

Nexaball[®]

Relief. Recovery. Mobility.

*Small tool.
Big difference.*

A simple neck mobility and strengthening tool for work, sport and everyday life.



Portable

Take it anywhere.



Smooth surface

Comfortable and skin-friendly.



Easy to clean

Hygienic and durable.



Simple guided use

Straightforward and effective.



**Less tension.
Better Focus**



**Prepare.
Perform.**



**Recover.
Stay in the game.**



**Move better.
Every day.**



Workplace Relief

Helps ease everyday neck tension and supports better posture at your desk.



Sport Warm-Up & Recovery

Supports mobility, preparation and recovery for training and competition.



Daily Mobility

Encourages healthy movement, flexibility and long-term neck wellbeing.

Designed to support controlled cervical mobility, light resistance exercise and guided recovery routines.

Nexaball is a simple, effective tool to help you move better, feel freer and support a healthier, more mobile neck — wherever life takes you.

 **3 guided exercises on reverse →**



**Cervical Flexion
Compression**



**Cervical
Rotation Roll**



**Cervical
Lateral Flexion**



Do not use if you have an existing neck condition, acute injury or unexplained pain without medical advice.

If you have a previous neck injury or treatment history, seek advice from your doctor or clinician before use.

1 CERVICAL FLEXION COMPRESSION

Strengthens the front neck muscles and improves posture.



Start position

End position



- 1 Place the Nexaball under your chin on the front of your neck.
- 2 Keep your shoulders relaxed and back straight.
- 3 Gently tilt your head down, pressing your chin into the ball.
- 4 Hold, then return to the start position.

2 CERVICAL ROTATION ROLL

Strengthens the side neck muscles and improves stability.



Start position

End position



- 1 Place the Nexaball against the side of your neck just below the jawline.
- 2 Keep your shoulders relaxed and back straight, looking ahead.
- 3 Gently turn your head towards the ball, pressing into it.
- 4 Hold, then return to the start position. Repeat on the opposite side.

3 CERVICAL LATERAL FLEXION

Strengthens the side neck muscles and improves flexibility.



Start position

End position



- 1 Place the Nexaball between your neck and shoulder.
- 2 Keep your shoulders down and back straight, looking ahead.
- 3 Gently tilt your head towards the ball, pressing into it.
- 4 Hold, then return to the start position. Repeat on the opposite side.

RECOMMENDED ROUTINE



KEY TIPS

- ✓ Move slowly and with control.
- ✓ Keep your shoulders relaxed.
- ✓ Breathe normally.
- ✓ Stop if you feel any pain or discomfort.
- ✓ Build up gradually over time.

GOOD POSTURE HABITS



- Keep your screen at eye level.
- Sit upright with back support.
- Take regular breaks.
- Combine with Nexaball exercises for best results.

! IMPORTANT SAFETY INFORMATION

- Nexaball is a strengthening and posture support tool. It is not a medical device.
- Do not use if you have a neck injury, pain, cervical spine problem, or medical condition affecting your neck, unless advised by your doctor or a qualified healthcare professional.
- If you experience pain, dizziness, or discomfort, stop use immediately.
- This product is for general wellness and fitness use only.
- Always consult your doctor or physiotherapist if you are unsure whether these exercises are suitable for you.

FEEL THE DIFFERENCE



Stronger Neck Muscles



Better Posture



More Comfort in Daily Life