



## The Mobiliser System from Backinaction : The Back Shop

**The Back Shop** London was the world's first specialist back-care retailer in 1984.

**Backinaction** was formed in 1987.

In September 2010 they merged, becoming Europe's largest back-care retailer.

London



Amersham



Marlow

Bristol



**You can completely trust us;**

Our reputation is as good as it gets.....Our staff have worked for us for years and have exceptional knowledge. Backinaction's founder served on the Education Committee for The National Back Pain Association. He also Chaired their Children's Working Party; and was a Trustee of the Back Care Charity for many years.

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

"I've bought Backinaction products for Steve, my children and myself, for over 20 years. We use them every day. I've been the main medical tester of the Mobiliser and strongly recommend it and Backinaction: they are both completely trustworthy. I hear nothing but compliments from my patients." **Dr Lady Ann Redgrave. Chief Medical Officer UK Rowing**



State of the Art Equipment

26 Years Experience

1000's of products at [Backinaction.co.uk](http://Backinaction.co.uk)

London Marlow Amersham Bristol - Maps and contact details on web - During External events only: 07793842067



## The Mobiliser System: How it happened:



Backinaction's founder received back and neck injuries in a car accident in 1979.

Like many his pain got worse instead of better and by 1988 he still suffered 24/7 with neck pain, back pain, arm weakness, and headaches. At that point he started Backinaction and hoped that by "living and breathing back pain relief for others" he would eventually find an answer to his own symptoms.

In 2002 he eventually found that answer. .... The Mobiliser System which is now recognised as a breakthrough in spinal optimisation.

One very special Doctor, Dr Lady Ann Redgrave, offered to test the it with her patients, while Backinaction developed a consultancy and support system to fit alongside the Mobiliser.

**The combination of hardware and consultancy is called The Mobiliser System.**

Thousands will now attest to the way The Mobiliser System has improved their life and there are Mobilisers all over the World. Backinaction's consultancy system has allowed Backinaction to build an unrivalled set of data which helps new users.

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



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## The most tested system available?



### The Mobiliser has been tested & purchased by the RAF /Army / MOD / NATO

After Dr Lady Ann Redgrave's initial work, the Mobiliser was purchased and independently evaluated by the UK Military. The results of a first study were excellent and 3 further trials, over six years, culminated in the Mobiliser being passed as safe and effective by a NATO committee. Mobilisers were purchased for all UK Military Regional Rehabilitation Units. Other Units have since purchased and many military personnel have privately purchased.

### The Military Physio that ran the first trial published her work as part of her formal studies:

<b>Effectiveness of the Mobiliser:</b>	In those users who had restricted movement due to back problems the results were:
<b>A Quantitative Study</b>	<b>Spinal flexion</b> + 56%
	<b>Spinal extension</b> + 100%
	<b>Mid spine expansion</b> + 36%
	<b>Change in pain of</b> -44%
Capt Nell Mead BSc (Hons) MCSP SRP RAMC Medical Centre Northwood Military HQ (MOD /NATO)	

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## Most Mobiliser System Users are people who've experienced long term back pain

<p>"After 23 years of sciatica my osteopath suggested the Mobiliser.</p> <p><b>After six weeks almost all the symptoms had gone."</b></p> <p>NL. 50 yr old Accountant.</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><b>After using mobiliser I'm now drug free, I can't believe the results."</b></p> <p style="text-align: right;">M Collins. MD</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! <b>I lost half a stone purely because I had more energy to burn"</b></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 the Mobiliser I used 4 Ibuprofen in the same period of time.</p> <p><b>I've had no headaches in 6 months"</b></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.</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. It has remedied problems to which I had been resigned. I had thought that feeling stiff in the morning was due to my age (54)</p> <p>.....</p> <p><b>Whatever it is that the Mobiliser does, my symptoms have just gone. It's a small miracle really."</b> Sara Kelen</p>	<p><b>We have countless users with specific conditions such as disc prolapse, fibromyalgia, whiplash and more...</b></p> <p style="text-align: center;"><b>The Mobiliser is the perfect partner for those trying to strengthen core muscles</b></p> <p style="text-align: center;"><b>Please ask for our leaflets on specific areas such as riding or sport</b></p> <p style="text-align: center;"><b>Our mission is to get bodies working.</b></p>

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