



ErgoTrainer

**body-weight-supported
rehabilitation**

Training with significant results

SEE VIDEO HERE



The Ergo Trainer is a body-weight-support system providing a unique, individual rehabilitation process **with the advantage of significant improvements of the patient's motor functions.** Scan QR and watch video.

Intensifies rehabilitation

- and shows significant improvements

By means of the body-weight-supported training (BWST) the patient is partially relieved of his bodyweight, enabling him to begin the rehabilitation process at an early stage without the risk of physical strain. Increased mobility and a feeling of safety and security is a motivating factor for the patient making the rehabilitation process more effective.

Body-weight-supported rehabilitation

The linear body relief system ensures the patient an equal body-weight support throughout the entire training programme. Approved for patients weighing up to 200 kg (440 lbs) the Ergo Trainer 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.

User friendly

Mounting the Ergolet harness sling is quick and easy, and within a few minutes the patient is ready to start the training programme. Only a short introduction is required in order to use the Ergo Trainer. The adjustable weight relief system is controlled by means of the user-friendly hand control.

Safety

An automatic pneumatic brake prevents the risk of serious fall injuries among patients. Furthermore, the safety system reduces work related injuries to therapists or care workers that can occur when trying to prevent a patient from falling. With the patient's safety no longer a concern, therapists can introduce a more effective and challenging training programme, which also promotes patient confidence at the same time.

Repetition of movement

When used in conjunction with a treadmill it is possible for patients with impaired walking ability to train the correct physiological gait. Documented results show that a progressive 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.

Mobility

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

Ergo Trainer- safe and effective rehabilitation system.

“Without the body weight support system it is difficult to rehabilitate patients with impaired walking abilities because the fear of falling prevents an effective and continuous rehabilitation process”.

-Jørgen Jørgensen, Center of Rehabilitation of Brain Injury, Copenhagen



Mounting of
Ergo Trainer takes
3-5 hours.



Well documented results

The Ergo Trainer was developed in cooperation with Center for Rehabilitation of Brain Injury, Denmark. The ground breaking technology has been the cornerstone in an intensive rehabilitation programme for patients with acquired brain injury at the Center for Rehabilitation of Brain Injury, Denmark.

14 patients who were suffering from varying degrees of paralysis following a stroke (mean age: 58, 4 years, mean time since injury: 25 months, condition: chronic) participated in a 12-week rehabilitation programme, 5 times per week for 1.5 hours per session. The rehabilitation programme consisted of high-intensity, body-weight-supported treadmill training (BWSTT), progressive resistance strength training and Results (unrelated to age, chronicity and level of functioning):

<http://physicaltherapyjournal.com/content/90/4/527.short>

- Gait speed increased by 62%, at 6 minutes walk test
- Systolic blood pressure decreased by 10%
- Diastolic blood pressure decreased by 11%

The feeling of success

CASE: Niels Jørgen learned to walk again.

Diagnosis:	Cerebral palsy
Age:	74 years old
Motor functions:	Wheelchair user, no gait function.

Niels Jørgen participated in an intense 7-week rehabilitation programme at the Center for Rehabilitation of Brain Injury, 3 times per week for 1.5 hours per session. The rehabilitation programme consisted of body-weight-supported treadmill training (BWSTT) with a body weight support of 30kg (66lbs) / 0,8km/h. After two weeks, Niels Jørgen, supported by the body weight relief system, was able to walk 80 meters with the aid of a crutch and with a maximum speed of 1,23km/h, meaning 25% of the average walk speed. After 1 month his walking speed had doubled to 2,5km/h and he keeps on training. Niels Jørgen states:

“ I’m euphoric! I’m aware that I will never obtain a normal gait pattern, but I feel that the programme has brought me closer to where I was before I ended up in a wheelchair.

http://cfh.ku.dk/Genoptraening_-_voksne/private_betalere/niels-joergen-laerte-at-gaa-igen/



Niels Jørgen learned to walk again!
Read his story on the left

Multiple training possibilities

- and wide patient group

Economic perspective

At the Center for Rehabilitation of Brain Injury, Denmark, the experience of using the body weight support system allows therapists to oversee and treat more than one patient at the time. As a result the ratio of patients receiving treatment by a single therapist is positively increased.

Reduce injuries

The Ergo Trainer reduces the risk of work related injuries among therapists and fall related injuries among patients. This means:

- Improved working environment for therapists/ care workers.
- Cost reduction in workers' compensation due to injuries received during ordinary patient treatment.
- Cost reduction regarding patient rehabilitation, owing to fewer patient falls and quicker results in their rehabilitation programme.



Ergo Trainer system provides a unique, individual rehabilitation process.



Ergo Trainer is controlled by the user-friendly hand control.

Approved for patients weighing up to 200 kg (440 lbs) the Ergo Trainer can relieve up to 85kg (187lbs) of the patient's body weight, thus fulfilling most user requirements.

Target groups

The *Ergo Trainer* is used for the rehabilitation of gait training, motor function and the strengthening of the muscular system. It addresses a wide patient group:

- Post-surgery patients
- Patients with sports injuries
- Patients with neurologic problems, e.g. stroke
- Obese patients
- Patients with multiple sclerosis
- Patients with prosthesis
- Patients with back-and spinal cord injuries

Multiple training possibilities

The *Ergo Trainer* enables 360° rotations in both directions enabling the patient to train walking sideways and backwards. The span of the track system makes it possible to use the Ergo Trainer in conjunction with various fitness machines placed behind, in front or next to each other, for example:

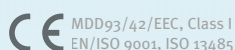
- Treadmills (BWST)
- Step machines
- Cross-fit machines
- Ski machines
- Exercise bikes

Ergo Trainer

shows significant results

Technical specification

Weight relief	0-85 kg (varies)	Noise level	60 dB
V (input)	230 V	Max user weight	200 kg
Consumption	350 W	Ceiling height	Min. 3 m
Dimensions	390 x 1318 x 336 mm	Accessories	Comprehensive selection of slings for gait training, in numerous sizes.



See the technical manual for further specifications. All measurements and numbers are for guidance only and may vary in different situations. Ergolet reserves the right to make changes without any notice. Product photos may be shown with accessories. Talk to your dealer.



? About Ergolet

At Ergolet we strive to provide aesthetic and innovative products of the highest quality and Ergolet's products are globally recognized for their aesthetic design and functionality.

Our sales and administrative headquarters is located in Denmark, our main production facility is in Poland, and we have sales, service and distribution center in United Kingdom.

i Co-operation

Ergolet's body-weight-support system Ergo Trainer is developed in cooperation with the Center for Rehabilitation of Brain Injury at Copenhagen University. For further information about rehabilitation and the correct use of the Weight Relief System, call the Center for Rehabilitation of Brain Injury, tel. +45 35 32 90 06.



Order Ergo Trainer today:

export@ergolet.dk or call +45 70 27 37 20

in the UK: info@ergolet.co.uk or call +44 (0)161 477 7900



Ergolet is a global enterprise dedicated to provide safe and comfortable transfer for the mobility impaired. Founded in 1973. Ergolet changed strategy in 1988 to focus on the production of assistive technical aids. Ergolet products are characterized by: Safety, comfort, functionality, innovative Scandinavian design and pleasing aesthetics. Locations: Denmark, United Kingdom, Poland.