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Training and Mobility | 2013

chattanooga™

Caining and Mobility
Chattanooga is the world's largest manufacturer of rehabilitation equipment for treating musculoskeletal, neurological and soft tissue disorders. For over six decades, Chattanooga has set a benchmark for leadership, reliability and excellence. Our products contribute to better treatment outcomes in hospitals, clinics and home settings worldwide. We lead the physiotherapy industry by example and, through continuous innovation, provide real world solutions for clinicians and their patients.

As the world's leading brand in rehabilitation, Chattanooga is sold in over 80 countries worldwide. Chattanooga is directly represented in our key markets but also has long lasting relationships with dedicated distributors in the USA, Canada, Latin America, EMEA and Asia Pacific. Our Chattanooga distributors and customers are supported for order placement, training, product delivery and after sales service by a dedicated team of highly skilled DJO employees based all over the world.

Chattanooga is a brand of DJO Global Inc. DJO Global provides solutions for musculoskeletal health, vascular health and pain management. Our products help prevent injuries or rehabilitate after surgery, injury or from degenerative disease, enabling patients to regain or maintain their natural motion. Visit www.DJOglobal.eu

TRAINING AND MOBILITY

Chattanooga has unique training platforms designed to facilitate increased levels of function and the performance of activities of daily living.

The new Active-K Therapy Unit combines passive and active motion techniques in a manner that allows patients to regain painless mobility of joints at an early post operative stage.

The Moveo table is a perfect example of how a device can actively assist both patient and therapist in the progression of the rehabilitation process.

Chattanooga's Optiflex Continuous Passive Motion Devices are designed to provide and regain anatomical motion of the knee and shoulder.
The Active-K is a motorized physiotherapy unit that delivers a unique mix of rehabilitation therapies through a single device. Combining the benefits of CPM (Continuous Passive Motion), CAM therapy (Controlled Active Motion) and the onboard protocols, the patient is able to regain coordination and reduce proprioceptive deficit.

Using the Active-K allows patients to regain painless mobility of hip and knee joints at an early post-operative stage and stimulates the healing process. Additionally, the active component of the therapy unit is intended to enhance proprioception and functional stability (strength) as mentioned at an early stage and thus improve coordination following joint surgery.

**FEATURES**

- Lightweight (17 kg) robust design, able to withstand +/-30 kg of force
- Designed to ensure anatomically correct movements are maintained
- Can be secured to a treatment table or bed using the fold-out stabilization supports and/or optional straps
- Integral footplate sensor enables exercise forces to be measured
- Computer controlled motor for CAM and coordination therapies
- Fully adjustable to suit different patient sizes and heights
- Advanced, interactive hand controller incorporating a full color LED screen for instant patient feedback
- Controller features an easy to use icon based menu system
- Patient Chip Card for storage of therapy data
- A range of pre-programmed protocols for specific indications
- 2 year warranty

The Active-K has the capacity to allow clinicians to perform therapeutic strengthening exercises by allowing muscular contractions using the following methods:

- Concentric
- Eccentric
- Isokinetic
- Isometric

**Additional Therapeutic Benefits for Patients**

- Enhancement of joint metabolism
- Prevention of joint stiffness
- Promotion and regeneration of cartilage and damaged ligaments
- Faster hematoma / re-absorption
- Improved blood & lymph circulation
- Prophylaxis for thrombus and embolism syndromes
- Bridging the gap from Passive motion to Active training with resistive therapy during rehabilitation
- Expedites coordination & sensory perception following surgery
TECHNICAL SPECIFICATIONS

Mains Power: 100–240 V, 50/60 Hz, 85–90 VA
Tolerance -15% up to +10%

Stand-by Current Consumption: 5VA

Weight: 17 kg

Shipping Weight (inc. all accessories): 23 kg

Dimensions*: 96 x 38 x max. 57 cm

Shipping Dimensions*: 106 x 42 x 42.5 cm

Electrical Safety Class: Class 2, Type B

MDD IIa

Safety Tests:
93/42/EC (2007/47/EC) IEC 60601-1:1999
IEC 60601-1-5:2006
IEC 60601-1-9:2007

Safety Tests:
9:2007, ANSI/AAMI ES 60601-1

Standards Compliance:

EN ISO 14971:2007, ANSI AAMI ES 60601-1

Range Of Motion (ROM): -10° extension up to 120° flexion

Adjustment ranges (min/max):
Femur range: approx. 31 to 49 cm
Lower leg range: approx. 38 to 58 cm

Max. load on carriage: 30 kg

Max. Patient Weight: 275 kg

* Dimensions are listed as L x W x H

1 Passive (CPM)

Controlled and gentle mobilisation:
• Reduce swelling and pain
• Prevent joint stiffness
• Regain mobility

2 Active (CAM)

Functional stabilization:
• Smooth/controlled muscle reactivation and strengthening
• Further reduction of swelling and pain
• Regain functional stability

3 Coordination

Stabilizing exercise:
• Muscle reactivation
• To train coordination / proprioception

Latest Sensor Technology measures the exerted force

Maximum Safety through specific controlled movements

High Stability thanks to the fold-out fixation wing and belt system (optional)
**MOVEO™ XP**

**FEATURES**
- Mobile hi-lo platform
- Accessible from a wheelchair or transfer from a bed
- 0° to 30° gradual electric tilt
- Electric elevation from 57.2 cm - 97.8 cm
- Sliding motion of back and pelvic section allow for weight bearing exercise
- Advanced centrifugal braking system controls rapid descent by sensing patient movement
- Integrated locking caster system allows all 4 casters to lock or semi-lock to ease movement down hallways
- 3% to 70% body weight bearing
- Mains powered with battery back up
- Fold away split foot plates variable from 90° to 45°
- Exercise band attachment points
- Pressure relief cushioning provides comfortable feel, even on compromised skin
- Gas spring assist on back section
- Convenient storage bin
- Support pad for lower extremities
- Weight distribution chart provides a quick reference of degree of incline versus percentage of body weight
- Easy access to elevation and incline controls with hand controller
- Compliant to International Harmonised Safety Standard, 60601-1
- 2 year warranty

**Therapeutic Benefits for Patients**
- Accelerated progression from immobility to ambulation
- Controlled environment provides improved patient safety
- Decreased strength decline through recovery period
- Reduced risk of complications from prolonged bed rest
- Customised workout intensity
- Patient comfort, control and dignity
- Patient empowerment and self confidence
- Anticipated quicker recovery
Back rest release bar
Gas spring assist on back section
Advanced centrifugal braking system
Hi-Lo platform
0° to 30° gradual tilt
Sliding carriage (Back rest & Pelvic section)
Integrated locking caster system
Convenient storage bin

**TECHNICAL SPECIFICATIONS**

- **Voltage/Frequency:** 120V 60 Hz, 230V 50 Hz
- **Current Consumption:** 2.5 A, 1.3 A
- **Output Voltage:** 24V DC
- **Duty Cycle:** 1 min./9 min. intermittent
- **Weight:** 185.97 kg (410 lbs.)
- **Dimensions (LxWxH):** 256 x 71 x 97 cm (101” x 28” 38.5”)
- **Length (w/ foot plates down):** 256.5 cm (101”)
- **Electrical Safety Class:** Class 1
- **Electrical Type:** Type B
**OPTIFLEX® 3 KNEE CPM**

![Optiflex 3 Knee CPM](image)

**TECHNICAL SPECIFICATIONS**

<table>
<thead>
<tr>
<th>Mains Power:</th>
<th>100-240V, 50/60 Hz, 75 VA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight:</td>
<td>12 kg</td>
</tr>
<tr>
<td>Dimensions*:</td>
<td>94 x 33 cm</td>
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<tr>
<td>Electrical Safety Class:</td>
<td>Class 1, Type B</td>
</tr>
<tr>
<td>Range of Motion:</td>
<td>-10° extension - 120° flexion</td>
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<tr>
<td>Length Range:</td>
<td>Calf 25.4-59.7 cm / Thigh 30.5-48.3 cm</td>
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<tr>
<td>Max Patient Weight:</td>
<td>159 kg (350 lbs)</td>
</tr>
</tbody>
</table>

**Functions:**

- Pauses: 0-30 seconds
- Speed: 30°-150° / minute
- Force Reversal: 16-34 kgs

* Dimensions are listed as L x W x H

**FEATURES**

Designed to provide anatomical motion of the knee for the adult and pediatric patient.

- Universal left/right design
- Ultra-wide carriage – 28 cm (11") from the center of the carriage
- Brushless DC motor with self lubricating ball bearing system
- Internal mains power supply
- Lightweight at only 12 kg (27 lbs)
- Convenient 4.5 m long power cord
- Easy conversion from adult to pediatric (no adapter pieces needed)
- 2 year warranty

**Patented Program Features**

- Progressive Range of Motion - Eliminates time consuming adjustments by automatically increasing the programmed flexion angle by 1° every hour, up to 5° per 24 hour period of time
- Oscillation Zone™ - Allows for more treatment time to be consumed in the active or working end of the ROM
- Fast Back™ - Accelerates quicker through the non-working ROM allowing the knee to spend more time in the active ROM
- Comfort Zone™ - Addresses the patient pain threshold by providing therapy at a reduced flexion angle limit

**Control Pendant Features**

- Selectable scrolling
- Independent delay time
- Patient compliance/usage meter
- Patient lock-out feature
- Multilingual pendant display
- Force reversal safety feature – allows the therapist to safely set the amount of passive force without causing unnecessary post surgical pain or damage
- Detachable
- Large LCD screen with backlight
- Water proof and shock resistant
- Concise, visual biofeedback on pendant

**OptiFlex 3 CPM Accessories**

OptiFlex Trolley
- Makes for easy transport and/or storage
- Easily position CPM at the best angle for the patient

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**ORDERING INFORMATION**

<table>
<thead>
<tr>
<th>Part Number</th>
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<tbody>
<tr>
<td>2090</td>
<td>Optiflex 3 Knee CPM Unit</td>
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</table>

**Standard Accessories**

- 20533 Optiflex Patient Kit
- J2038 Control Pendant
- J2047 User Manual

**Optional Accessories**

- 4520 OptiFlex T Trolley

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* Designed to provide anatomical motion of the knee for the adult and pediatric patient.

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**Functions:**

- Pauses: 0-30 seconds
- Speed: 30°-150° / minute
- Force Reversal: 16-34 kgs

* Dimensions are listed as L x W x H
OPTIFLEX® S SHOULDER CPM

FEATURES
Optiflex S Continuous Passive Motion
Designed to provide anatomical motion for the shoulder, the Optiflex S addresses a complete range of motion capabilities.
• Synchronized motors allow for customization of treatment parameters (optional to turn on/off)
• Patented universal left/right design for easy conversion
• Fully adjustable ergonomic chair that promotes shoulder stabilization
• Brushless DC motor
• Pendant control with chip card technology to store and assign patient information
• Quick and easy disassembly for transport and shipping
• 2 year warranty

Program Features
• Warm-up mode – the unit recognizes the start and stop angles and midpoint. From that point, motion is initiated 3 degrees from all angles until full ROM is achieved
• Reverse-on-load – unit will switch to the opposite direction when patient resistance exceeds the set value
• Patient data storage – assigns ROM, speed and treatment times per patient and notes patient set up positions
• Patient compliance meter – calculates the cumulative patient usage time
• Soft start and stop
• Multi-lingual pendant display
Not for sale in Europe

TECHNICAL SPECIFICATIONS
Mains Power: 100-240 V, 50/60 Hz, 33 VA
Weight: 25 kg
Dimensions*: 88 x 58 x 58 cm
Seat Height: 48 cm
Electrical Safety Class: Class 1, Type B
Safety Tests: IEC 60601-1, EN60601-1-2, CSA 601.1-M90, UL 2601-1, CE 0297

Range of Motion:
Adduction/Abduction: 0-30-175º
Internal/External Rotation: 90-0-90º
Flexion/Elevation: 0-30-175º
Horizontal Adduction/Abduction: 0-0-125º

Functions:
Motor Control: ON/OFF
Pauses: 0-30 seconds
Speed: 0-100%
Timer: 0-300 minutes
Synchronization: ON/OFF
Therapy Run Time: hours/minutes

* Dimensions are listed as L x W x H
Compex is now offering a new solution for athletes seeking to improve the effectiveness of their training. With its unique “Whole Body Vibration” concept, the Compex Winplate is confirming its technical advance with perfectly controlled vertical vibration, for a whole new level of working comfort.

Whole Body Vibration Concept

Why are vibrations essential? Vertical vibrations call upon the muscle reflexes. This is why up to 100% of muscle fibres work, as opposed to around 40% in a traditional training session. The muscle workout on the Winplate is complete because it works the whole muscle, and not just part of it.

Benefits

- Strengthens muscles in the same way as weight training
- Increases strength through powerful contractions
- Prevention of osteoporosis
- The platform can help to prevent bone degradation and osteoporosis
- The platform actually exerts significant pressure on the bones when working the muscles. The body reacts by releasing key hormones that help to prevent bone degradation
- Shorter sequences than with traditional training methods
- To achieve the desired result faster
- Easy to use
- Exercises displayed on the screen
- Training schedule
- Pre-programmed sessions: inside the device, depending on your sport and objective

Training features

- Conditioning programmes
  - Each programme has 4 levels. Each level includes a sequence of exercises specifically programmed to suit your objectives
  - Tennis, Running, Soccer, Golf, Skiing, Cycling, Swimming, Triathlon
- General programmes
  - Relaxation and Massage, Stretching, Body Shaping, Training Upper Body, Training Lower Body
- Free mode
  - Configure your Winplate and create your own tailored training session
STABILIZER

FEATURES
Stabilizer Pressure Biofeedback
Stabilizer Pressure Biofeedback for Core Stabilization Exercises
- A simple device, designed by physical therapists, which registers changing pressure in an air-filled pressure cell allowing body movement, especially spinal movement, to be detected during exercise
- The unit consists of a combined gauge and inflation bulb connected to a pressure cell
- Specifically used for exercises that focus on the protection and stabilization of joints, which is important for the prevention and treatment of low back and neck pain
- Used to monitor and provide feedback on body movement during exercise to promote effective exercise to improve back and neck pain

PEDAL EXERCISERS

FEATURES
Chattanooga Deluxe Exerciser™
- Fully automatic multi-functional electronic monitor
- Quick dial with variable resistance
- Lightweight design 7 kg

Chattanooga Standard Exerciser
Perfect for any type of rehabilitation
- Extremely lightweight: 2.25 kg
- Wrap-around foot straps
- Comes completely assembled with retail or standard packaging