

*“If my physiotherapist had not heard of S-E-T,  
the Antarctica would still be a distant dream”*

**S-E-T**



*Ann Bancroft and Liv Arnesen  
were the first women to cross  
Antarctica on skis. Read more at  
[www.yourexpedition.com](http://www.yourexpedition.com)*

*“I have a history of low back pain. At 16 I suffered my first sports injury. In my twenties I was caught in an avalanche. After trying most therapies, there was no way around it: I needed surgery.*

*Shortly thereafter I suffered another disc prolapse. My physiotherapist uses S-E-T in his practice. He introduced me to TerapiMaster. I was soon pain-free.*

*Since I hate to train indoors, I simply started running and cycling again. My back pain returned.*

*I realized that without TerapiMaster and a physiotherapist expert in S-E-T to guide me, I would have never made it across the Antarctica in 2000. Training with TerapiMaster became a fixed routine.*

*In 94 days I skied 2,861 km, pulling 110 kilos in my sled and without experiencing any low back pain.”*

*Liv Arnesen*

*Adventurer and recovered disc prolapse patient*