





isteki
LIGNO LTD

In the spirit of traditional medicine, without any use of pharmaceutical products. Useful against acute and chronic stiffness, pain or tension in the areas of the neck and the back.

Now it is also in the domestic market – **isteki**

WHAT IS İSTEKİ?

İSTEKİ is an efficient (orthopedic) appliance, anatomically shaped and flawlessly processed, which enables rehabilitation and complete elimination of the problems that occurred in the spinal column area, without any use of pharmaceutical products.

İSTEKİ is made from beech and after only a few days of use you will feel how comfortable it is to lie on.

Over sixty percent of population suffers from the problem of vertebral column deformities.



Unnatural position of the head and the neck while sleeping, as well as irregular, uneven and stereotypical pose of the vertebral column during work, walking and various other activities, causes acute and chronic stiffness, tension in the area of the neck and the back, frequent headaches, dizziness, nausea and progressive level of pain in the area of the thorax and the back.

These difficulties are regularly caused by the narrowing of the intervertebral disc space, which leads to compression on the nerves and blood vessels, leading to a decrease of the circulation of blood, pain and functionally limited movement.

The pain and the muscle spasms will then lead to degenerative changes in the vertebrae and create a vicious circle.

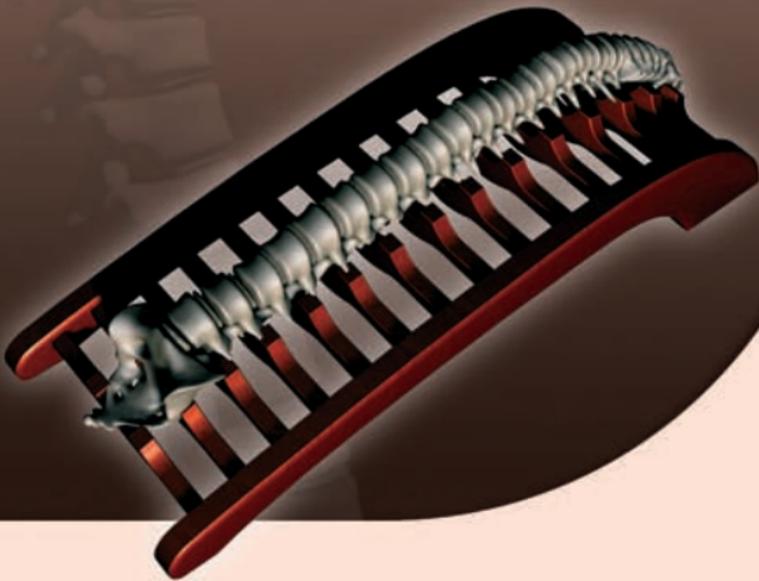
The exit from that circle is in the elimination of the cause itself.



YOUR
CHOICE IS
istek!

AIM

İSTEKİ is intended for people (children, adolescents and adults) with congenital or acquired deformity of the spinal column. It is intended for those who feel discomfort in the cervical, thoracic or lumbar area, increased tension and spasm of the muscles that support the spine, limited mobility of spinal parts that spreads to the upper or lower extremities. Also, it is designed for people who suffer from pain in the back of the head, nausea, dizziness accompanied by pain that spreads through shoulders down the arms, numbness or the sense of paralysis in the arms, painful neuralgia...



APPLICATION

isteki is applied in an easy and simple way. Sit on a flat and stabile surface (the floor or a firm and flat item) against the edge of the appliance, legs stretched or bended in the knees and arms stretched beside the body. Breathe in deeply through the nose, and then easily lean your back onto the **isteki** all the way down to the other side, while slowly exhaling.



The spinal column is then settled in the anatomic channel on the appliance, and the grooves around the channel press against the muscles around the spine, massaging and relaxing them. Stay in that position for ten to fifteen minutes so that the spinal column is properly stretched in a natural way.



By using the weight of your body and the anatomically shaped **isteki**, you will achieve the desired effect: stretching of the spinal column, expanding of intervertebral space and relaxation of muscles.

In the beginning, this method of stretching the spine should be applied two to three times a day for a short period (around five minutes). Later on, ten to fifteen minutes a day is enough for the **isteki** to achieve the desired effect.

The results become apparent after only a couple of days of use

The logo for isteki LIGNO LTD is contained within a dark blue oval with a cracked, stone-like texture. The word "isteki" is written in a large, bold, stylized font with a metallic, three-dimensional appearance. Below it, "LIGNO LTD" is written in a smaller, simpler, sans-serif font.

isteki
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EFFECT

Following the regular method of using **İSTEKİ** results in expanding of the intervertebral disc space and the release of the root of the nerve, which will result in more mobility as the pain decreases. At the same time, the circulation of blood improves and muscles around the spinal column receive more blood, as does the brain. The discomfort caused by cervical syndrome, arthrosis, kyphosis, scoliosis, lordosis and spondylitis are efficiently alleviated or completely eliminated, as well as other difficulties related to the thoracic or lumbar area (like neuralgia), as the method of traction or stretching is irreplaceable and leads to momentary relief.

İSTEKİ helps keeping the body in a regular position.



ADVICE

In order to maintain the stability of the achieved results of the treatment, it is advised to continuously use **İSTĒKİ**. It is possible to use it on an every day basis, for **PREVENTIVE** purposes.

WHO SHOULDN'T USE **İSTĒKİ**?

People suffering from osteoporosis (in a later stage of the disease) and bone tuberculosis, as well as pregnant women. It is not recommended for children under the age of eight.

Do not fall asleep while lying on **İSTĒKİ**.



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www.isteki.rs

ISTEKI



isteki
WAS TESTED IN THE BELGRADE
NEUROORTHOPEDIC
INSTITUTE!

