



# NEXERCISER

**What about the neck?** Muscle training is an important therapeutic technique in the treatment of joint injuries, be it the knee, shoulder or **NECK**. Strength training and exercise proceeds most efficiently and safely when a maximum value has been determined (1 Rep Max (1rm)) and then a fraction of that 1rm is used as resistance, depending on the treatment/exercise goal. The **NEXERCISER™** is an inexpensive piece of exercise equipment designed specifically for the cervical spine musculature that provides adherence to this 1rm principle ( Delorme). The **NEXERCISER™** is totally portable and can be used on any flat surface , in the office or at home. The ability for Isometric or Isotonic exercise makes the **NEXERCISER™** the safest, most complete exercise system ever designed for the neck. The **NEXERCISER™** was researched at NYU showing very favorable results, not only as a rehab tool but also for injury prevention. The **NEXERCISER™** package includes progress charts, billing codes and a 30 minute training video, all for \$155.00 plus \$8.00 S&H. Available also is the NEX-Stop which is a computerized station with print out.



The **NEXERCISER:**

- 30 Minute Training Video
- Digital or Analog Gauge
- Progress Note Pads



The **NEXERCISER™** is totally portable, used on any flat surface, any time, any where, by anyone.

## SCIENTIFICALLY TESTED AT NYU

NYU study demonstrated regular “NEXercising” produces:

1. Marked increase in neck muscle strength
2. Significant decrease in neck muscle imbalance (side to side & front to back)
3. Probable increase in neck muscle endurance
4. Subjective decrease in neck muscle tension

## VERSITILE

- Progressive Resistive Exercise (PRE)
- Portable, used on any flat surface
- Provide multi-dimensional, global resisted ROM
- Can be used for extremity isometrics
- New source of Revenue (See CPT Codes)
- Detects & corrects neck muscle imbalance
- Evaluates progress, strength, endurance

## SAFE & EFFICIENT

Visual feedback allows for subject-controlled resistance, muscle overloads prevention, proven training techniques.



The **NEX-Stop** is a computerized station providing generated print out of complete neck muscle function; strength & muscle balance.

FOR MORE INFORMATION ON THE NEXERCISER:

**1-800-433-NECK**

NEXERCISER, P.O. Box 10516, Bedford, NH 03110-0516

[nexerciser.com](http://nexerciser.com)

“...the **NEXERCISER** is a blue chip for Neck Exercise. It gave our former QB, Steve Grogan, two more years in the NFL.” — Ron O’Neal, ATC, NE Patriots

“...the **NEXERCISER** is a great tool for true Neuro Rehab.” — Ted Carrick DC, PhD