

## Ulf “Lill-Pröjsarn” Nilsson

Former professional ice hockey player in Winnipeg Jets,  
New York Rangers and the Swedish National Team:

”I have used the Swedish Back Care System from Mastercare in order to get the best possible relief of my back and joints. I strongly feel that my regular back exercise has been well worth the few minutes spent each day to avoid stress, pain and injury to my body. Today after my professional ice hockey career is over, my goal is no longer to win the Stanley Cup, but to run my own business and enjoy other sports such as golf. I still set high goals and want to live up to high standards. I do my best to avoid distractions from pain and injury and that is why I still use the equipment from Mastercare for prevention purposes to stay healthy many years from now. I keep one bench at my golf club and another in my office. That gives me no excuses to skip those few minutes of back decompression and relaxation every day that has been my routine and health insurance for many years now. ”



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