

# Active Rehabilitation

proxomed® - Supplier of Medical Training Therapy



innovative supplier of  
medical training therapy

a reliable partner of quality and  
efficiency for over 35 years

with passion for rehabilitation,  
prevention and an active lifestyle

quality and safety Made in Germany

worldwide partners and  
clients in more than 50 countries

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## Imprint

**proxomed Medizintechnik GmbH**  
**Daimlerstraße 6**  
**63755 Alzenau, Germany**

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proxomed reserves the right to alter products, if this measure, in our opinion, serves the purpose of improving the quality and the functionality of the product. All illustrations in this brochure are only approximations for printing reasons, misspellings and mistakes remain reserved.

## Tested safety

The independent certification authority TÜV SÜD Product Service GmbH certified that proxomed is a medical product quality management system in accordance with the current standard DIN EN ISO 13485 which is supported and used. The medical training equipment are manufactured in accordance with the requirements of the European Medical Device Regulation (MDR) and carry the CE mark. Quality and safety are monitored by TÜV SÜD Product Service GmbH.  
Release date: 01|2022

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# proxomed®

## Supplier for Medical Training Therapy

Your added values are:

- our excellent innovation and continuous development,
- the permanent extension of our product and software range,
- our motivated employees with excellent education and professional skills,
- scientific knowledge and university network for the best skill transfer,
- the experience of more than 35 years



**+35** YEARS  
of innovation

# proxomed® For a Healthy Society

Active in the medical and rehabilitation market since 1986, proxomed® Medizintechnik GmbH is well-established as a reliable and innovative developer and manufacturer of test and training equipment.

The proxomed Group employs more than 100 employees at three different locations. In addition to the head office of proxomed Medizintechnik GmbH in Alzenau, Germany, the company also has an office at the location of the holding, Fritz Gegauf AG, in Switzerland: The company Fritz Gegauf AG is a Swiss company with a long tradition stretching back over more than 100 years. proxomed Medizintechnik GmbH has been its wholly owned subsidiary since 1998. The group's third location in Luhden, Germany, is home to the subsidiary company proxowell GmbH, the manufacturing and technology center of the proxomed Group.

## ***For a healthy society – the key to success***

Our experienced team of therapists, scientists and engineers develops product ideas and concepts. Our ability to understand our clients' needs enables proxomed to serve a wide variety of customers throughout the world, including hospitals, inpatient and outpatient rehabilitation centers, private health clubs, professional sports teams and Olympic training centers.

## ***Innovative test and training equipment***

With our hardware, one thing takes top priority: the optimum functionality.

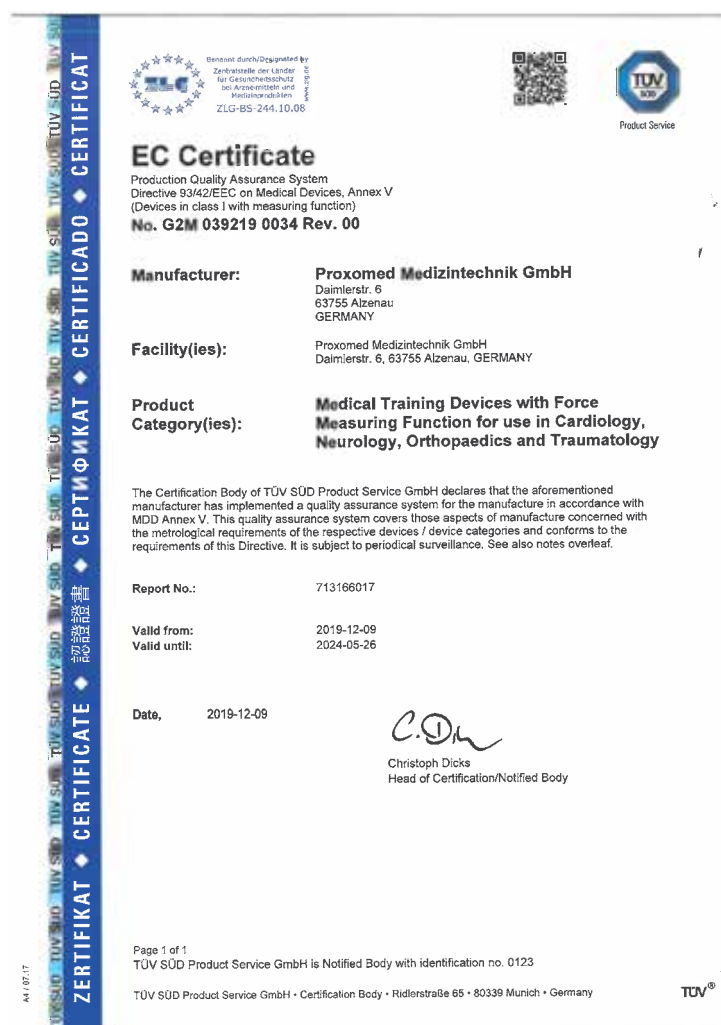
„Made in Germany“ is still going strong – and high quality materials and fabrication, ease of use and maximum safety levels mean that the test and training devices offered by the proxomed Group are the most reliable working devices in the fields of therapy, rehabilitation and fitness. The wide range of training devices available can be networked and offer optimum use with chip card/RFID.

## ***Our vision***

„For a healthy society“ – our slogan is our vision! proxomed believes in training and activity as highly effective therapeutic interventions. Our customers success each and every day is the proof that these interventions work. One of the best examples of our work is our „PowerRehabilitation“ project for geriatric rehabilitation in Japan, where senior citizens are given a unique, standardized 3-month training program on proxomed machines. In more than 3000 care homes and nursing day care clinics, the product compass is a main part within their active program PowerRehabilitation.

## ***You're on the safe side with proxomed!***

proxomed Medizintechnik GmbH maintains a medical device quality management system in accordance with DIN EN ISO 13485. Our training machines comply with the requirements of the European Medical Device Regulation (MDR) and carry the CE mark. Quality and safety are monitored by TÜV SÜD Product Service GmbH. Trained sports scientists provide you with support in the sales, training and implementation of the proxomed programs.



The image shows a vertical EC Certificate from TÜV SÜD Product Service GmbH. The certificate is for Proxomed Medizintechnik GmbH, located at Daimlerstr. 6, 63755 Alzenau, GERMANY. It certifies the Production Quality Assurance System for Medical Training Devices with Force Measuring Function for use in Cardiology, Neurology, Orthopaedics and Traumatology. The certificate number is G2M 039219 0034 Rev. 00. It is valid from 2019-12-09 to 2024-05-26. The report number is 713166017. The certificate is signed by Christoph Dicks, Head of Certification/Notified Body. The certificate is issued in German, English, and Chinese. The TÜV SÜD logo is visible in the top right corner.

**EC Certificate**  
Production Quality Assurance System  
Directive 93/42/EEC on Medical Devices, Annex V  
(Devices in class I with measuring function)  
**No. G2M 039219 0034 Rev. 00**

**Manufacturer:** Proxomed Medizintechnik GmbH  
Daimlerstr. 6  
63755 Alzenau  
GERMANY

**Facility(ies):** Proxomed Medizintechnik GmbH  
Daimlerstr. 6, 63755 Alzenau, GERMANY

**Product Category(ies):** Medical Training Devices with Force Measuring Function for use in Cardiology, Neurology, Orthopaedics and Traumatology

The Certification Body of TÜV SÜD Product Service GmbH declares that the aforementioned manufacturer has implemented a quality assurance system for the manufacture in accordance with MDI Annex V. This quality assurance system covers those aspects of manufacture concerned with the metrological requirements of the respective devices / device categories and conforms to the requirements of this Directive. It is subject to periodical surveillance. See also notes overleaf.

**Report No.:** 713166017

**Valid from:** 2019-12-09  
**Valid until:** 2024-05-26

**Date,** 2019-12-09

**Signature:** Christoph Dicks  
Head of Certification/Notified Body

Page 1 of 1  
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# proxomed®

## Global Extension

proxomed started in 2002 as a supplier of products and concepts in the field of active rehabilitation. The company has reached an impressive global expansion, on which will be focused in the next decade.

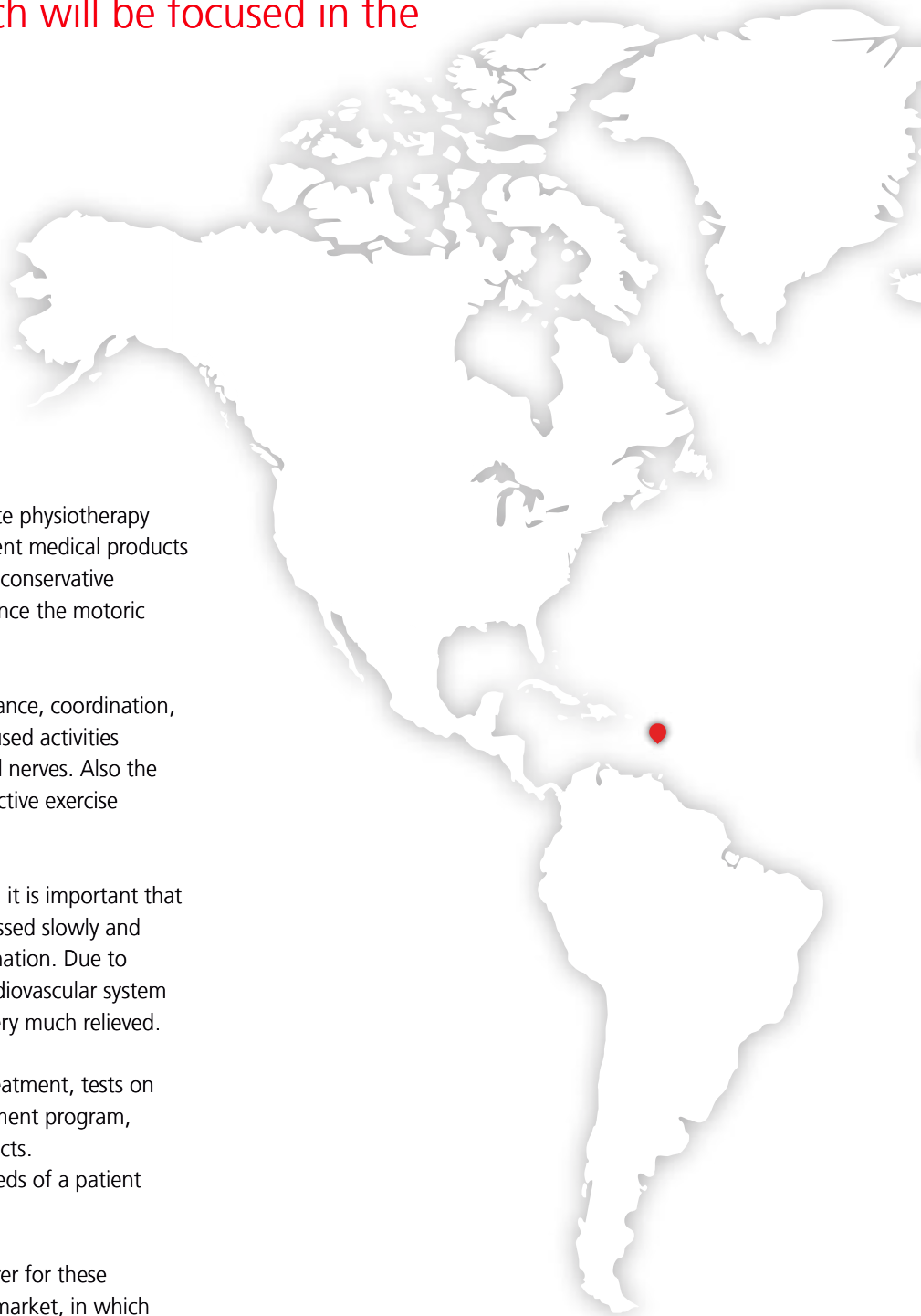
Hospitals, clinics, rehabilitation centers and private physiotherapy practices and also medical doctors provide different medical products to improve health condition after surgery or as a conservative approach of treatment. The main goal is to enhance the motoric skills of a patient.

The focus is the improvement of strength, endurance, coordination, velocity and flexibility. Specially planned and focused activities stimulate joints, muscles, tendons, ligaments and nerves. Also the motoric cortex gets a stimulus main part in the active exercise treatment.

For the patient who is doing active rehabilitation, it is important that devices can be adjusted with low weight, progressed slowly and controlled in speed, range of motion and coordination. Due to improved capacity of the neuromuscular and cardiovascular system joints, muscles and cardiopulmonal system are very much relieved.

To manage and document the progress of the treatment, tests on devices are needed to lead to an individual treatment program, which is the focus of proxomed developed products. The variation of the machines to adapt to the needs of a patient makes the difference of medical devices.

The company proxomed is a German manufacturer for these devices, learning to improve its products from a market, in which the MTT has already been a main part in the medical rehabilitation since the 1980's.



Austria | Azerbaijan | Belarus | Belgium | China | Croatia | Cyprus | Egypt  
Estonia | Fidschi Island | France | Germany | Ghana | Greece | Guadeloupe  
Hong Kong | India | Indonesia | Iran | Italy | Japan | Kazakhstan | Korea



Kuwait | Latvia | Lithuania | Luxembourg | Malaysia | Malawi | Mauritius  
Netherlands | Oman | Poland | Portugal | Romania | Russia | Saudi Arabia  
Singapore | Slovakia | Slovenia | Spain | Sweden | Switzerland | Taiwan  
Tenerife | Thailand | Turkey | UAE | Ukraine | Uzbekistan | Vietnam

# Neuromuscular Testing and Training for Spine, Trunk and Pelvic

The pelvic girdle, trunk and spine and its complex pathologies have a very specific burden and responsibility in a human body.

Especially in the industrial countries, but also meanwhile in the developing countries, the sedentary behaviour leads to severe economic and individual problems. In 2012 most frequent indication for prescription of physiotherapy have been pathologies related to the spine. 42,1 % of the prescriptions in Germany have been related to pelvic girdle and back pain (source: [www.statista.com](http://www.statista.com): Statista GmbH, Hamburg. 2014). Another example: 1-year frequency rate of LBP for employees lies between 34 – 51 %, while the incidence rate is at 23 % (source: A. Vleeming; Fitzgerald, C.; e. A.: 8th Interdisciplinary World Congress on Low Back & Pelvic Pain. 2013, 312 - 313.).

In selected countries there is a focus on treating pelvic girdle and back pain patients on a high level, mainly because of the economic loss of labour power.

To mention one country as a country with a very intense and modern approach for pelvic girdle and spine rehabilitation is Belgium. The intense multidisciplinary approach has a special focus on the neuromuscular exercise therapy within 36 session, which needs to be fulfilled by the hospital and patient within 6 months. Due to the over 10-year success of this reimbursement system it is a continuous program up to 2019.

Neuromuscular testing and training is not only in the professional field of sport, but also in the health and medical sector an important part for strengthening the body of a human being.

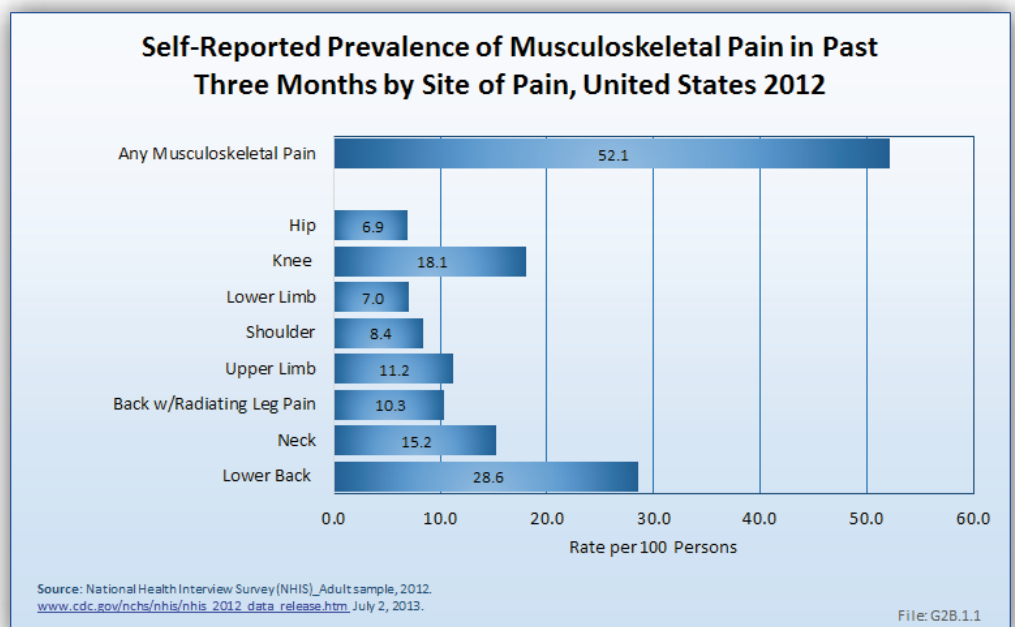
The spine, trunk and pelvic floor muscles are specifically effected due to their pathology and have a huge responsibility because of their core situation - ambiguous meaning - within the human being.

The loss of fatigability, the strength and the sensoric motor control for spine supporting muscles is one of the reasons for having trouble with the back or pelvic.

Strength testing is an important strategy within a sophisticated rehabilitation procedure. Patients with different pathologies, ages, genders and training status need to follow a neuromuscular diagnosis to get the base value for an appropriate exercise therapy and for specific pathologies, as for the spine, to compare with a healthy population.

The advantage for isometric and dynamic isotonic testing is to get exact values in a short time to plan an individual and appropriate training. The training for trunk, spine and cervical muscles is specific, because you deal with stabilizers and mobilizers, which have different fibre consistency. Not only for that reason it is important to have a controlled training with sinus curves and ultrasonic controlled weight detection, which manage the intensity, the time of tension and the subjective interpretation of exertion for the progressive resistance training.

The tergumed concept and itensic devices are the answers to approaching exactly these goals.







# Neuromuscular Testing and Training tergumed® 710

Spinal diagnostic and training machines for the effective treatment of back pain.

## Your advantages

- Evidence-based back training
- Real time monitoring of all devices on central station
- High resolution color touchscreen
- Chip card or RFID system
- Optimized biomechanics
- Ultrasonic sensors for automatic weight detection
- Automatic seat height adjustment
- Excellent stabilization and positioning
- Integrated isometric, sub-maximum strength and range of motion test
- Test result comparison to the integrated reference database
- Integrated isometric, and dynamic strength training
- Visual feedback strength training with various curves
- Automatically progressing training plan with software support
- Tested safety in accordance with the European Medical Device Regulation (MDR)

» Software see pages 40 ff.



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more information!*

## Cervical Trainer



Extension



Flexion



Rotation



Lateral Flexion



# Neuromuscular Testing and Training itensic

As mentioned in the introduction the core muscles consist of mobilizers and stabilizers. The itensic philosophy is the focus on the stabilizers to train these muscles. As well for health training but also for medical exercise therapy the itensic devices offer a specific resistance training with your own body weight.

Adjusted in different inclinations the devices give an appropriate intensity to train the core muscles in the sagittal and frontal planes.

Your advantages for the appropriate use of the itensic devices are:

- Training of the deep muscles without compensation
- Additional training weight is not needed
- The seat inclination defines the training intensity
- Training of all core muscles
- Adjustable for different body sizes
- Innovative, everyday-oriented training
- Intuitive handling
- Few adjustment settings



**Scan for  
more information!**



itensic s-effect



itensic f-effect





# Medical Strength Testing and Training for Upper, Lower Extremities and Trunk

MTT in Germany stands for Medical Training Therapy, mostly known as device-supported active rehabilitation within a clinical setting.

Hospitals, clinics, rehabilitation centres and private physiotherapy practices and even medical doctors provide different medical products to improve the health condition of their patients after surgery or as a conservative approach of treatment. The main goal is to enhance the motoric skills of a patient.

The focus is the improvement of strength, endurance, coordination, velocity and flexibility muscular power, speed, cardiorespiratory endurance, balance, coordination, accuracy, and agility. Specially planned and focused activities stimulate joints, muscles, tendons, ligaments and nerves. Also the motoric cortex gets an important stimulus, which is a main part in the active exercise treatment.

For the patient who is doing active rehabilitation, it is important that devices can be adjusted with low weight, progressed slowly and controlled in speed, range of motion and coordination. Due to improved capacity of the neuromuscular and cardiovascular system joints, muscles and cardiorespiratory pulmonary system are very much relieved.

To manage and document the progress of the treatment, tests on devices are needed to lead to an individual treatment program, which is the focus of proxomed developed products. The variation of the machines that adapt to the needs of a patient makes the difference of medical devices.

The company proxomed is a German manufacturer for these devices, learning to improve its products from a market, in which the MTT has already been a main part in the medical rehabilitation since the 1980's.

The Norwegian manual therapist Oddvar Holten (1921-1995) is seen as founder of MTT.

It is a treatment originally based on back therapy, which is only based on active motion. Activities stimulate automatically all functions and tissues, while the musculoskeletal needs to realize functional activities. „The idea is based on the knowledge from manual therapy and is designed to grade depending of the methods, equipment and exercise regime to the needs of the pathological reaction. Through the approach of unloading the patient, he can perform painless and complex functional movement patterns at an early stage.“

Important is the goal-focused training of the appropriate muscles. Based on this motion patterns can be improved and the strain on neuro-muscular system and joints get better.

For the resistance training part proxomed offers for the resistance training part three different lines of the compass series: 600, 540, 210.



# Medical Strength Testing and Training compass<sup>®</sup> 600

Our compass 600 machine series gives you ten combination units in an innovative, contemporary design. The compass units are particularly special thanks to their perfect biomechanics and sensor technology for positioning.

## Your advantages

- Real time monitoring of all devices on central station
- High resolution color touchscreen
- Chip card or RFID system
- Optimized biomechanics
- Ultrasonic sensors for automatic weight detection
- Space-saving double or multi-function devices
- Optional integrated isometric and sub-maximum strength test
- Visual feedback strength training with various curves
- Automatically progressing training plan through RPE
- Position and pulse sensor (option)
- Laser pointer for optimal positioning (option)
- Fine weight gradations of 1 or 2 kg (option)
- Tested safety in accordance with the European Medical Device Regulation (MDR)

» Software see pages 40 ff.

## Highlights



Various curves for feedback-training



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more information!**



Stepless adjustment of the seat  
depth via pneumatic spring



Ultrasonic sensors for automatic  
weight detection

# Lower Extremities

Leg Press



Ab-/Adduction



Leg Extension/Curl



# Trunk

## Trunk Extension/Flexion



## Trunk Rotation



## Lateral Flexion





# Upper Extremities

Chest Press/Rowing



Butterfly/Butterfly Reverse



Pulldown/Dip



Shoulder Press/Vertical Rowing



# Medical Strength Testing and Training compass<sup>®</sup> 540

With compass 540, we offer you a comprehensive program of biomechanically designed strength training devices.

## Your advantages

- Various devices for resistance training of the upper, lower limbs and the trunk
- Optimal biomechanics
- Multi-function devices
- User-friendly and customizable details
- Tested safety in accordance with the European Medical Device Regulation (MDR)

## Options



smart assist/smart assist ISO



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more information!**



Balance Board

# Lower Extremities

Leg Press



Ab-/Adduction



Leg Extension/Curl



# Trunk

Trunk Extension/Flexion



Trunk Rotation



Lateral Flexion



# Upper Extremities

Chest Press/Rowing



Pulldown/Dip



Butterfly/Butterfly Reverse





# Medical Strength Testing and Training compass<sup>®</sup> 210

The compass 210 series consists of nine resistance machines, which control the movement by a highly durable oil damper. The upper and lower extremities as well as the trunk and back muscles can perform their movement in a concentric – concentric contraction, which enables a safe training. The principle of the half standing auto-stabilisation position while exercising ensures an effective core training with an additional metabolic training effect.

## Your advantages

- Revolutionary seat design
- Increased metabolism and cardiorespiratory effects
- Harmonious resistance feeling especially for the concentric – concentric movement
- Simple height adjustment with „Easy Click System“



*Scan for  
more information!*



Pulldown/Shoulder Press



Ab-/Adduction



Squat



Trunk Extension/Flexion



Chest Press/Rowing



Butterfly/Butterfly Reverse



Hip Extension Right



Hip Extension Left



Chest Press/Rowing Vertical Position



# Functional Medical Training Therapy Isolated and Integrated Training

Within the resistance training with 1 dimensional stack weight machines becomes the functional excising in certain rehabilitation phases becomes important.

While the compass 600 and 540 products are focusing more on the stabilisation of the joints and the exact training focus on the muscle itself the functional training is different, but an essential add-on in the therapy.

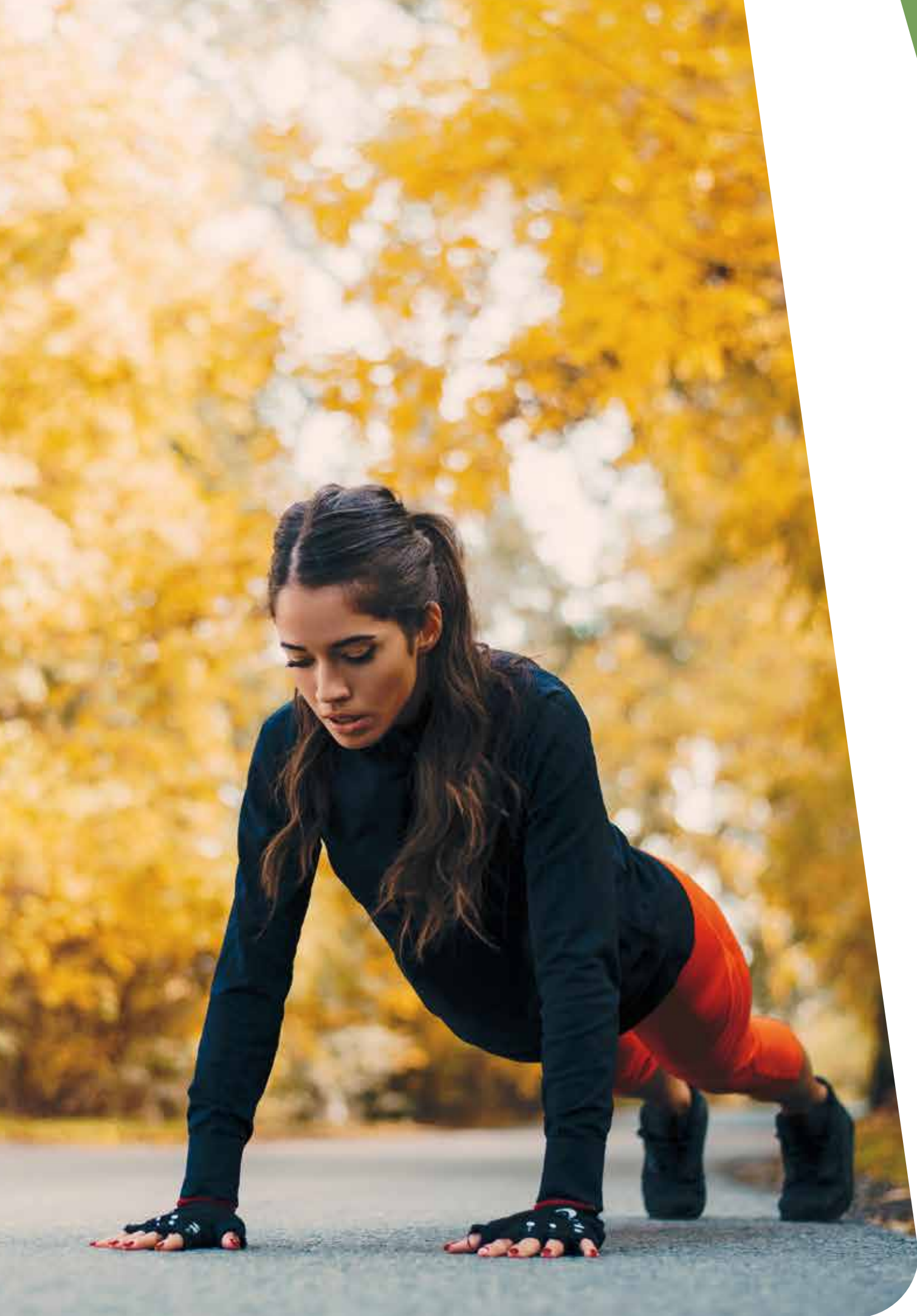
With cable columns and additional supplementary items, such as benches, the exercise modalities emphasize more the 3-dimensional multijoint movements.

The advantages to work with cable columns and pulley systems are that the therapist specifically can focus on small muscle groups to realize tiny movements to recruit and challenge the muscle, tendons and ligaments. In addition this system gives the patient the flexibility to perform total body movement patterns involving several joints. These complex movements can be simulated from the sport performance site, but also from the activity of daily living.

For that reason the functional training is in any phase of the rehabilitation process an obligatory method to apply exercises to a patient, but also to athletes.

Rosenberg (1989) describes the procedure of muscles and muscle cells as sarkopeny mainly based on unactivity. It is not an effect of aging.

- 12 subjects (age 60 – 72 years) training 3 x week for 3 months with 80 % of 1RM increased their strength by 66 %.
- 10 subjects (age 87 – 96 years) training 2 x week for 8 weeks with 80 % of 1 RM increased muscle quantity of the thigh by 10 % and strength capacity by 50 %.
- Muscle grow is based on production of certain proteins mainly in the relaxing period; if for a certain time there is no impact on the neuromuscular system muscle decreases (atrophy). Atrogenes play an important role.  
Evolutional logical consequence: muscles without use are an unnecessary energy consumer.





# Functional Medical Training Therapy compass<sup>®</sup> MTT

compass MTT devices allow individually tailored resistance training from an early rehabilitation phase to healthy and even sportive functional training sessions.

## Your advantages

- Overall concept that has economical solutions for all practice sizes.
- High-quality processing
- Therapeutically sensible and economical
- Wide selection of colors available
- Various accessories

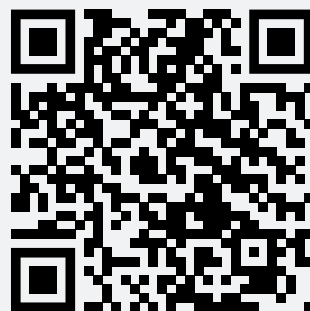
compass MTT S1 MED explosive  
with free standing kit



compass MTT S1 MED explosive



compass MTT S3 MED vertical



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Professional Press Bench, Flat



Adjustable Incline and Flat Bench



Crunch Bench



Trunk Trainer Combi



# Cardiovascular Diagnostic and Training Endurance

Recovery, enhancement or maintenance of aerobic performance can contribute significantly to self-reliance and participation in the daily life and is a crucial element for all other methods within the active rehabilitation. For people with cardiac, pulmonary or even metabolic diseases, as well as for geriatric patients, endurance capacity is closely related to morbidity and mortality (Banzer 2017).

Endurance training not only means warming up before the actual training therapy, but it is an integral part of it. Similar to strength training, endurance training is also a subject that should be planned.

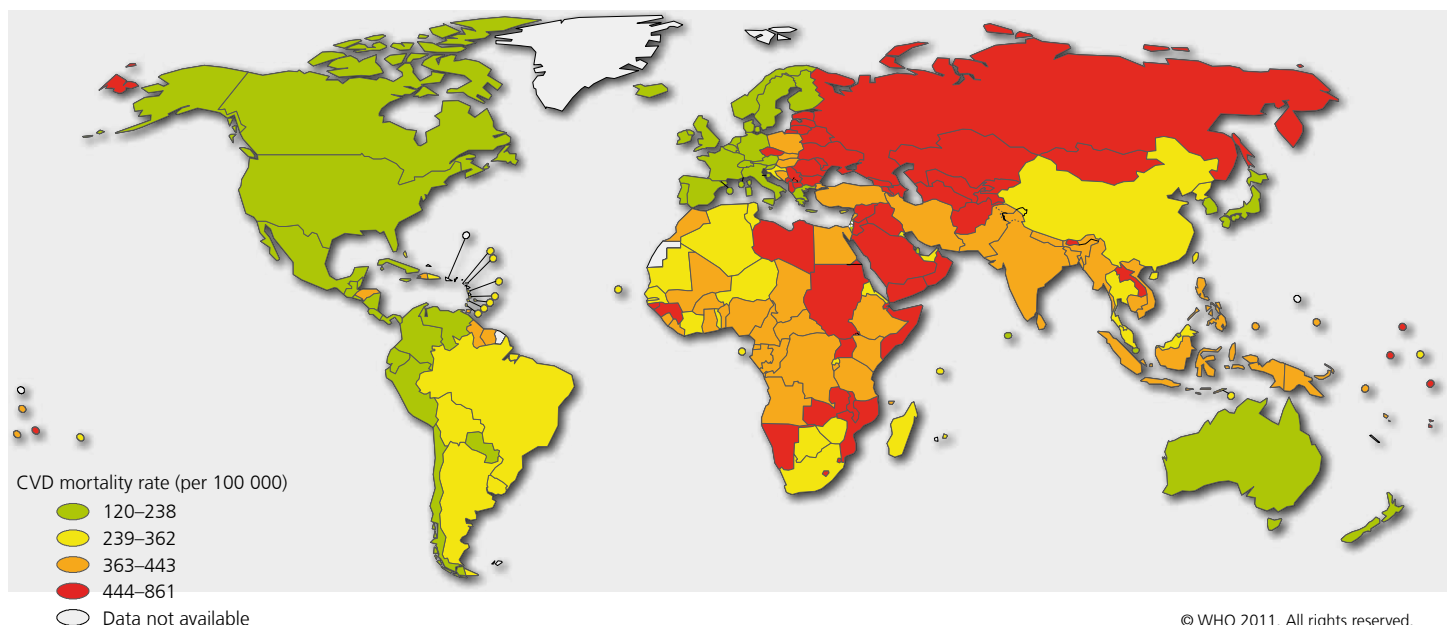
Indirect endurance test methods can be used to manage maximum test protocols, but proxomed especially offers a submaximal endurance testing on cycles or treadmills.

Next to getting results for the interpretation of the endurance level of a person, the test results lead to an appropriate training. Even having tested on a cycle ergometer the report, but also the automatized link to the training software gives the exact heart rate goals for a specific training.

For the motivation of the subject tested equipped only with a heart rate transmitter the results show also the biological age, indicating indirectly the fitness level.

Cardiovascular training can be managed either by the kardiomed 700 series, the kardiomed 521 series as well as treadmills from the kardiomed 700 series or kardiomed pluto.

World map showing the global distribution of CVD mortality rates in males (age standardized, per 100.000)





# Cardiovascular Diagnostic and Training kardiomed® 700

Our kardiomed 700 devices fulfill the stringent requirements for rehabilitation and health training in the field of medical training therapy.

## Your advantages

- Magnetic induction brake system
- Real time monitoring of all devices on a central station
- High resolution color touchscreen
- Chip card or RFID system
- High standard training and user comfort
- Different endurance tests through interface port RS232
- Different integrated training programs and profiles
- Individual training plan based on endurance test result
- ECG accuracy single-channel pulse measurement by a POLAR device
- Tested safety in accordance with the European Medical Device Regulation (MDR)

» Software Pages 40 ff.

## Basic Cycle



*Scan for  
more information!*

Comfort Cycle



Upper Body Cycle



Cross Walk



Stair





# Cardiovascular Diagnostic and Training kardiomed® 521

Our kardiomed 521 devices are some of the only cordless devices independent from power supply, which makes them sustainable products.

But nevertheless all devices meet the regulations of the European device directives to use the products with patients.

## Your advantages

- Hybrid-Brake System, no power supply is needed
- Control panel with LCD display
- Different endurance tests through interface port RS232 for Cycle Ergometers
- Different integrated training programs
- ECG accuracy single-channel pulse measurement by POLAR device
- Motion Balance System (option)
- Tested safety in accordance with the European Medical Device Regulation (MDR)

Diagnostic Cycle | Basic Cycle



Scan for  
more information!

Comfort Cycle



Cross Walk



Stair



Upper Body Cycle



# Gait Assessment and Training Walking and Running

Good Quality of Life for Orthopedic Patients, Stroke Survivors, Parkinsons Disease, MS, TBI or Cerebral Palsy Patients.

Next to the cardiorespiratory part of the therapy to improve the health situation for many pathologies a special treadmill can be used for neurologic and orthopedic patients to correct and improve the gait. A security system to prevent falling, specifically designed bars, options to assess and train the gait give the patient confidence to learn the human natural walking again.

Next to the cardiorespiratory part of the therapy to improve the health situation for many pathologies a special treadmill can be used for neurologic and orthopedic patients to correct and improve the gait. A Security system to prevent falling, specifically designed bars, options to assess and train the gait give the patient confidence to learn the human natural walking again.

After an injury or in the course of an illness, among the greatest wishes of patients are to be pain free, to be able to talk and last but not least to be able to walk and be mobile again rather than being bound to the wheelchair.

Just like little babies learn to walk when they are turning around for 12 months through trial and error over hours per day, adults and elderly can also re-learn how to walk. For example through activating and training other regions in their brains and nervous systems, in case one part of the brain was damaged, for example after a stroke. This is called "neuroplasticity" of the brain. There is scientific proof that the brain is able to change continuously throughout our life.

Also brain activity associated with given functions, such as walking, can be transferred to a different location of the brain. However, it requires lots of "trial and error" attempts, which means many repetitions of steps.

And of course the steps need to be physiologically correct, otherwise we are teaching the wrong walking pattern to the brain. Fatigue of therapists and limitations of time and human resources in therapy are responsible for the fact, that most therapy sessions do not contain the proper amount of repetitions per session to trigger neuroplasticity for walking and cause the desired changes in the brain.

Many times the number of steps observed for gait training (on parallel bars) was between 40-60 steps per session which is far below the hundreds of steps per session needed for neuroplasticity. And on "regular treadmills" many patients are not even trained due to safety concerns and lack of therapists.

The latest affordable technology of the robowalk active gait correction systems on treadmills allows patients and therapists to perform gait training and gait correction with enough repetitions (steps) in a safe environment (free of risk of falling) with assistive and adjustable force in concentric, eccentric and lateral direction.

Patients in physical therapy often suffer from restricted mobility. For some patients, even stepping onto the treadmill is difficult. The kardiomed pluto rehabilitation system features a treadmill with a low access step height and extra long handrails that extend the full length of the treadmill. This is the safest way a patient with an impaired ability to walk can use a treadmill. A professional wheelchair ramp is available as an accessory, allowing comfortable access onto the running surface for most types of wheelchair.

The course of therapy should start as early as possible and should be enjoyable for both, the patient and the therapist. For this to be possible, added support is often needed. The robowalk expander rehabilitation-system provides support for the patients in several ways.

Not only for orthopedic pathologies, but also for neurological patient groups a repetitive training is a need to correct the habit of incorrect gait.

The kardiomed pluto system can be equipped with diagnostic systems, such as OptoFix and RehaWalk to analyse the gait. As described above the robowalk system is a smart expander system to correct the gait for long-term success.



# Gait Assessment and Training kardiomed® pluto

For patients with a limited ability to walk, functional gait training is linked to a great deal of effort and often also to discomfort for therapists and patients. That is a reason to use a proper treadmill to realise a rehabilitation program.

## Your advantages

- Highly durable devices with very low maintenance costs
- Physiological gait training
- Secure safety system
- Control from a wide variety of positions
- Wide range of accessories

kardiomed pluto



*Scan for  
more information!*





# Options



Gait analysis and diagnostics



Online gait correction through biofeedback



Active gait correction through robowalk via concentric-eccentric and lateral forces



Change of handrail in no time depending on application

## Evolution of gait training & locomotion therapy



walker



manual locomotion treadmill therapy



robowalk: locomotor training & active gait correction

**1965**  
15 steps

**2005**  
50 - 100 steps

**2015**  
500 - 2000 steps

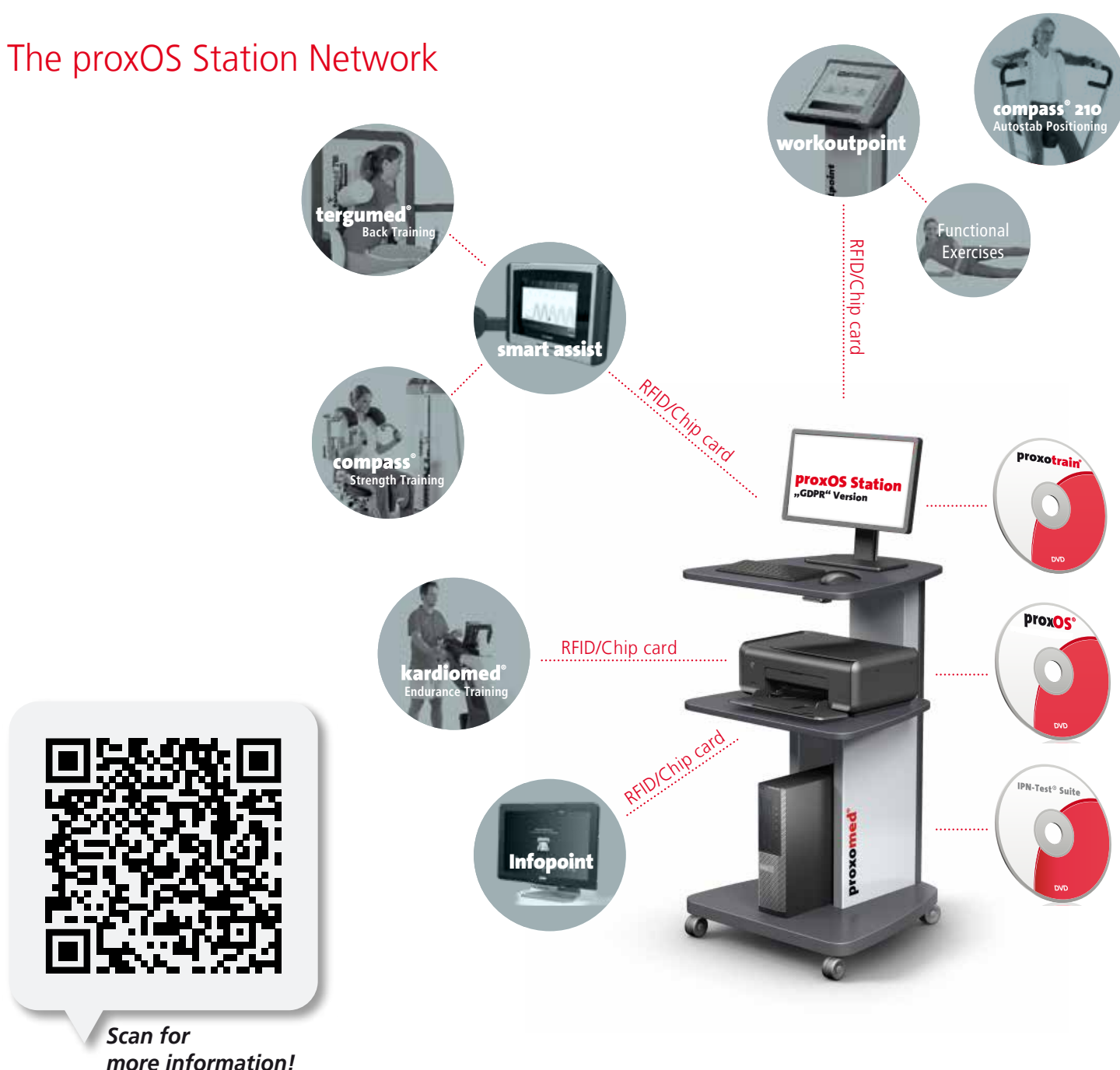
# Digital Training Technology

## Software for Optimized Testing and Training

### Simplified digital therapy processes

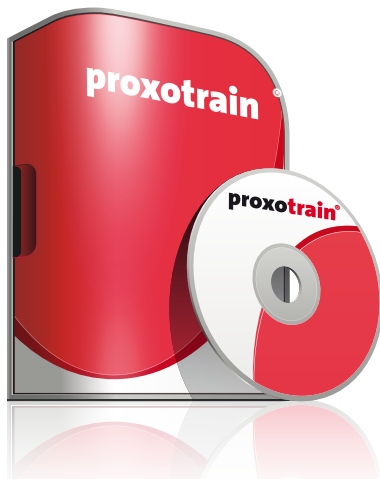
The proxOS Station combines our most advanced technology when it comes to success-oriented training control and monitoring. It's the central management unit that connects our smart assist system with our proxotrain training planning software and proxOS data management to ensure frictionless digital processes in therapy: from test to training, and from follow-up care to tertiary prevention.

### The proxOS Station Network



proxotrain

Strength Test and Training Software



Infopoint

Patient and Client Terminal



IPN-Test® Suite

Maximal and Submaximal  
Endurance Testing



workoutpoint

Presenting Functional Activities



## smart assist/smart assist ISO\*

### User-friendly Touchscreen with Various Feedback Curves



The smart assist system is the most important part or/and option for tergumed 710, compass 600 and compass 540 line.

It can be connected with the patented ultrasonic measuring sensors, as well as force, position and pulse sensors.

Through integrated chip card/RFID system smart assist can activate the training and implement the visual feedback training in the right position, which is an individual training.

For that reason the system is a secure system for patient and client.

#### Your advantages

- Intuitive operator guidance via an 8" touchscreen monitor
- RFID/chip card reader
- Medical LAN Isolator
- Ultrasonic sensors for automatic weight detection
- Sub-max. strength test and ROM test
- Isometric test\*
- Visual feedback strength training with various curves
- Connection to position sensor for precise positioning
- Connection to pulse sensor for pulse monitoring in real time
- Quick start and Power training program for training without card
- Multi languages

## Highlights



Integrated various testing



Various curves for feedback-training



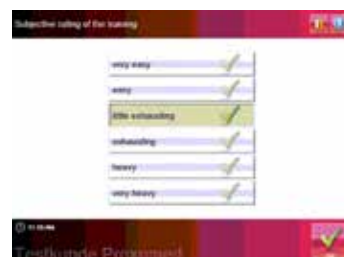
Isometric strength testing with curve



Weight detection with Ultrasonic sensor



Positioning with position sensor



Subjective rating of training



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## Global References

### International Approach

Open Clinic, Moscow –  
Russian Federation



The clinic covers from aesthetics to traumatology as a poly clinic many pathologies, which can be medically treated. The orthopedic traumatology department is due to the MRI system for imaging as well as the active rehabilitation devices for the medical test and training the core sector in this medical setting. The MTT Gym for patients but also for health focused clients consists of spine test and training solution tergumed, neuromuscular diagnosis and training with compass devices and endurance test and training modalities with kardiomed.

CityReha, Beijing –  
China



CityReha Beijing is a first-class international rehabilitation center based on the German standards for physiotherapy (PT) and medical training therapy (MTT). CityReha is operated by a Sino-German expert team. All team members are professionally educated and certified based on German standards. Our experienced international Physiotherapists and MTT professionals guide the recovery process from injury, surgery, disease or chronic symptoms to the best possible outcome. The facility provides Therapy, Rehabilitation and Prevention for all approaches.

H. Hartziekenhuis MOL –  
Belgium



This regional hospital is an advanced clinical setting with 183 approved beds, 221 are responsible beds, and an extensive day hospital - both surgical, geriatric and cancer-internal. The patient groups of these different pathologies have the chance to be tested and trained on endurance and strength devices. Specific is the spine solution tergumed to offer an excellent multidisciplinary treatment in 36 sessions.

PSZ Physio- & Sporttherapie Zentrum,  
Großkrotzenburg – Germany



In September 2003, the large (1.100 sqm) out-patient Physio & Sport Therapy Center (PSZ) in Großkrotzenburg has been founded. The focus of the center is on the orthopedic, surgical and neurological pathologies in the rehabilitation of chronic as well as acute injuries, but also prevention is a top priority. PSZ offers to the clients a wide range of preventive options, which range from back training to Nordic Walking to a smart card-controlled strength and endurance training. Whether preventive or rehabilitative training, the generous MTT area with modern equipment offers optimal opportunities for everyone.



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