



The FlexxiCore Passive Exerciser

Continuous Passive Motion (CPM)

equipment has been used clinically to prevent joint stiffness¹ and provide stimulus to joint regeneration processes². CPM has been used to treat low back pain with clinically significant results³. By creating a sideways oscillating motion through the spine, the flow of synovial fluid between the discs can be encouraged, helping to reduce inflammation and ease pain, as well as improving range of motion.

Goldfish Exercise

Independently of this, the Japanese have been practising what they affectionately call “Goldfish Exercise” for more than 80 years. First devised as part of the Nishi Shiki healthcare system, it was adopted as an exercise form in martial arts like Aikido, and in therapies such as Shiatsu. Around 1990, the Japanese invented an ingenious passive exercise machine which gently swings your feet, generating an elegant oscillating motion through the spine.

The FlexxiCore® Passive Exerciser was introduced in Britain as an adaptation of this Japanese exerciser, combining the calming and energising effects of Goldfish Exercise with the therapeutic back care benefits of CPM – at a fraction of the cost of sophisticated CPM equipment. The user simply lies down, puts their feet up on a cushioned cradle and lets the FlexxiCore’s robust motor do the work.

Give your back a treat with “Goldfish Exercise”



The FlexxiCore in use

Adaptable to people of all ages and fitness levels

The body’s natural response to the swinging of the feet is a pleasant goldfish-like motion from the hips up, releasing tension in back, neck and shoulders, deepening respiration, and boosting circulation. The beauty of the FlexxiCore is that its precisely adjustable controls and broad speed range allow people of all ages and fitness levels to enjoy an invigorating workout at a speed that can be as relaxing or stimulating as they wish.

Research validates the FlexxiCore’s benefits

Research has shown that much back pain can be attributed to an inability to relax, physically or mentally⁴. A regular rocking motion is also known to help synchronize brain waves and calm the nervous system⁵. Other research has shown how cartilage

production in degenerative joints can be stimulated by relatively small degrees of motion, allowing for better gliding of the joint surfaces without pain or restriction⁶.

The FlexxiCore thus works in several ways to maintain back health. Popular among those with common back problems, such as gardeners and golf players, it works wonders for many with stiffness and general fatigue. It’s also popular among practitioners who use it with clients – either pre- or post-treatment – and as a great stress buster for themselves and family.

Case studies from practitioner trials

Case studies from practitioner trials with more than 200 healthcare professionals have confirmed the FlexxiCore’s benefits with a broad range of health conditions⁷. For example, one practitioner’s client had back problems after removal of a benign tumour. Given a pessimistic prognosis and with a list of debilitating symptoms, including constipation from prescribed painkillers, she was keen to try the FlexxiCore. After just 11 sessions, she reported relief of tension in the back, neck and shoulders, increased mobility, and better posture⁸.

To find out more and watch a video, visit FlexxiCore.com, or call 08456 120129
Email: info@EnergyForHealth.co.uk

Endnotes

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