

Home Exercise Kit

Lumbar



Kit includes:

- Exercise ball
- Air pump
- Backnobber®II
- Exercise band kit
 - Three resistance levels
 - Handles and straps
- Towel
- Travel bag
- User manual

A comprehensive, therapeutic exercise kit specifically designed for lumbar rehabilitation

- Developed with leading clinicians
- Exercise manual with detailed instructions and illustrations for range of motion, stretching and strengthening exercises
- Compact and portable for home, office or travel
- Easy to use, convenient to store
- High-quality exercise components in a convenient travel bag
- Durable and lightweight



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