

Master-care®

Back-A-Traction®
The Swedish Back Care System™

Thera-Band with Mastercare

Apply Thera-Band Exercises in Mastercare... in a de-compressed mode!

Why such a great idea to utilize Thera-Band in Mastercare:

Thera-Band - or other Resistance Band - Exercises with Mastercare in 15 Degree inclination!
Excellent Position as when getting tired; you won't lose your posture!

And better yet – you exercise in a Decompressed Mode where you have relieved the pressure of the joints, discs and nerves... and the exercise allows “pump-effect” for re-lubrication...

= The mildest and most effective way!



<https://mastercare.se/back-care/thera-band-w-mastercare.html>

