



## REHAB & PHYSICAL THERAPY

### Improve Therapeutic Effects & Comfort

The Acumat is ideal for hands-on therapies such as osteopathy, physiotherapy, chiropractic & massage therapy.

Provide increased stimulation of peripheral nerves, skin & muscles whilst assisting proprioception.

Assist the relaxation of muscles & promotion of circulation to help clients relax.

Reduce pressure points developing on bony prominences of the body to improve comfort.

Waterproof & closed-cell structure makes it hygienic for use in medical environments.

The Acumat floats up to 80kg making it ideal for aquatic rehabilitation & hydrotherapy.

### AVAILABLE ACUMAT COLOURS



Hot Pink



Fire Red



Lime Green



Bright Blue



Charcoal Grey

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[www.TheAcumat.com](http://www.TheAcumat.com)

# ACUMAT®





## THE ULTIMATE EXERCISE MAT

### Improve Circulation & Muscle Tone

The Acumat massages your skin & muscles to promote circulation & muscle relaxation.

Ideal for yoga, pilates, rehabilitation, personal training, martial arts or any ground based exercise. It can be used in two directions:

#### 1/ Pyramids-Up to Stimulate Skin & Muscles

Ideal for improving muscle tone, proprioception & circulation during fitness training & rehab.

#### 2/ Pyramids-Down to Maximise Comfort

Ideal for martial arts & acrobatics as a low impact surface to disperse force safely.

The dovetail edges allow you to join multiple Acumats together. We advise the use of cloth tape or velcro for a secure join.

Online instructions are available via:  
[www.TheAcumat.com](http://www.TheAcumat.com)



## YOUR IDEAL SLEEPING MAT

### Improve Comfort & Warmth

The Acumat contours minimise the total surface area contacting the ground, reducing heat loss to cold surfaces such as earth, rock, snow or ice.

Airflow between the pyramid contours minimises condensation forming between the Acumat & your tent floor, or sleeping bag, reducing heat loss to keep you warm & dry.

Keep your cool in hot weather by placing the pyramids upwards to create airflow during tropical adventures.

The Acumat contours prevent it slipping from under you, helping to give you a more comfortable rest.

Assist post-workout recovery by relaxing on the Acumat for 20mins or the whole night.



## WORKPLACE HEALTH

### Reduce Pain & Pressure

The Acumat is an ideal anti-fatigue mat for medical, industrial & hospitality environments.

Keep your muscles activated & pumping to improve blood and lymphatic fluid circulation.

Lightweight structure reduces lifting hazards when moving, cleaning or storing.

The contoured non-slip surface drains away liquid, while the waterproof surface is easily cleaned to maintain hygiene .

The Acumat may help improve energy levels, prevent varicose veins, leg & lower back pain.

Reduce bio-mechanical pressure on joints via the active suspension of the contoured surface that keeps your muscles activated.

