



The natural way of Sweden

SISSEL[®] STEP-FIT[®]

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SISSEL® STEP-FIT® – your private pebble beach

Walking barefoot is the simplest and most natural way of foot reflex point stimulation. Walking on pebbles increases this even more, every step stimulates neural points and massages the soles.

The stimulation of the reflex points by walking on the SISSEL® STEP-FIT® has a regulating effect on digestion, sleep disorders and back ailments.

SISSEL® STEP-FIT® provides an enhanced barefoot experience – hygienic, skin-friendly and safe!

Indications/effect

- strengthening of body musculature
- Enhances whole body coordination
- Increase of mobility
- Sensorimotor training, for example after injuries/surgeries of muscles/ligaments of foot, ankle, knee and hip joint.
- Proprioceptive exercising after injuries/surgeries, see above
- Sensibility training (in combination with other surfaces)
- Exercises for fall prevention especially in geriatrics to maintain the bodily fitness and performance.
- Balance training
- Stimulation of metabolism
- Enhances blood circulation
- Increase in energy and well-being

All exercises which are part of a therapy, or done during convalescence etc, should be carried out under the supervision of a therapist or medical personnel.

Contra-indications

- open wounds
- lacking compliance of patient

Areas of application

Physical therapy, geriatrics, ergo-therapy, reflexology, for foot massage.

Application examples

Integration into a training parcourse to be used in geriatrics, as well as in a therapy of young adults and children. Very effective in a combined application with these products: SISSEL® Balancefit Pad, SISSEL® SITFIT®, SISSEL® Balls, SISSEL® Fit-Dome Pro, SISSEL® Spiky Domes and the SISSEL® Balance Board.

Objective

Training and improvement of the areas listed above by creating various surfaces and intensity levels during a therapy.

Note

Use it barefoot or with anti-slip socks (with rubberized bottom)

A distinguished product feature is its uneven surface. Please consider this during use. The skin-friendly material might become slippery when used in a moist environment (bathroom, shower, etc) or slide. Do not use on wet surfaces!

Product consists of skin-friendly thermoplastic elastomer
Clean with soap suds and moist towel.









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