

# The Swedish National Hockey Team

## **TRE KRONOR**

### Mastercare - The Swedish Back Care System

Since 1992 I have used Mastercare, The Swedish Back Care System, when there has been a need for it, in my work with the Swedish National Hockey team "Tre Kronor" The results have been good. We have used the Mastercare both in preventive treatment and in treating injuries.

The Mastercare gives a light traction in the cervical, thorax and lumbar part of the spine as well as in the hip, knee and foot joints.

This has been positive both before and after training or game.

I strongly recommend Mastercare - The Swedish Health Care System.

It is an easy to use tool for training and rehabilitation. It is built from basic physiological laws and is also easy to use for the individual after just a short demonstration and introduction.

Ulf Karlsson

Physiotherapist, The Swedish National Hockey team Tre Kronor