



A Bolster to Exercise Positioning

adapting the BodyBolster™ into Rehab, Fitness, and Pilates training

Tools for fitness • Knowledge for health

OPTP



Adjustable Rehab, Fitness, and Pilates Tool

The BodyBolster™ is a unique new tool that can be incorporated into Rehab, Fitness, and Pilates training routines. It also serves as an exceptional musculoskeletal/back support in the home or office.



Made out of Torflex™, a soft, latex-free, medical grade PVC; the BodyBolster™ is an air-filled support and positioning tool like no other. It offers firm, yet comfortable support that easily conforms to the users body allowing natural, pain-free movement. What's more, the BodyBolster™ simply self-inflates/deflates with the twist of a valve, allowing the user/therapist to easily adjust air-pressure during exercise activity. No pumps needed!

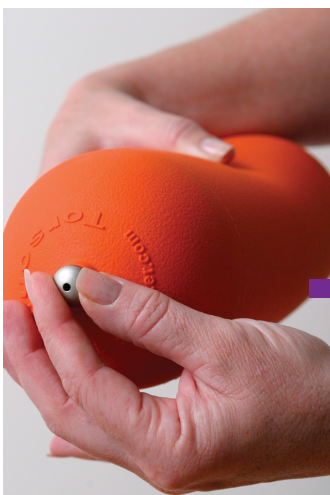
decreasing the air pressure during exercise routines. This is beneficial to both patient and therapist since it eliminates the time taken to either inflate or deflate other tools when progressing a patient to more unstable surfaces. It also empowers the patient to take greater control of their movements, which in turn will allow them to relax and be more comfortable.

Other clinical applications include:

- Targeted mobilization
- Lengthening stretches
- Maintaining neutral spine
- Open and closed kinetic chain activities
- Isometric strength building
- Myofascial release
- Stabilization
- Isolating muscles

Additional user benefits include:

- Reduction of muscle tension when sitting through 'active support'
- Increased postural awareness
- Decreased risk of injury to joints, muscles, and tendons



The BodyBolster™ for Fitness/Pilates

*"Maintaining a neutral spine is the primary emphasis throughout many of the Pilates exercises performed on the mat or on equipment."*¹

-Cynthia Trentman, PT

The BodyBolster™ for Rehab

"Recently introduced to the BodyBolster™, I was pleasantly surprised at its potential for clinical applications, as well as spinal support from an ergonomic standpoint."

-Patricia Jorgensen, PT, CIE

The adjustability of the BodyBolster™ is particularly convenient in a rehabilitation setting. Challenge progressions can be made simply by increasing or

As an exercise tool, the purpose of the BodyBolster™ is to stretch soft tissues, increase mobility and strength, and develop neurological awareness of the musculoskeletal system.

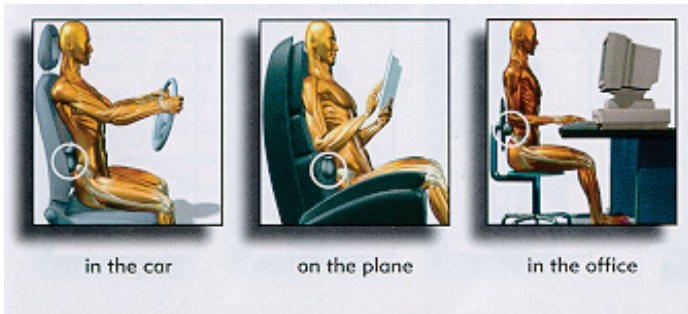
When training, postural stability is important for the following reasons:

- Good muscle balance creates a more natural spinal curve
- Muscles work more efficiently with correct motor patterns
- Exercise and movement techniques are more easily learned and corrected
- Risk of injury is lessened



On top of being an excellent positioning tool, the BodyBolster™ also benefits fitness users in the following ways:

- Allows for a deeper, more controlled stretch (up to 20% further)
- Enhances core exercises by adding isometric resistance, neutral spine support, and comfortable fulcrums that allow the body to move naturally
- Creates a dynamic training environment
- Adds comfort to myofascial work
- Effectively isolates targeted muscle groups



in the car

on the plane

in the office

The BodyBolster™ as a Back Support

The BodyBolster™ excels as a back support due to its *active support* capability. When placed in the lumbar, it creates the three natural curves of the spine. The air-filled properties of the support allow it to mold to the users body and increases proprioceptive feedback. It works because it feels good.

BodyBolster™ Resources



The adjustable, self-inflating BodyBolster™ provides *active* support by molding to the shape of your body. This flexible postural support provides relief from backache and stiffness. Incorporate the Bolster into your daily Pilates, yoga, or stretching routine to increase free movement. Easily inflates or deflates with the twist of a cap. Fifty-two page instruction booklet featuring 100 exercises included. Available in blue, orange, or purple.



Stretch Station

- Displays 100 top to toes/front and back stretches
- Balanced stretch system written by medical practitioners
- Bulleted instructions for stretch optimization
- Large 5 ft. x 3 ft. Wall Chart



The BodyBolster™ CD-ROM demonstrates 38 stretching and strengthening exercises. Other features include:

- “The Virtual Athlete” computer animation shows “real-time” exercise sequence, and precise form to avoid injury.
- Select and print exercises to create customized home programs for each patient.

Product Mentions

All products mentioned in this newsletter can be purchased from OPTP. Shop online at OPTP.com to see all of our Pilates accessories/resources, or talk to one of our knowledgeable customer service representatives Monday-Friday from 8AM-5PM CST. Call us today at 1-800-367-7393, and we’ll be happy to assist you with all your health and fitness needs.

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References:

1) Trentman, Cynthia, PT. “Core Stability.” Advance for Directors in Rehabilitation, April 2003. Pp. 51-54.