

## Why you can trust Back In Action and the Mobiliser?

Backinaction was formed 20 years ago to provide solutions to back pain. We've 4 retail shops and a very successful web site.

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

**Trafalgar Sq.**

**Amersham**

**Marlow**

**Bristol City Centre.**



**Can you trust us?.....yes.....completely!**

Our reputation is as good as it gets.....each week we deliver over £100.000 of products, each selected because we have tested them and they work.

Our founder is a Trustee of the National Back Pain Charity.

We have many high profile celebrity and medical endorsements: all given free and with thanks.

"I've bought Backinaction products for Steve, my children and myself, for over 15 years. We still use them every day. I've been the main medical tester of the Mobiliser. I strongly recommend it and Backinaction: they are both completely trustworthy and I hear nothing but compliments from my patients." **Dr Lady Ann Redgrave.**



## **The Mobiliser: an amazing story giving hope to back sufferers**

Our founder was damaged in a bad car accident in 1979. Nine years later, still in constant pain, he resigned his directorship of a worldwide computer company to start Backinaction.

He hoped that by “living and breathing back care” he would eventually find an answer to his neck pain, back pain, arm weakness, and headaches.

In 2002 he eventually found that answer. That answer was an early version of the Mobiliser, and it is a genuine breakthrough in treatment of the spine.

Backinaction have now developed the Mobiliser into a complete treatment system with the help of Dr Lady Ann Redgrave.

Dr Redgrave is an orthopaedic consultant who re-trained as an Osteopath. She tested the Mobiliser with her most troubled patients. They experienced marked benefits. Dr Redgrave now uses the Mobiliser in her practice.



Most Mobilisers are used by people at home, but many are now used by Doctors, Physiotherapists, Osteopaths and Chiropractors for their own health.

**In 2005 The Mobiliser was formally tested by Physio's for the Ministry Of Defence (MOD) / NATO. The results were amazing.....see over**

## Fully tested by the RAF / Army / MOD / NATO

<p style="text-align: center;"><b>Effectiveness of the Mobiliser in Treatment of Low Back Pain:</b></p> <p style="text-align: center;"><b>A Quantitative Study</b></p> <p>Major Nell Mead BSc MCSP SRP RAMC Medical Centre Northwood Military HQ (MOD /NATO) <b>Jan 2005</b></p>	<p>In those users who had restricted movement due to back problems the results were astonishing:</p> <table style="width: 100%; border: none;"> <tr> <td style="padding: 5px;"><b>Spinal flexion</b></td> <td style="text-align: right; padding: 5px;"><b>+ 56%</b></td> </tr> <tr> <td style="padding: 5px;"><b>Spinal extension</b></td> <td style="text-align: right; padding: 5px;"><b>+ 100%</b></td> </tr> <tr> <td style="padding: 5px;"><b>Mid spine expansion</b></td> <td style="text-align: right; padding: 5px;"><b>+ 36%</b></td> </tr> <tr> <td style="padding: 5px;"><b>Reduction in pain of</b></td> <td style="text-align: right; padding: 5px;"><b>- 44%</b></td> </tr> </table>	<b>Spinal flexion</b>	<b>+ 56%</b>	<b>Spinal extension</b>	<b>+ 100%</b>	<b>Mid spine expansion</b>	<b>+ 36%</b>	<b>Reduction in pain of</b>	<b>- 44%</b>
<b>Spinal flexion</b>	<b>+ 56%</b>								
<b>Spinal extension</b>	<b>+ 100%</b>								
<b>Mid spine expansion</b>	<b>+ 36%</b>								
<b>Reduction in pain of</b>	<b>- 44%</b>								

The MOD study concluded: The Mobiliser made a considerable difference to the lives of many of the participants. The data ...including the discharge of 75% of participants from physiotherapy for their back problems after the trial... would justify the purchase of Mobilisers for units other than Northwood HQ.

The Mobiliser has been in daily use in the Military ever since. RAF Strike Command, RAF Cyprus, and other units have purchased a Mobiliser, many other Military Medical Units are seeking financial approval.

### Thoroughly tested at the highest level of sport :

These trusted people have benefited from the Mobiliser...

Bettina Hoy	Sir Steve Redgrave,
Harry Meade	Graeme Le Saux,
Sandy Phillips	Sally Gunnell OBE
UK Pentathlon Teams	Chelsea Football Team
The England Rugby World Cup Winning Squad	



### And a self-declared sceptic, previously a Ryder Cup captain and inspirational golfer says.....

“Within two weeks the difference in my whole body was obvious and I began to lose some of my scepticism. I used it religiously twice a day and after a month the improvement was very great. The pain was less and my flexibility was better than it had been for years.”

Bernard Gallacher OBE



## What about riders and back pain sufferers...

<p>“After 23 years of sciatica my osteopath suggested the Mobiliser.</p> <p style="color: red;">After six weeks almost all the symptoms had gone.”</p> <p>NL. 50 yr old Accountant. Oct 2002</p>	<p>“I was suffering from lower back pain for six months. Despite Chiro, physio and massage... Getting worse.... I was on pain killers and anti-inflamatories.</p> <p style="color: red;">After using mobiliser I'm now drug free, I can't believe the results.</p> <p style="text-align: right;">M Collins. MD March 2007</p>
<p>“Six years ago I fell off a horse, fracturing my spine</p> <p>I've used the Mobiliser for a year now and the mobiliser works; my husband can't keep up with me! I lost half a stone purely because I had more energy to burn”</p> <p>Kate Gibbons. (Kate tested Mobiliser for Horse Magazine. Her husband bought her a Mobiliser for her 40<sup>th</sup> Birthday!)</p>	<p>“ I am a woman in her 50s. I love active pastimes but have had to give them up due to pain. I have been plagued by migraines for years.</p> <p>Before finding the Mobiliser I calculate I used 60 Ibuprofen and 30 Paracetamol in 5 weeks. After starting with the Mobiliser I used 4 Ibuprofen in the same period of time.</p> <p style="color: red;">I've had no headaches in 6 months”</p> <p style="text-align: right;">Mrs Meakin</p>
<p>“I had constant discomfort from my hip for 25 years. A year ago I injured my sacro-iliac joint in a fall. In spite of excellent physiotherapy I was still walking around with a 'clunking' noise.</p> <p>It took only a week to sort out my misalignments...and yes I did feel rather tired at first, but the sensation of being evenly balanced was a revelation.</p> <p>The Mobiliser cost a lot but was worth every penny. Why? Well it cured the 'clunk' instantly. It has also remedied problems to which I had been resigned. I had thought that feeling stiff in the morning was due to my age (54); that chronic hip ache was wear-and-tear.</p> <p style="color: red;">Whatever it is that the Mobiliser does, my symptoms have just gone. It's a small miracle really.”</p> <p>Sara Kelen</p>	<p><b>The next pages look at general benefits and specific conditions such as disc prolapse, fibromyalgia, whiplash and more...</b></p> <p><b>The Mobiliser is the perfect partner for those trying to strengthen core muscles by Pilates, or by MBT shoes.</b></p> <p><b>Please discuss any last doubts with us and ask if you have a particular condition not listed.</b></p>

## What could the Mobiliser do for you?

### Users report these benefits:

- \* Less pain, (and frequently no pain!)
- \* Really big improvements in riding, especially dressage.
- \* Dramatic reduction in painkillers
- \* Feel and behave fitter.
- \* Weight loss as a result of greater activity
- \* Able to take up activities they had dropped due to pain.
- \* Much improved Posture
- \* Greater mobility in sex
- \* Less illness such as colds.
- \* Avoidance of headaches and even migraines
- \* Better breathing.
- \* Cancellation of planned spine operations. (see below)

**Hopefully we've convinced you about the changes the Mobiliser has been making to peoples live's, especially with Back Pain. On the next page we look at how the mobiliser helps with other specific conditions.**

**Before that: a very graphic illustration. This picture is a real MRI scan. It shows a damaged disc pressing on a spinal cord.**

The owner, a man in his thirties, decided to use the Mobiliser. His symptoms rapidly got better.



**He gave us permission to use his picture to give hope to others.**

## The Mobiliser helps with more than Back Pain

<p><b>Fibromyalgia</b></p> <p>“Over twelve years ago the chronic headaches, muscle pain and tiredness I was experiencing was finally diagnosed as Fibromyalgia.</p> <p><b>After using the mobiliser for a year there has been a huge leap in my level of fitness....and also in my ability to manage...my condition without the support of a practitioner and painkillers.</b></p> <p>The initial cost to purchase the mattress has been far outweighed by the benefits for me.</p> <p>The improvements in my health and the degree of control it has given me has been an inspiration to me.”</p> <p>CP South Bucks</p>	<p><b>Whiplash</b></p> <p>My neck was whipped back in a car accident and then forward into the steering wheel. I was knocked unconscious.</p> <p>For over twenty years my symptoms got worse, despite really skilled treatment that helped temporarily.....sometimes for a few weeks but mainly for a few days..</p> <p>Eventually I found a device that fitted my ideas of what I needed...daily strong massage and mobilisation. I developed it in conjunction with leading medics and sure enough it has removed my neck problems..</p> <p style="text-align: right;">DN Developer of Mobiliser, Founder Backinaction</p>
<p><b>Parkinson's</b></p> <p>We donated a Mobiliser to a Therapist who works with Parkinson sufferers. She has found the Mobiliser helps with relaxation and allows her treatment to be more effective.</p> <p>Many sufferers now have their own Mobi.</p>	<p><b>Epilepsy / Palsy</b></p> <p>Many use the Mobiliser to decrease the number of fits and to improve sleep.</p> <p>Results are not consistent and we will often help with evaluation units to discover if benefits accrue.</p>
<p><b>Insomnia</b></p> <p>An author has reviewed the mobiliser positively in her book on insomnia. Most users report more restful sleep.</p>	<p><b>Singing</b></p> <p>An opera singer has said that since using the Mobiliser to beat his back pain he's noticed that using it improves his singing!</p>

## **The Mobiliser goes well with treatment.... speeding it up...allowing it to be more effective**

The Mobiliser works extremely well alongside treatments such as

Yoga, Pilates, Physio, Osteopathy, Chiropractic, Massage, Aromatherapy, Alexander Technique, Meditation, and dozens more.

Already over 40 practitioners have put a Mobiliser in their clinics and countless more suggest patients hire one for use at home.

The most dramatic results are obtained with chronic issues where treatment has been ineffective or only creates a temporary respite...followed by another injury soon after.

The Mobiliser, used regularly, is very effective at undoing hidden patterns, allowing treatment to move on, and practitioners get very excited about the way long term sufferers suddenly improve.

On our web site there are links to many practitioners who will allow you to try their Mobiliser . Most charge a small fee. Each has entered up a summary of why they use and commend the Mobiliser.

Remember; The Mobiliser can tirelessly give you 20 + treatments a week.

### **Back to Dr Lady Ann Redgrave again:**

**“I have observed many patients whose treatment has gone faster and further than would have occurred without using the Mobiliser. Some patients have been able to get past previously long term conditions.”**



What about longer term....  
.....do people go on using it?

Long term users are convinced it was one of the best purchases they ever made.....and they tell us the rest of their family now feel the same.

The benefits occur very quickly, but its important to realise that at first the benefits would decrease if you stopped using it. Old habits die hard so people will go on using the Mobiliser for years...making the improvements get deeper and more permanent.

The Mobiliser is very different to most regimes..... it become deeply pleasurable and relaxing after the initial discomfort , and for that reason people go on using it even after their symptoms have gone.

After a year of so most are using it several times a week for pleasure and to maintain their health. Its ready to mobilise, massage and de-stress you whenever you need it.

At Backinaction many of our staff have continued to use them over many years and still think it's the best general health aid they've experienced.

Thank you for evaluating it. The Mobiliser is available in all our stores and can be tested at a number of local demo points throughout the UK.



**Back in Action**  
**Phone:01494 434343**  
**Web: [www.backinaction.co.uk](http://www.backinaction.co.uk)**