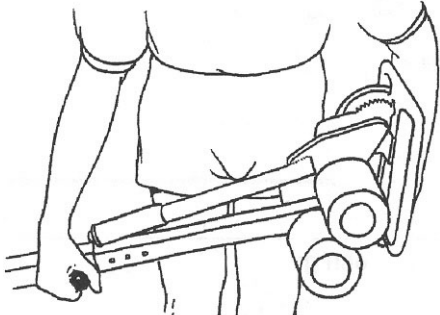

# MASTERCARE

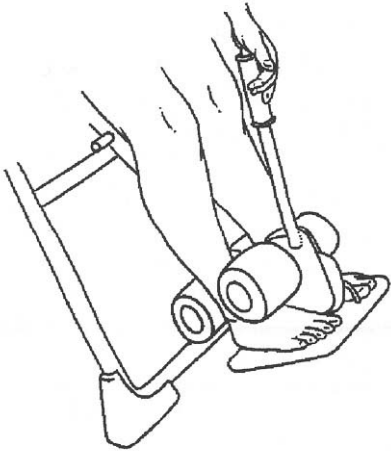
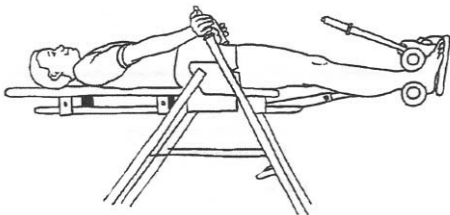
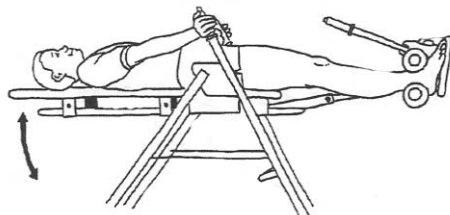
## *THE SWEDISH BACK CARE SYSTEM*

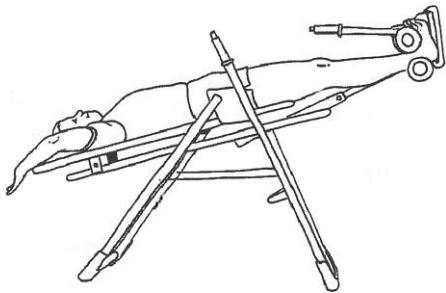
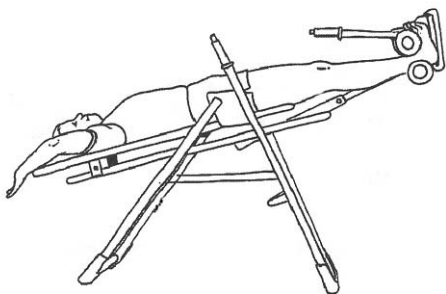
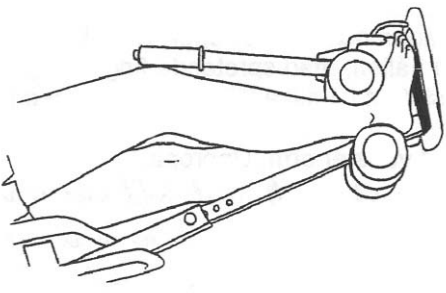
### EXERCISES

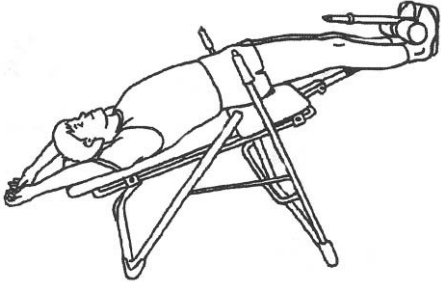
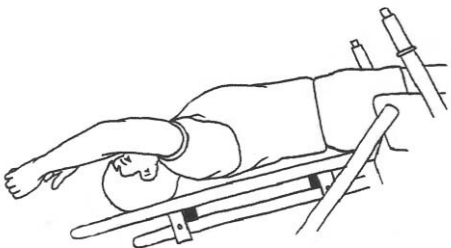
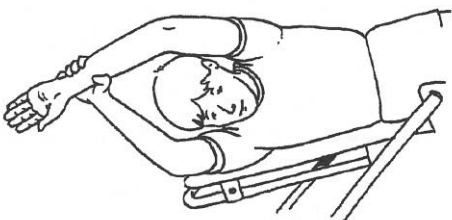
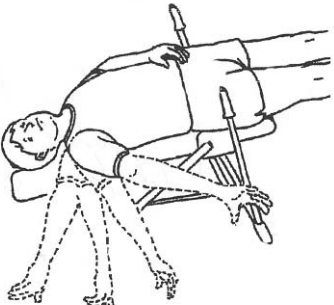
The following exercises are to be made in Mastercare – The Swedish Back Care System.  
They relieve and prevent pain in back, neck, shoulders, hips and knees.

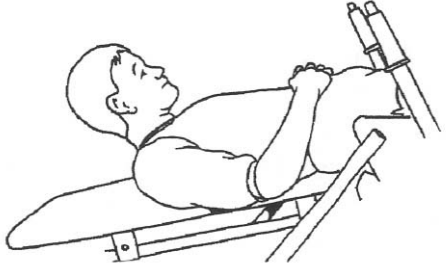
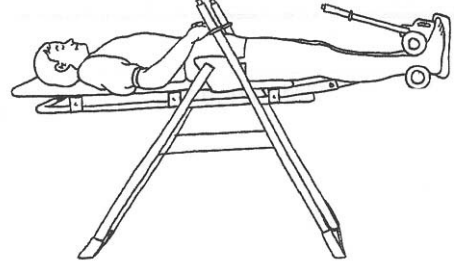

Note! The pre-exercises, which are almost identical with the basic exercises on the poster,  
should always be realized first.

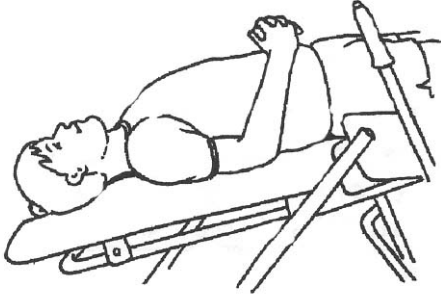
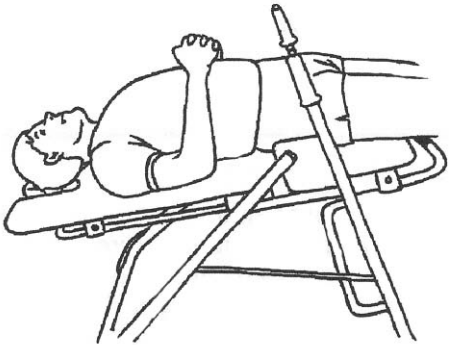
<p>Adjustments</p> 	<p>Release the thumb lock on one side.</p>
<p>Adjustments</p> 	<p>Press the other thumb lock and rotate the back rest to horizontal position.</p>
<p>Adjustments</p> 	<p>Adjust to your length. To obtain best possible balance, the length should be increased by sturdy upper body, and decreased by sturdy lower part of the body.</p>
<p>Adjustments</p> 	<p>Press the thumb lock on one side and rotate the backrest to vertical position. Return the thumb lock on the other side to the operating position.</p>

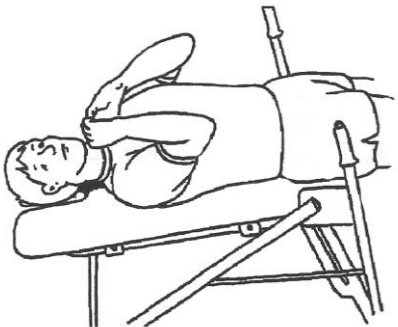
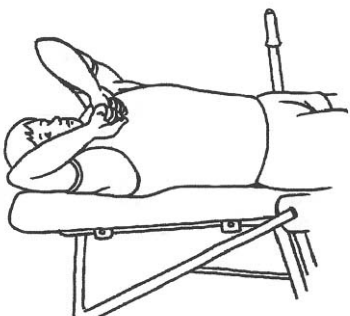
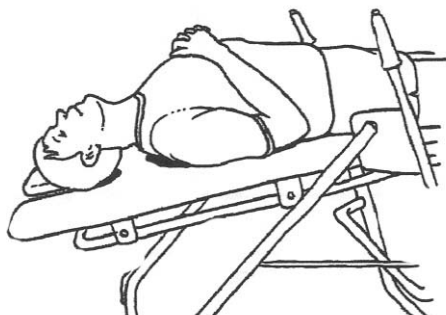
<p>Pre-exercise</p> 	<p>Take your shoes off. Step onto the footplate. Secure your feet with the foot-restraint. Not tighten too hard, but enough to keep you in place.</p>
<p>Pre-exercise</p> 	<p>Push back to horizontal position. Breathe deeply. Stretch by pushing against the hand grips.</p> <p>Repeat __ times.</p>
<p>Pre-exercise</p> 	<p>Swing. Push the thumb locks and swing freely.</p> <p>Repeat __ times.</p>

<p>Pre-exercise</p> 	<p>Go down to 15 degree inclination to do the exercises. Relax and breathe deeply.</p>
<p>Pre-exercise</p> 	<p>Start by flexing your feet against the foot-rolls with straight legs.</p> <p>Repeat __ times.</p>
<p>Pre-exercise</p> 	<p>Bend your knees in a walking motion. Lift/bend one knee at a time as high as possible. Keep the other leg stretched, hold for a couple of seconds. Change leg slowly.</p> <p>If you find this too hard or too heavy, start by bending both legs simultaneously.</p> <p>Repeat __ times.</p>

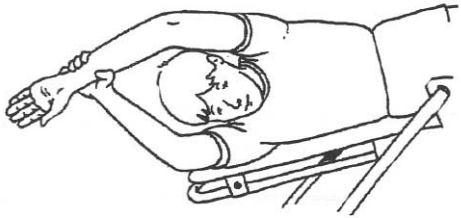
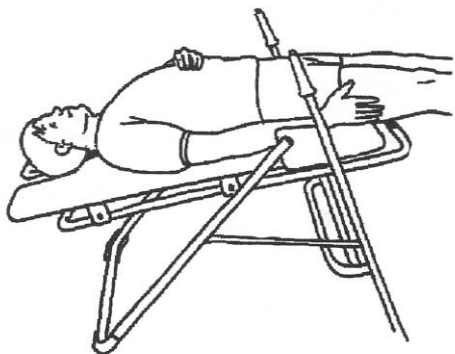
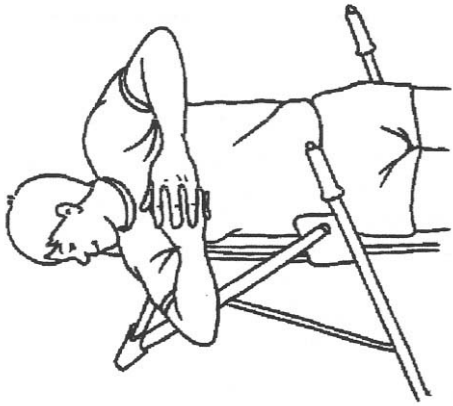
<p>Pre-exercise</p> 	<p>Buttock lift. Pinch your buttocks and lift your seat from the backrest.</p> <p>If it is too hard to lift your seat, it is enough to pinch.</p> <p>Repeat __ times.</p>
<p>Pre-exercise</p> 	<p>Press your neck against the backrest and lift your shoulder blades.</p> <p>If this is too heavy, it is enough to tense your muscles. By this you can strengthen the muscles that are weakened.</p> <p>Repeat __ times.</p>
<p>Pre-exercise</p> 	<p>Rotation can be done in several ways. Put your hands on your stomach and do the rotation. You can also help by pulling your arm (see picture). (The patient can also do both movements as different muscle groups are trained.)</p> <p>Repeat __ times.</p>
<p>Pre-exercise</p> 	<p>Put left arm on your stomach and hold out your right arm. Stretch. Twist your arm as much as you can, both ways, with your fingers sprawling. Repeat with your arm in 4 different positions. Complete by doing “swim-motion”.</p> <p>Repeat the same with your left arm. Repeat.</p>

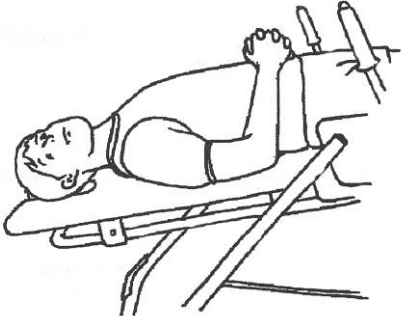
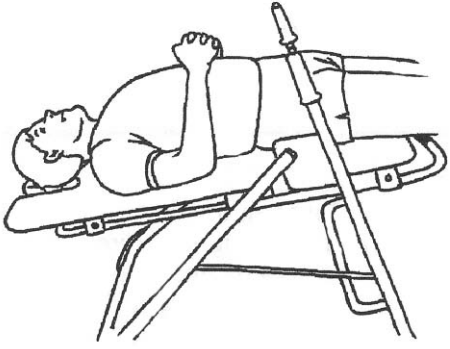
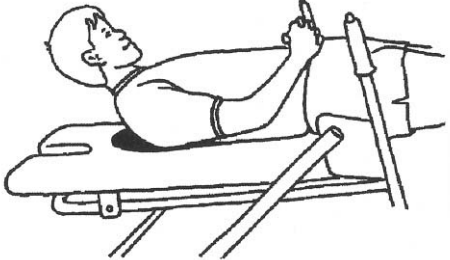
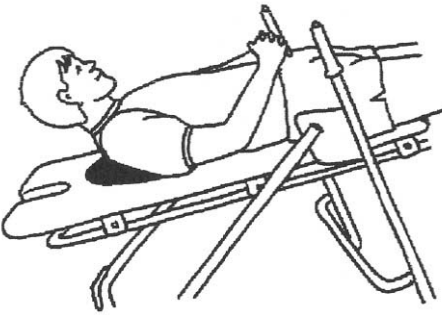
<p>Pre-exercise</p> 	<p>The last exercise of the pre-exercises or in the programme we suggest as fit-keeping measures. Roll up your chin on the chest, as if doing a sit-up. Note! Do not lift higher than to maintain the curve of the back against the backrest.</p> <p>Repeat __ times.</p>
<p>Pre-exercise</p> 	<p>When finished with your exercises, return to horizontal position. Stay there for 1-2 minutes. Return to initial position.</p>
<p>Pre-exercise</p> 	<p>If you want interval training, choose the programme “the changer”. This implies that you choose a couple of exercises, which you do in 15 degree inclination, during two minutes. Then return to horizontal position and rest for 30 seconds. Repeat “the changer” 3-6 times. If you feel tired in your back, choose the programme “the hanger”. Then you just hang for 5-10 minutes, at 15 degree inclination, without doing any exercises.</p>

<p>Lumbar curve</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Hold your hands on the stomach. Press the curve of the back against the backrest.</p> <p>Repeat __ times.</p>
<p>Lumbar curve</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Hold your hands on the stomach. Buttocks lift. Pinch your buttock. (If you cannot lift, it is enough to begin with pinching your buttock.)</p> <p>Repeat __ times.</p>

<p>Thoracic curve</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Put together your elbows over your chest, then move your elbows outwards, backwards as far as possible. (See also next picture.)</p> <p>Repeat __ times.</p>
<p>Thoracic curve</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>(See previous picture.)</p>
<p>Thoracic curve</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Extension in the thoracic curve. Press the back of your head against the backrest, and lift your shoulder blades.</p>



<p>Lumbar and thoracic curve</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Stretch out yourself in both directions using your hands. (By stretching your right side, rotate to the left and take hold with your left hand around your right wrist and pull easily.) By doing this you get stretched from your hip and upwards.</p> <p>Repeat __ times.</p>
<p>Lumbar and thoracic curve</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Side bending of the back. Move your hand along your thigh as far as you can reach. The head shall remain on the backrest the whole time.</p> <p>Repeat __ times.</p>
<p>Lumbar and thoracic curve</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Cross your arms over your chest. Roll the upper body to the right and left respectively.</p> <p>Repeat __ times.</p>

<p>Neck</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Let your head rest on the backrest, pull in your chin a bit. Let your eyes follow an imagined line and rotate as far as you can in one direction. Hold for a couple of seconds. Rotate slowly in the other direction.</p>
<p>Neck</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Pull in your chin. Press carefully the back of your head against the backrest.</p> <p>Repeat __ times.</p>
<p>Neck</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Roll up your chin on your chest, as if doing a sit-up. Note! Not higher than to keep the curve against the backrest.</p> <p>Repeat __ times.</p>
<p>Neck</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Lift your chin to your chest and look at your feet, then return. Rest. Lift again and now look at the left grip. Rest, then lift towards the right grip.</p> <p>Repeat __ times.</p>

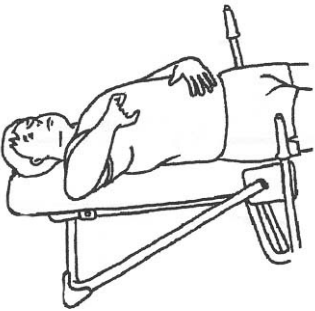

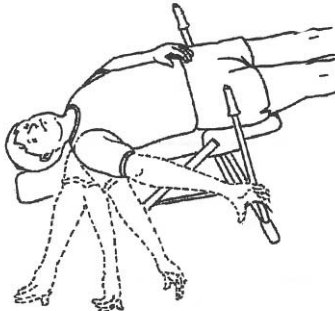
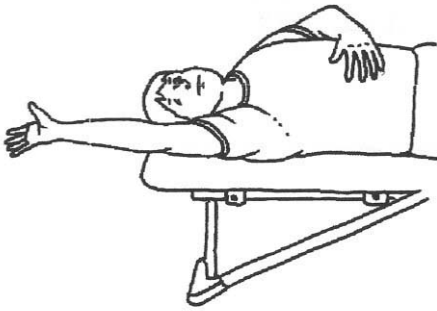
## Neck

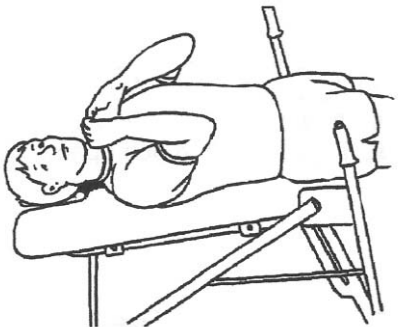
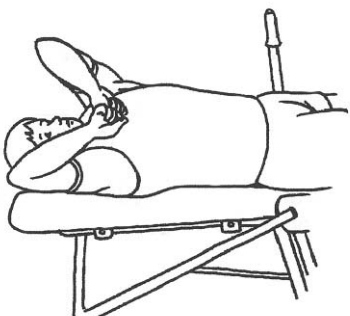
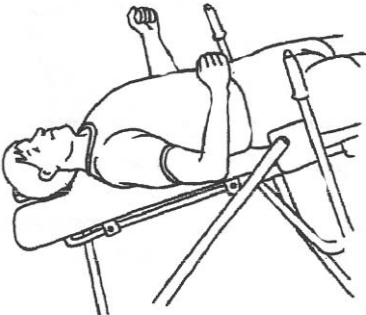


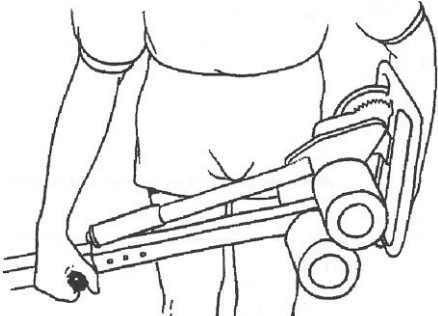
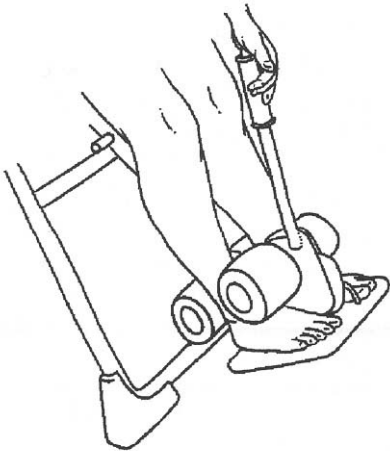
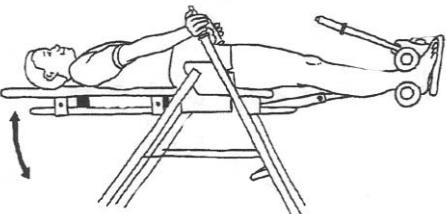
Note! For best result possible, start with the pre-exercises.

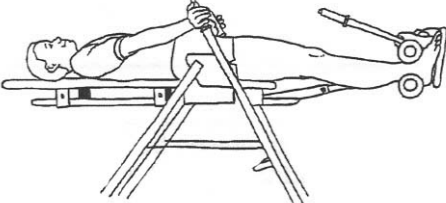
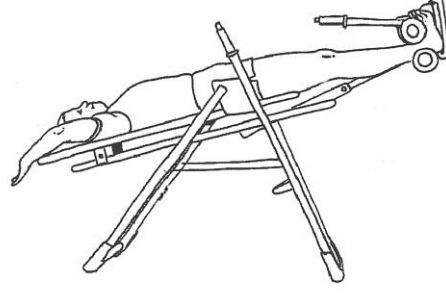
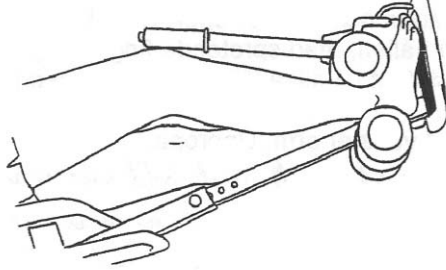
Side bending of the neck. Let your head remain on the backrest during the whole exercise. Slant your head (the ear) against your shoulder.


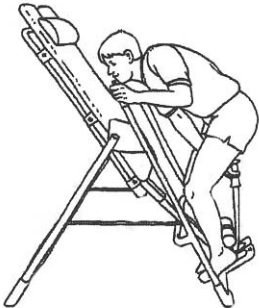
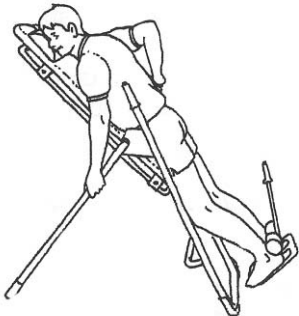

Repeat \_\_ times.

<p>Shoulders</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Shoulder rotation. Put your hands on your shoulder, do circles with your elbows, forward and backwards.</p>
<p>Shoulders</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Arms over your head. Stretch your arms over your head slowly. Stretch out one arm at a time and “pick apples” from the floor.</p> <p>Repeat __ times.</p>
<p>Shoulders</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Stretch your arm to the side. Stretch your fingers at the same time as you twist your thumb, first up, then down. Repeat in 4 different positions. You can also stretch your arm towards the ceiling. Note! Do one arm at a time, since pain could vary from shoulder to shoulder.</p> <p>Repeat __ times.</p>
<p>Shoulders</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>“Swim” the back stroke the best you can, one arm at a time. This is a lenient motion, as you just use the arm’s own weight.</p> <p>Repeat __ times.</p>

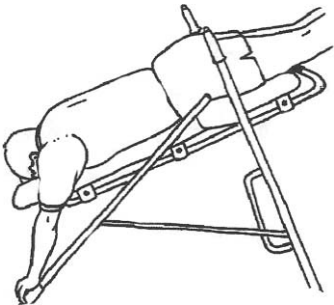
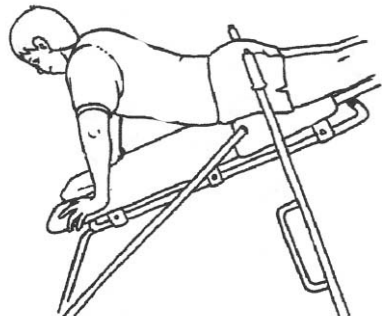
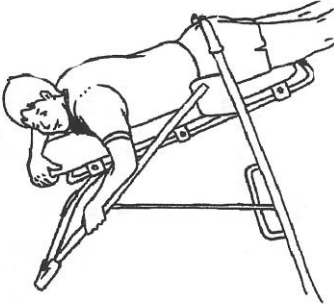

<p>Shoulders</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Put together your elbows over your chest, then move your elbows outwards, backwards as far as possible. (See also next picture.)</p> <p>Repeat __ times.</p>
<p>Shoulders</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>(See previous picture.)</p>
<p>Shoulders</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Press your upper arms against the backrest. Hold your arms in a right angle (90 degrees).</p>

<p>Knee</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Adjust to your length. To obtain best possible balance, the length should be increased by sturdy upper body, and decreased by sturdy lower part of the body.</p>
<p>Knee</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Take your shoes off. Step onto the footplate. Secure your feet with the foot-restraint. Not too hard, but enough to keep you in place.</p>
<p>Knee</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Swing. Press the thumb locks, hold the grips and swing freely. This can be done a few times in order to get to know the table better.</p>

<p>Knee</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Stretch, with your hands pressed against the grips.</p> <p>Repeat a few times.</p>
<p>Knee</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Return to 15 degree inclination to do the exercises. Relax and breathe deeply.</p> <p>Start by flexing your feet against the foot-rolls with straight legs.</p> <p>Do this 10 times, rest one minute.</p> <p>Repeat 3-4 times.</p>
<p>Knee</p> 	<p>Note! For best result possible, start with the pre-exercises.</p> <p>Bend your knees in a walking motion. Lift/bend one knee (at a time) as high as possible. Keep the other leg stretched, hold for a couple of seconds.</p> <p>Change leg slowly. Do this exercise 10 times with each leg.</p> <p>Go to horizontal position. Rest one minute.</p> <p>Repeat 3-4 times.</p> <p>If you find it too heavy, start by bending/lifting both knees at the same time.</p>

<p>Prone position</p> 	<p>Press the thumb lock on one side, pull down the metallic lever on the side, and with that block the button. This facilitates handling the backrest in prone position.</p>
<p>Prone position</p> 	<p>Step onto the foot-plate with your stomach towards the backrest. Secure your feet.</p>
<p>Prone position</p> 	<p>Press the button/thumb lock with one hand and grab the frame with your other hand. Slowly pull yourself downwards to horizontal position, release the thumb lock.</p>
<p>Prone position</p> 	<p>Rest a short while.</p>



<p>Prone position</p> 	<p>Go down to 15 degree inclination. Stretch out your arms forward and rest. Breathe deeply.</p>
<p>Prone position</p> 	<p>Grab hold with your hands to the backrest and bend upwards. A very effective exercise to increase mobility in backwards bending. The motion should be made until pain, but not further. This is performed without muscular strength in the back and seat.</p> <p>Repeat __ times.</p>
<p>Prone position</p> 	<p>Good motion training of side bending, and stretching of the rib muscles. Grab with the frame one hand. Pull yourself sideways as far as possible. By moving your hand downwards along the frame you can increase the intensity of the exercise. Use your other hand to support your head.</p> <p>Repeat __ times, side to side.</p>
<p>Prone position</p> 	<p>Very effective strength training for back stretcher and seat. If it is too heavy to realize the exercises in tilted position the first times, then do this exercise as concluding exercises in horizontal position.</p>