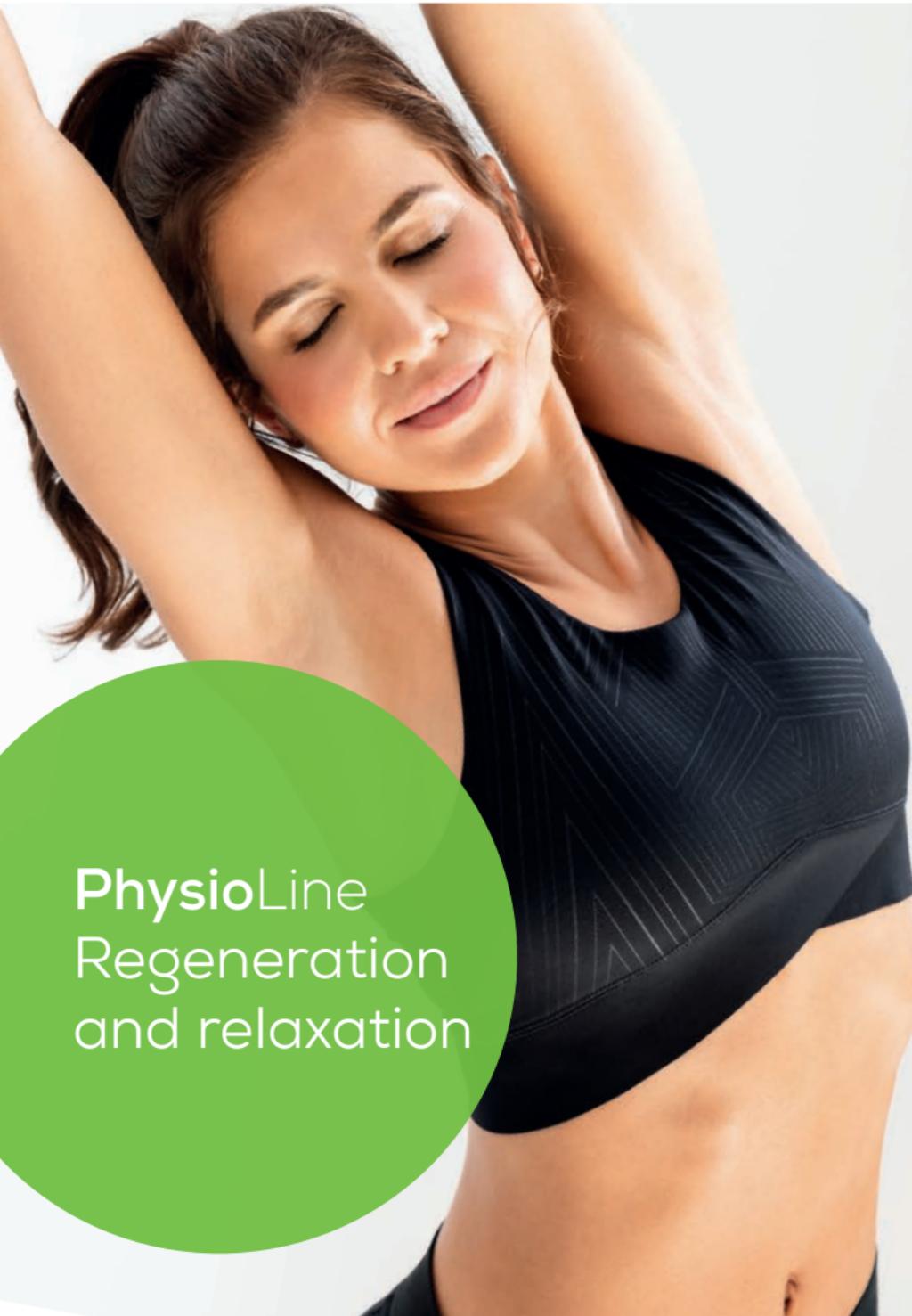


# beurer



## PhysioLine Regeneration and relaxation

**FM 200 Achillomed® Achilles tendon massager**

**FM 250 Vital Legs**  
EMS circulation stimulator

**FM 150 & FM 150 Pro**  
vein trainer

 **german  
engineering**

**PC 100 PostureControl**  
posture trainer

**MG 850 Fascia and  
Deep ReleaZer®**  
fascia massager

**MG 10** massage ball  
with vibration

# MORE DYNAMISM IN EVERYDAY LIFE

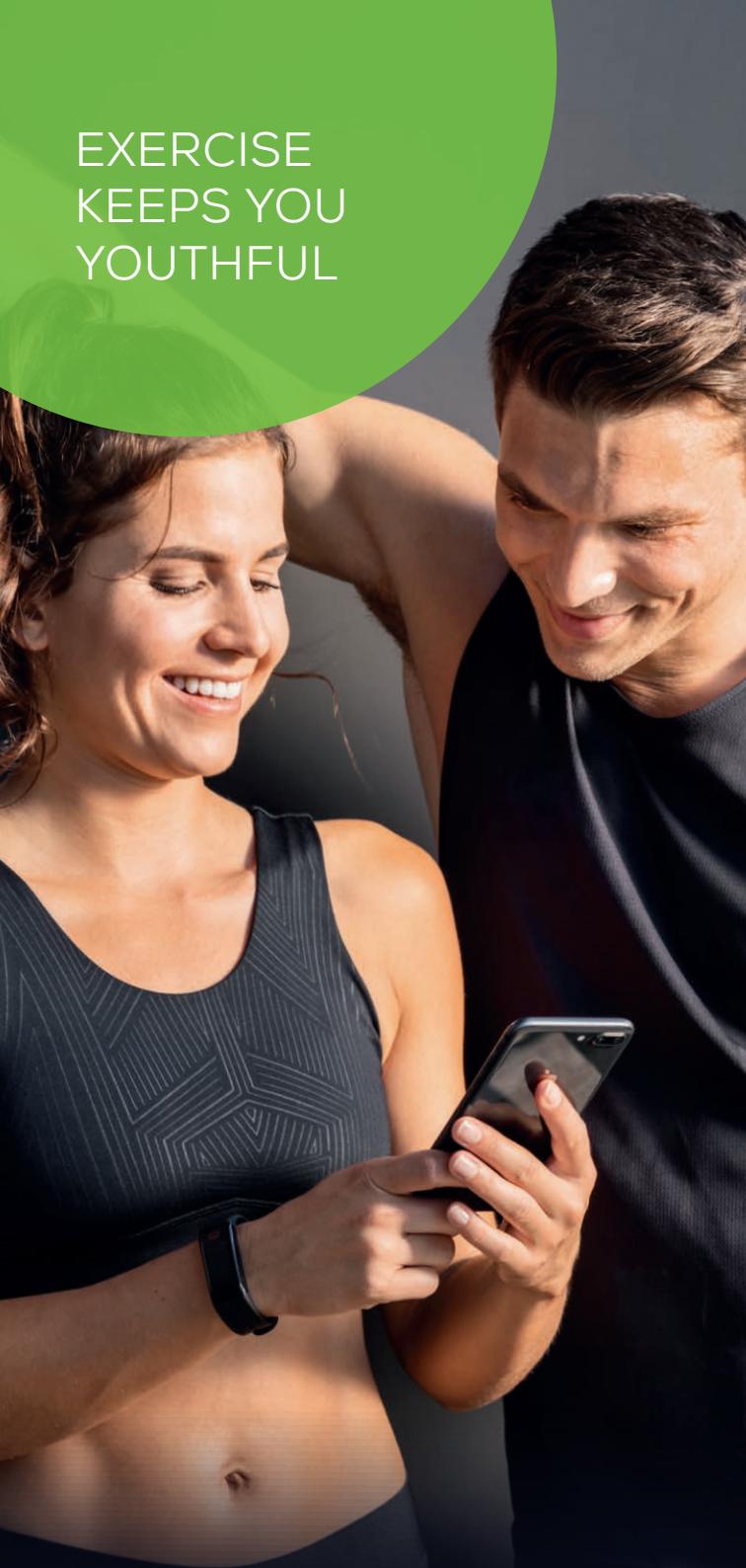
## EXERCISE FOR A HEALTHY LIFE

Training is good for our physical well-being. Exercise keeps us fit, reduces stress and is fun! However, we can spend too much of everyday life sitting, and too little of it moving. A lack of muscular exertion and a rigid posture can have a negative impact on health and cause pain.

## PRODUCTS THAT ACTIVE PEOPLE LOVE

The Beurer PhysioLine product range is a perfect match for a lifestyle that embraces exercise and health. Find the right tool for you that powerfully, quickly, and effectively alleviates symptoms and can activate specific muscle groups – whether in your shoulders, back, legs, or feet.



A photograph of a young man and woman in athletic attire. The woman, on the left, is wearing a dark grey tank top with a subtle geometric pattern and black leggings. She is smiling and looking down at a smartphone she is holding in her hands. The man, on the right, has dark hair and is also smiling, looking at the same phone. They appear to be outdoors in a bright, possibly sunny environment.

EXERCISE  
KEEPS YOU  
YOUTHFUL

## IT'S THE MIX THAT MAKES THE DIFFERENCE

Just as too little movement causes damage, too rigid a training plan can also over-exert the body and cause symptoms to emerge after working out.

Beurer PhysioLine products nurture your overall sense of well-being after exercising! After all, recovery and regeneration phases are just as important as the workout itself.

## DON'T GIVE SYMPTOMS OF STRAIN A LOOK-IN!

More often than not, it is indicators of strain – such as cramp, pulled tendons, muscle tension, and strained ligaments – that stop us doing sport, rather than serious sports injuries. The Achilles tendon causes problems particularly often.

A large green circle is positioned on the right side of the page. Inside the circle, the following text is written in white, sans-serif font:

Actively  
relieve pain –  
and make your  
workouts  
even more  
enjoyable.

# FAST AID FOR STRAINED MUSCLES

## TIRED AND HEAVY LEGS CAN BE CAUSED BY MANY THINGS

Even if you haven't been exercising, pain and swelling in your lower legs, calves and feet can also come after a long day of being on your feet or in incorrect footwear.



## YOUR IN-HOME PHYSIOTHERAPIST

Whether you have tired legs, problems with your Achilles tendons or hardened fasciae, with the right products you can very easily relieve all of these problems at home, either in isolation, or in combination with physiotherapy. So you can soon be energetic and mobile again!





## PHYSIOLINE PRODUCT SERIES

Relaxation and regeneration in everyday life and after exercise



**FM 200 Achillomed®**  
Achilles tendon massager

**Technology:** Massage through rotation

**Area of use:** Problems with the Achilles tendon



**FM 250 Vital Legs**  
EMS circulation stimulator

**Technology:** EMS

**Area of use:** Swelling and painful legs



**FM 150 and FM 150 Pro**  
vein trainers

**Technology:**  
Air compression

**Area of use:**  
Heavy, tired legs and thighs\*



**PC 100 PostureControl**  
posture trainer

**Technology:** Vibration

**Area of use:** Posture and back problems



**MG 850 Fascia and Deep Releazer®**  
fascia massager

**Technology:** Vibration

**Area of use:**  
Fascia adhesions



**MG 10** massage ball  
with vibration

**Technology:** Vibration

**Area of use:** Fascia adhesions and trigger points

\*only with the FM 150 Pro

# A WORLD-FIRST IN PHYSIO



FM 200 Achillomed®  
Achilles tendon massager

## HELP FOR YOUR ACHILLES TENDON

The Achilles tendon is the strongest tendon in the human body. It is subjected to particularly high strain when running and walking. Among athletes such as runners, tennis players and footballers in particular, sustained over-straining and incorrect straining can result in painful problems with the Achilles tendon.

## ONE IN FIVE RUNNERS HAS ACHILLES TENDON PROBLEMS

Lots of people have already had a bad experience with their Achilles tendon. High training intensity, insufficient regeneration periods and incorrect footwear can turn this area into a sore spot. Massage treatments can provide relief.

The FM 200 Achillomed® has been specially developed to relieve Achilles tendon problems. The device features six rotating massage heads that promote circulation in various areas of the feet.





**EASY TO USE AT HOME**

You can now treat Achilles tendon problems conveniently at home with the FM 200 Achillomed®. The device can be individually adapted using a footrest with height and width adjustment. The massage heads are removable and therefore easy to clean.

**FM 200 Achillomed®  
Achilles tendon massager**

- Soothing, circulation-boosting massage of the Achilles tendon
- 6 rotating massage heads
- 2 massage speeds
- 2 rotation directions
- With height and width adjustment

**REDUCE ACES AND PAINS**

Improved circulation and effective soothing.

DON'T PUT UP  
WITH MUSCLE  
TENSION.



FM 250 Vital Legs  
EMS circulation stimulator



The device includes a remote control for convenient use and cuffs for added stimulation in the lower leg area.

## PAIN-FREE FEET AND LEGS

The FM 250 Vital Legs alleviates pain and swelling in the foot area, with the aid of electric muscle stimulation. Circulation to strained muscle groups is increased, and tired, heavy legs are effectively revitalised.

## IMPROVED CIRCULATION USING ELECTRO STIMULATION

Electrical muscle stimulation (EMS) is an extremely common method of regeneration that is mainly used in sport and rehabilitation medicine.

The FM 250 Vital Legs device is an extremely easy home treatment solution.

The device electrically stimulates the muscle tissue in the foot and lower leg area, using a principle that imitates the impulses in our bodies, transferring them through the skin to nerves and muscle fibres via electrodes. The electrical impulses are perfectly safe – all you feel when using the device is a gentle tickling.

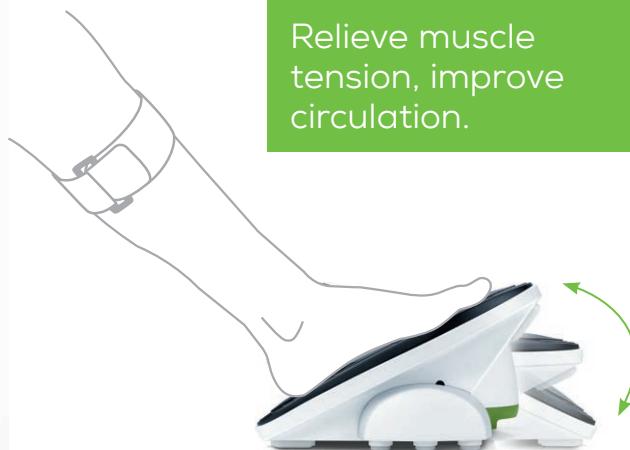




## STEP UP TO GREATER VITALITY

The FM 250 Vital Legs has a step function that can tilt the feet backwards and forwards when in use. This movement promotes circulation and helps to reduce swelling even more effectively. Two cuffs for the calves are also provided, facilitating simultaneous stimulation of the lower legs.

Relieve muscle tension, improve circulation.



## FM 250 Vital Legs EMS circulation stimulator

- Revitalising electro stimulation device for relieving swelling and pain in the legs and feet
- Easily operated using the remote control
- Customisable period of use (5–90 minutes)
- 1 programme with 15 pulse wave variations
- Adjustable intensity (levels 1–99)

# KICK OUT TIRED AND HEAVY LEGS



FM 150 Pro vein trainer

Includes a hand control for ease of use and a practical storage bag



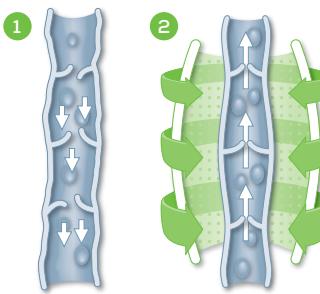
FM 150 vein trainer

## PURE BLISS FOR YOUR VEINS

Thick, swollen legs can be caused by inactivity or one-sided strain, for instance sitting or standing for too long. You can specifically prevent these unpleasant symptoms using the FM 150 and FM 150 Pro vein trainers.

## PUT A SPRING IN YOUR STEP WITH A PRESSURE MASSAGE

The air cushions in the leg cuffs of the leg compression massager are alternately inflated and deflated, thereby massaging the upper\* and lower leg muscles and promoting circulation. It can relieve tension and swelling, and prevent varicose veins and spider veins.



### HOW COMPRESSION MASSAGE WORKS:

- 1). If your veins are weak or damaged, your vein valves will not close, and blood will accumulate downwards.
- 2). The pressure from the compression massage helps to restore valve functionality in your veins and to promote blood circulation.



\*only with the FM 150 Pro



## FM 150 and FM 150 Pro vein trainers

- Revitalising pressure massage
- With upper\* and lower leg cuffs
- Improves venous blood circulation by restoring vein function
- Promotes circulation and relieves tired and heavy legs
- Releases tension
- Prevents varicose veins and spider veins



The FM 150 and FM 150 Pro vein trainers offer versatile application – at home and when you're on the move

## DEVICE CAN BE MODIFIED TO SUIT YOUR INDIVIDUAL NEEDS

Using the hook-and-loop fastener, the cuffs of the leg compression massager can be adjusted to sit comfortably around your leg. The air pressure massage can be adjusted to various intensity levels, which allows you to fully tailor the massage to your needs.

\*only with the FM 150 Pro

# POSTURE TRAINER FOR MORE ACTIVE SITTING



**PC 100 PostureControl**  
posture trainer

Easy and convenient to use  
via the 8sense app

## SMART CLIP FOR BETTER POSTURE

Many people spend most of their regular working day sitting down – so it's no wonder that back pain has long been one of the most commonly suffered ailments. Possible causes include a lack of movement or remaining static for long periods of time. The PC 100 PostureControl posture trainer helps you to change unhealthy sitting habits and get used to a new, dynamic mode of sitting.

## FOR THE HEALTH OF YOUR BACK

The innovative clip is attached to the collar of your clothing, and can be connected to a smartphone via *Bluetooth®*. This allows the virtual coach to record and analyse posture and body movements. The sensor emits a gentle vibration if you stay sitting in the same position for too long, prompting you to change your sitting position.

The posture trainer promotes active sitting, for example with frequent changes of position, as well as periods of standing. This prevents one-sided strain of the muscles and makes you more aware of your own body.





## PC 100 PostureControl posture trainer

- The posture trainer can be easily attached to clothing
- For better back health
- More active and dynamic sitting
- Gentle vibration signal after sitting in one position for too long



## THE DREAM TEAM: THE CLIP AND THE COACH APP

The data can be retrieved and assessed using the free 8sense app. The user receives real-time feedback on micro-movements, periods of standing, changes of position, and active breaks, and in this way the PC 100 PostureControl motivates you to achieve your personal activity goals. This makes it easy to do something good for your back health in the long term.

### POSTURE TRAINER WITH REAL-TIME FEEDBACK:

Simply attach the clip to your clothing and launch the 8sense app. If you sit for too long or in too rigid a position, gentle vibrations remind you to change position. This effectively changes unhealthy sitting habits. Active sitting and a movement training programme that is integrated into everyday life can help relieve your back pain and prevent problems. A small clip with a big impact!



# A WORLD INNOVATION - A MUST-HAVE FOR ATHLETES

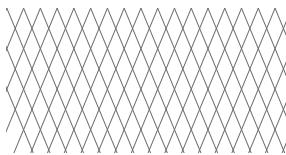


MG 850 Fascia and Deep ReleaZer®  
fascia massager

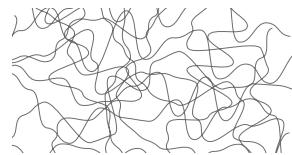
Includes 3 attachments with different degrees of hardness  
for a personalised massage treatment

## LITTLE HELPERS FOR BETTER MOBILITY

Fasciae are fine, connective tissue fibres that run through the entire body, surrounding all muscles, bones, organs and nerve cells. Elastic fasciae separate individual muscle groups from one another, and give our bodies support and stability in all movements.



Trained fasciae  
with an organised network  
structure and elasticity



Fasciae with adhesions, lacking  
elasticity and with irregular form

## FAST RELIEF FOR FASCIAL ADHESIONS

Fasciae act as links between muscle fibres, and ensure that we are able to use our muscle strength. If not stimulated regularly, the structures will stick together and thicken, then become porous and lose their elasticity.

The MG 850 Fascia ReleaZer® helps to break down fascial adhesions and to restore performance. The combination of the vibration massage with the ergonomically shaped solid wood makes the application unique.





## FASCIA MASSAGE WITH DEEP RELEAZER ATTACHMENTS

Thanks to the vibration massage and the different treatment surfaces of the MG 850 Fascia ReleaZer®, the neck, back, hip and thigh muscles can be loosened. The Deep ReleaZer can also be expanded using 3 attachments – with different degrees of hardness – for effective use.

Suitable for numerous parts of the body when used without attachments

Ideal for use on the back and neck when used with attachments



## MG 850 Fascia and Deep ReleaZer® fascia massager

- Breaks down fascial adhesions and regenerates muscle tissue
- Boosts circulation
- Patented world-first
- Made of premium solid wood
- Deep ReleaZer attachments with different degrees of hardness (soft, medium, hard)

### REGENERATES MUSCLE TISSUE

Loosens fascial adhesions, increases agility and mobility

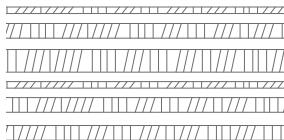
# SPOT MASSAGE FOR TENSE MUSCLES



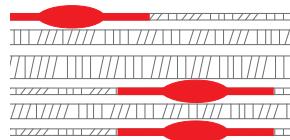
MG 10 massage ball with vibration

## WHAT ARE TRIGGER POINTS?

Trigger points are small nodes in the musculature that are caused by incorrect strain in everyday life, overstrain, or too little movement, among other causes. The muscles shorten, become less elastic, and can then in turn cause pain in other locations in the body. Regular treatment of the small nodes can help.



Normal muscle fibres  
with an organised structure



Contracted "knots",  
with painful swelling

## TARGETED MUSCLE ACTIVATION AND REGENERATION

Deep massage can help quickly and effectively alleviate symptoms caused by trigger points. Various exercises with the MG 10 massage ball help resolve tension and hardening in areas including the calves, thighs, chest, and shoulders. The gentle vibration can activate and regenerate the muscle tissue in a targeted manner.





MG 10 massage ball with vibration

## 2-IN-1: MASSAGE AND WORKOUT

This massage ball with vibration enables spot massage of tense muscle groups. In addition, it can support the resolution of fascial adhesions and loosen tight tissue. Thanks to its soft-touch surface, the MG 10 is pleasant to handle, can be operated at 2 different intensity levels, and is suitable for individual massage at home or when you're on the move.



### MG 10 massage ball with vibration

- Targeted, precise trigger point massage
- Helps muscle activation and recovery
- Can relieve fascial adhesions and tension
- Deeply effective thanks to special surface structure
- Small and handy, with a diameter of just 8 cm

### TRIGGER POINT USE

For tense muscle groups  
and fascial adhesions



## PHYSIOLINE PRODUCT SERIES

Relaxation and regeneration  
after exercise and in daily life

## STAY FIT AND ACTIVE THROUGHOUT THE DAY WITH BEURER

- Soothing massage to prevent tension
- Loosens muscle tissue and promotes circulation
- Say goodbye to tired and heavy legs
- Improves vitality and agility
- For easy use at home
- Alleviation of back problems and promotion of healthy posture
- Ideal as a supplementary treatment to physiotherapy

# PhysioLine

Regeneration  
and relaxation



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