



ERGO TRAINER

BODY-WEIGHT-SUPPORTED REHABILITATION

PRODUCT EXPERTISE

THERAPEUTIC SOLUTIONS

SERVICE EXPERTISE



2022/2023

WIN  CARE





ERGOTRAINER

- Dynamically relieves up to 85 kg (187 lbs) of the patient's body weight
- A fall safe, controlled environment for both patient and therapist
- Allows high intensity, repetitive and task specific treadmill training
- Versatile: many training opportunities (treadmill, cross trainer, floor exercises)
- Wide target group: neurological, pediatric and geriatric patients, sport segment etc.
- Developed in cooperation with Center for Rehabilitation of Brain Injury, Denmark



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INTENSIFIES REHABILITATION - AND SHOWS SIGNIFICANT IMPROVEMENTS

By means of the body-weight-supported training (BWST) the patient is partially relieved of his body-weight, enabling him to begin the rehabilitation process at an early stage, without the risk of physical strain.

This increases the patient's mobility and he feels more safe and motivated to complete a more effective and challenging training programme.

BWST BODY-WEIGHT SUPPORTED TRAINING



What is body-weight-supported training?

The linear body relief system ensures the patient a body-weight support throughout the entire training programme. Approved for patients weighing up to 200 kg (440 lbs) the ErgoTrainer can relieve up to 85kg (187lbs) of the patient's body weight, thus fulfilling most user requirements. Statistics from Center for Rehabilitation of Brain Injury, Denmark, show that body-weight-supported training reduces and sometimes eliminates the user's need for walking aids.

Safe and user friendly

The safety system prevents the risk of fall injuries for both the user and the therapist. When the patient's safety is no longer a concern, the therapist can introduce a more effective and challenging training programme, which also improves patient's confidence.

Only a short introduction is required in order to use the ErgoTrainer. Applying the sling is quick and easy, and within a few minutes the patient is ready to start the training programme. The system is controlled by a user friendly hand control.

Repetition of movement

When used over a treadmill it is possible for patients to train the correct physiological gait. Documented results show that a progres-sive training regime of repetition of movement, combined with controlled speed and elevation adjustment of the treadmill, are key factors to successful and lasting patient rehabilitation.

Using the ErgoTrainer, the patient's arms are able to move freely so users capable of moving their arms are able to train a natural gait pattern.



IT ONLY TAKES A FEW MINUTES

The system is simple:

With the application of a walking sling or the LEVITATE tights fitted to the spreader bar, and the range of movement of the dynamic arm, a wide variety of treadmill and floor exercises are made possible in a safe and controlled environment, for both patient and therapist.



Step 1: Attach the sling or the LEVITATE tights

The sling is designed to give support to the upper body and groin area. We recommend this sling for e.g. neurological patients and other patients who need a high level of support.

The LEVITATE tights are designed to start and intensify rehabilitation at an earlier stage after e.g. a foot-, knee-, hip- or back injury.



Step 2: Adjust the dynamic arm

The dynamic arm on the ErgoTrainer determines a fall range of up to 55 cm, i.e. the distance a patient can move up and down during a workout, either more or less.

The sling and dynamic arm create a safe rehabilitation environment, preventing the patient from falling because of fatigue or by accident. The range of movement is adjusted by the therapist on the hand control, depending on the difficulty level that the patient is able to handle.



Step 3: Adjust the weight relief

The amount of body weight support is adjusted on the hand control. The ErgoTrainer can support a patient with up to 85 kilograms of their own body weight.

The amount of weight relief is easily and individually adjusted dependent on the level of the user. It is also possible to adjust the amount support during a workout, if more or less body weight support is needed.





PROGRESSION INTENSIVE AND REPETITIVE TREADMILL TRAINING



TREADMILL THERAPY

ErgoTrainer allows patients with impaired walking ability to participate in an early gait training rehabilitation programme.

- Allows for a progressive programme of repetition of movement.
- Allows for adjustment of speed, elevation and intensity.
- Studies have shown that ErgoTrainer improves walking ability, walking speed, stride length and focus on movement quality and gait performance.
- No restrictive barriers means the therapist is free to support the patient additionally, perform manual guidance of lower limbs during gait therapy and assist with gait corrections and gait quality.
- It is possible for the therapist to treat more than one patient at a time on several ErgoTrainers simultaneously.





VERSATILITY
MANY TRAINING OPTIONS



OVERGROUND THERAPY

ErgoTrainer delivers a constant amount of body weight support as the patient moves up and down on the movable dynamic arm, securely supported in the walking harness.

The dynamic, movable arm allows for a wide range of additional therapy exercises; unbrake the ErgoTrainer and slide along track for comprehensive overground exercises, e.g.:

- Postural
- Balance
- Standing
- Squatting
- Sit to stand
- Gait training
- 360° rotation





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