

REST-er-CISER™



# Footstool

from  
**Amcro**  
Healthcare

Gives you improved leg mobility after sitting

When you sit down to relax, do you stiffen up? As we get older, or suffer from rheumatic ailments, relaxing can be hard work. You sit down to watch TV or read a book, but your legs stiffen and become painful, so that getting up again afterwards can be very difficult. Or maybe you have poor circulation in your legs or are recovering from surgery, and need to keep them moving. Now at last **there's a way to help.**

Developed especially for a Rheumatoid Arthritis sufferer, the REST-er-CISER is now **available to everyone.** It keeps the legs slowly moving in a way that **improves mobility**, whilst not being distracting or intrusive. But the REST-er-CISER isn't just functional; it is a hand-crafted piece of quality furniture, designed to look good in any home. It is also **extremely comfortable**, thanks to its specially designed cushion, which can be detached for cleaning.

The REST-er-CISER  
Footstool automatically  
exercises your legs while  
you sit, helping prevent  
"stiffening-up". It's like  
having your own  
personal physiotherapist.

## How does it work?

While you are resting, the cushion moves slowly up and down, carrying out just enough movement to keep the joints from "freezing", or to keep the circulation going, but without being intrusive. Its patented motion sequence is completely automatic, and so quiet and gentle you'll soon forget it's there. Until you get up - then you'll notice the improved mobility in your joints! However, there is also evidence that regular use can give you a longer lasting general improvement.

The footstool operates from the normal household electricity supply, and uses a detachable power cable (supplied).

If you suffer from stiff legs after sitting, the REST-er-CISER Footstool could help you too. It's like having your own personal physiotherapist.

up...



...down...



...just relax

Contact us today for an in-home demonstration

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