



The versatile Back Vitalizer has many uses to strengthen and support the back, or even ankle rehab

Back Vitalizer™

A 16" x 12" multi-functional air pillow, which offers multiple ways to relieve back pain:

- When laid upon, it bridges the lumbar spine for decompression of the discs
- Placed on a chair behind the back, it functions as a lumbar support
- When sat upon, it functions similar to an exercise ball activating the deep stabilizing muscles of the spine for core stability
- On the seating surface it functions as a posture positioning wedge
- In standing it can be used for ankle rehab and balance training

Made with durable biodegradable polyurethane coated nylon and is easily washable. Supports up to 400 pounds. Adjustable inflation allows for total control of the level of exercise or support.

Back Vitalizer™ (#273) **\$32.95**



"I have just purchased my second Back Vitalizer to use in my car. I have recommended this product to everyone I know with back problems."

—Joe M., Arizona



optp exclusive 90-90 Positioning CUBE

Discover neutral body position – allowing muscles to relax, while lying on your back with legs supported, knees and hips bent to 90 degrees. Experiencing neutral body position:

- Encourages release of muscle tension in hips, lower back, neck, shoulders
- Eliminates imbalances from work, sports, awkward sitting or sleeping positions
- Teaches optimal alignment prior to exercise or activity

Each side of the 90/90 Positioning "CUBE" has varied height (18, 20, 22 inches) to accommodate differences in femur lengths. The "CUBE" is constructed of lightweight superior foam, and covered with a soft, durable vinyl that is easily cleaned with soap and water.

90-90 Positioning CUBE (#5909) **\$96.00**

optp exclusive 90-90 CUBE 3" Topper
The 3-inch topper provides additional options for custom positioning and comfort.

90-90 CUBE" Topper (#5909P) **\$30.25**



also see! Whiplash Injury Recovery Page 31



The Occipital Float™

This Float is ideal for post cervical whiplash sufferers. This lightweight, portable device enables users to perform smooth, effortless cervical range-of-motion exercises. A specially designed inflatable bladder accommodates all head sizes and allows unrestricted range of the occiput.

The Occipital Float™ (#401) **\$34.95** \$32.95 (12+)



Mediflow WaterBase® Pillow

This pillow offers uniquely comfortable and beneficial sleeping positions. It instantly adjusts and supports the neck in any sleep position. Over four inches of soft material floats on top of the water bag, ensuring outstanding comfort.

Mediflow WaterBase® Pillow (#340) **\$39.40**