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Proprioception

CHINESPORT® ITALIA

CHINESPORT TOPICS

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Chinesport thanks all those who contribute to the development of the contents of this document.

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Proprioception



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Different density pads *Introduction*



After having navigated the path formed by the proprioceptive cushions we invite the patient to perform a static balancing exercise.

Dynamic and static balance are different experiences. Switching quickly from one to the other can be a challenge for patients with reduced proprioceptive abilities (e.g. the eldery). The therapist stops the patient on a particular cushion which they feel challenged the patient to keep balance. Now the patient is invited to remain standing still on one leg.

By not remaining in close proximity of the patient, the therapist adds a particular challenge by not providing a sense of security. We could even say the therapist introduces a sense of risk, which is present in every day life. By allowing the patient to use the upper extremities for balance we activate the upper body and stimulate the hip strategy. This is particularly useful in patients with hip problems, e.g. after hip surgery or a femur fracture. This exercise can be progressed by asking the patient to perform the same exercise with eyes closed.



After having navigated the path formed by the proprioceptive cushions we invite the patient to perform a static balancing exercise. Dynamic and static balance are different experiences. Switching quickly from one to the other can be a challenge for patients with reduced proprioceptive abilities (e.g. the eldery). The therapist stops the patient on a particular cushion which they feel challenged the patient to keep balance. Now the patient is invited to remain standing still on one leg. The therapist remains close for additional security and can guide the patient.

①



This exercise can be progressed by asking the patient to perform the same exercise with eyes closed. This exercise can be a very logical follow through exercise from the previous (above) exercise. The way the cushions lay out in a path helps the therapist to create new exercises without wasting any time. The next cushion could be of a different hardness, which challenges the proprioceptive feedback mechanisms of the patient. Note how posture changes between both exercises although the patient is asked to stand on one leg, but in a different way. Using the posture mirror can help build awareness of posture for the patient.

②

Different density pads *The set*

As part of the continuous pursuit of new proposals and solutions to apply when dealing with patients' balance and proprioception we have designed a number of cushions with various densities and which are unrecognizable by users to create further adjustable unstable situations also during gait training.



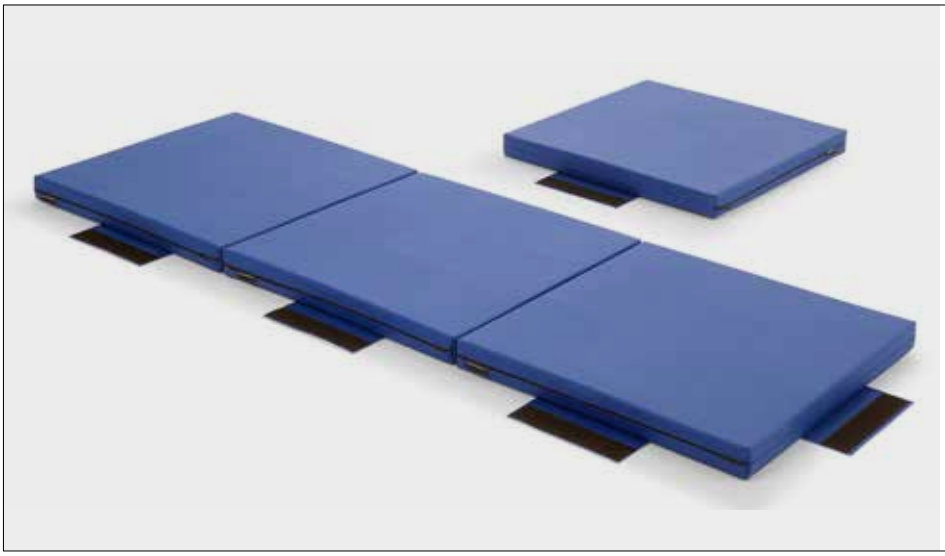
Simply walking along the path is probably the most basic of dynamic balance exercises. Because the patient does know the difference in hardness of the cushions, they need to rely on proprioceptive feedback mechanisms.

AR12100

SET OF PROPRIOCEPTIVE PADS

The use of a set of at least three different pads with soft, medium and hard density can be an ideal solution. Pads are identical in Dimensions: and have a large standing area, thus, they are not identifiable by patients. Pads have a velcro system so that they can be matched to shape a single fluent proprioceptive walk path. Each pad is labelled at the underneath part according to its density/difficulty to allow the therapist to control the created path. Proprioceptive pads have imitation-leather upholstery with anti-bacterial treatment and they are easy to sterilize.
Dimensions: of the path (in cm): L 57 x W 171 x H 5;
Weight: kg 5.5.





Articulated walk paths or larger standing areas

The therapist can also create longer and more articulated walk paths as well as larger work areas to give the patient the possibility to perform proprioceptive and balance exercises dynamically or statically for neuromotor re-education even with the patient in all-four and in a sitting position. Users or patients have no clues to identify the different densities of the pads.

Different density pads *The set*

MADE IN ITALY

FOR EVERYONE CONCERNED

Chinesport variable density pads have been submitted to assessments, clinical trials, and they find an every-day use in several rehabilitation hospital facilities. They can be used as follows:

- **Muscle strengthening for the lower limbs**
- **Balance and stabilization exercises**
- **Control for the hip and the lumbar spine**
- **Proprioceptive stimulation of the foot sole and the ankle**
- **Stimulation and co-contraction exercises and loading of the wrist and upper limb**



Proprioceptive pads with various densities can be requested also individually specifying quantity and desired characteristics.

Every pad can be matched, on all four sides, with other pads of the same type which have the same or different density. Proprioceptive pads have blue imitation-leather upholstery and the padding can be of three different densities: soft, medium and high. Every pad can be matched to the next one with a velcro system. All pads, though with different density are equal in dimension: L 57 x W 57 x H 5 cm.



PADS	DENSITY	WEIGHT
AR12101 SOFT PAD	Soft level	1.4 kg
AR12102 MEDIUM PAD	Medium level	1.8 kg
AR12103 HARD PAD	Hard level	2.3 kg

CODE	DESCRIPTION
AR12104	KIT STRAP

For safer exercising

To increase safety for the patient during the performance of proprioceptive dynamic and balance exercises, he/she can be asked to walk in between a system of parallel bars.

The size of the proprioceptive pads has been projected so as to fit at the base of our parallel bars for rehabilitation.



Airex pads *& the beam*

The unique, closed-cell foam in these mats is supportive on the one hand, and warm, soft and cushioning on the other, allowing joints, tendons and muscles to trained in an extremely gentle yet effective manner. All areas of proprioception, sensorimotor function and co-ordination can be improved using the Airex Balance-pads, with the secret of the program being the softness of the equipment.



Training with the AIREX® Balance range of products offers you an efficacious and complete resource for the workout, focused on the different sectors in which they can be applied. Along with the balancing posture, strength and flexibility, great attention is paid to health care, prevention and psychophysical wellbeing in general.

Airex pads *& the beam*

MADE IN ITALY





10980 BALANCE-PAD

This Balance pad has lateral supports made of non-slip foam rubber, warm and comfortable to the touch. Suitable for use in exercise therapy and sports therapy. Dimensions: 50 x 41 x 6 h cm. Color: blue. Weight: 0,7 kg

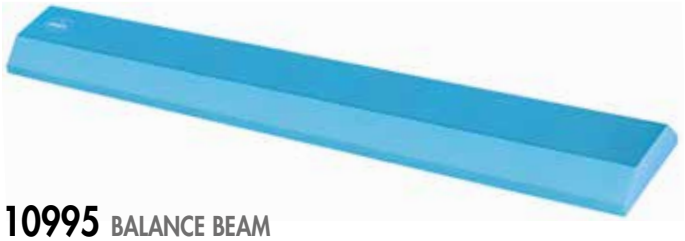
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3 7



10985.? BALANCE-PAD ELITE

This Balance Pad “Elite” has lateral supports, a new surface that offers a pleasant massage and stimulation of the receptors in the sole of the feet. It actively promotes blood circulation in the feet and helps their well being. Use: mobility, stability, balance training and exercise in the water. Dimensions: 50 x 41 x 6 h cm.
Weight: 0,7 kg



10995 BALANCE BEAM

Dimensions: 160 x 24 x 6 h cm. Color: blue. Weight: 0,9 kg



Modules *& sensory bags*

Thermoplastic modules, proprioceptive and motor training bags and different density pads can be used on the parallel bars to create a challenging training environment. The therapist can develop a variety of instability exercises.

These accessories, intended for instability exercises during rehabilitative walking training, can also be used on the floor with the therapist's surveillance or assistance, if deemed necessary. Their reduced Dimensions: and weight make it easy for the therapist to carry them to the patient's house to set up rehabilitation program with proprioceptive exercises.



08586
ROLLS AND BAGS
Pair of modules, including a wooden roll and a sensory bag, 60 x 60 cm.



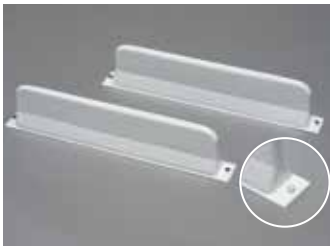
08587
SENSORY MODULES
Pair of modules,
60 x 60 cm.



08589
HEMISPHERES
Pair of modules,
60 x 60 cm.



08591
CONCAVE-CONVEX
Pair of modules,
60 x 60 cm.



01330
OBSTACLE-HURDLE MODULES
A pair of modules with a magnetic catch. Two pairs are recommended for 3-meter long parallel bars, 63 x 13 h cm.



02500
MOTOR TRAINING BAG
Contains PVC granules.
Four possible cover colours,
22 x 15 cm. Weight: 0,3 kg.



02510
MOTOR TRAINING BAG SET
16 bags containing PVC granules in four possibile cover colours. 22 x 15 cm. Total weight set: 4,8 kg.



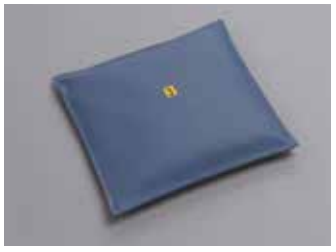
08585
SET OF SENSORY BAGS
12 bags containing soft foam, hard foam, granules, polystyrene, sand and wood in order to offer various support sensibility. 37 x 23 cm. Total weight set: 7,5 kg.



02400
1 KG GAIT BAG
Contains sand,
20 x 20 cm.



02410
2 KG GAIT BAG
Contains sand,
25 x 25 cm.



02420
3 KG GAIT BAG
Contains sand,
28 x 28 cm.



02430
SET OF GAIT BAGS
12 bags of sand of different weights and sizes. Total weight set: 24 kg.



in this picture we present two connected 3-meter long parallel bars with use of obstacle-hurdle modules (code no. 01330). The platform has magnets for applying type of module.

WATCH THE VIDEO



Detail of the magnet



Padded boards *& other tools*

Balancing and rocking boards are used for further reinforcement of the ability to control pelvic movements and the spinal chord.



02610 ROCKER BOARD
Padded top, synthetic leather covering.
Dimensions: 70 x 40 x 13 h cm
Capacity: 120 kg.

The first exercise to be performed on the rocking board is the grounding exercise to acquire stability. Once the perfect balance position is reached, a rocking action is performed, from left to right with rhythmic, regular and alternate movements. These movements favor a reset of the muscle reactions as well as the agonist and antagonist balance of each side of the body, right and left. (Cristofanilli, 1994).



After the patient has rotated the body of 90°, the aim is a good stability by performing a grounding exercise. Then, keeping both feet at the same height, the patient begins to rock forward and backwards, alternately, rhythmically and in a regular way. In this way, the movements favor the agonist and antagonist balance of the front and hind muscles in the body. The instructor watches closely the patient at the sagittal level and may the trunk be bent forward, he would advice to work about the unbalancing of the body backwards, while, may the body be bent backwards he would advice to work about the unbalancing of the body forward, to find the right balance of posture.



The rocking movements are performed also with spread lower limbs in reference to the sagittal plane: the weight of the body is transferred from one foot to the other, alternating the position each time the patient feels any stress on the lower limbs.



Last, the proprioceptive work is intensified on one foot only, both on the front and hind planes, as well as in the sagittal plane.



07755 BALANCE BOARD
For foot prono-supination exercises.
Resistance to medial and lateral pressure is applied by the spring.
Dimensions: 34 x 17 x 8h cm.



07735 ACCELERATOR
For ankle and foot exercise.
The urethane wedge provides the desired pressure-resistance.
Dimensions: 34 x 17 x 18 h cm.





Then, the patient may pass on to the balancing board Bobath which is even more unstable in comparisonwith the balance board: the same progressive movements can be repeated and further exercises to favor balance of planes can be performed at the same time.

02650 BALANCING BOARD BOBATH P
Padded top, synthetic leather covering.
Dimensions: Ø 50 x 10 h cm
Capacity: 120 kg

Directions for performing exercises on rocking and balancing boards

- At the begining it is advisable to place the device in front of the wall bars. That way getting on and off the device is easier and perform the exercises safely. Once you have more ability you can perform the exercises in front of the mirror;;
- Exercises are performed with your eyes open. Little by little, after you have more ability, difficulty of the exercises can be increased by keeping your eyes closed;
- Another way to increase the difficulty of the exercises is by increasing the speed of the movements, diminish the contact surface as by lifting yourself on the tip of your feet;
- The trainer may increase the difficulty of the exercises by pushing the patient or the device. In this way a rhythmic balance of the posture is performed and the trainer can control the reactions of the patient and check on the progress.



02620 BALANCING BOARD BOBATH G
Padded top, synthetic leather covering.
Dimensions: Ø 80 x 14 h cm
Capacity: 120 kg.



02600 BASIC BOARD
Painted-wood rocking board.
Ideal in the early stage of therapy.
Dimensions: 50 x 40 x 7 h cm
Capacity: 120 kg.

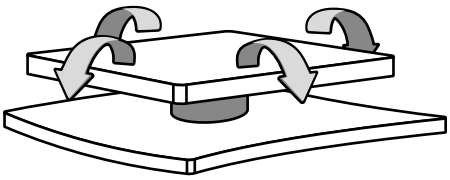


02630 ROCKER PLATFORM
Padded top, synthetic leather covering.
Dimensions: 175 x 75 x 15 h cm
Capacity: 120 kg.

Wooden boards

We present a series of small platforms intended for performing proprioceptive exercises, for coordination and balance, motor re-education and for prevention purposes with possible use in clinical, hospital, rehabilitation and gymnastics environments. The devices can be used individually or in combination with the other proprioceptive platforms in the same series.

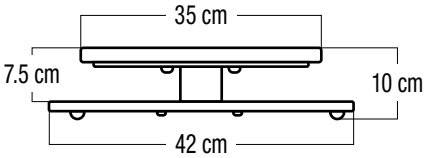




AR11020

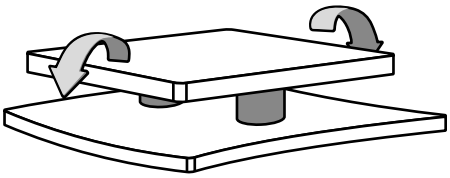
SINGLE CONSTRAINT BOARD

A wooden board consisting of a base, fulcrum and support surface. The footplate allows for pronation / supination and dorsal / plantar flexion movements. The footplate is fitted with non-slip feet to ensure good adherence of the device to the floor.
Dimensions: 42 x 42 x 10 h cm; Weight: 5.7 kg;
Capacity: 150 kg. (single piece)









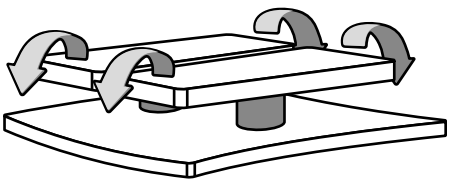
AR11021

DOUBLE CONSTRAINT BOARD

Wooden board consisting of a base, two fulcrums and a support surface. The footplate allows for pronation / supination and dorsal / plantar flexion movements. The footplate is fitted with non-slip feet to ensure good adherence of the device to the floor.
Dimensions: 42 x 42 x 10 h cm; Weight: 5.4 kg;
Capacity: 150 kg. (single piece)







AR11022

BIPODALIC BOARD

A wooden board consisting of a base, two fulcrums and two support surfaces. The footplate makes it possible to perform dorsal/plantar flexion movements independently. The footplate is fitted with non-slip feet to ensure good adherence of the device to the floor.
Dimensions: 42 x 42 x 10 h cm; Weight: 6.0 kg;
Capacity: 150 kg. (single piece)



Wooden boards

MADE IN ITALY

FOR EVERYONE CONCERNED

It is the task of the specialist to judge the physical suitability of the patient for whom the product is intended. Use under the supervision of the operator is always recommended. The device deliberately creates precarious conditions for the patient. It is therefore recommended to be used in combination with protective systems such as parallel bars or shock-absorbing mats. Use on flat, dry, stable and obstacle-free surfaces. Not for use outdoors. It is also recommended to always use the footplates with footwear to reduce the risk of slipping.





AR11025 BOARD'S SET

Complete set of three different wooden boards (codes AR11020, AR11021 and AR11022). In particular, their floor base allows them to be approached to create a continuous path with variable instability. The non-slip feet always guarantee good adherence of the footboards to the supporting surface. Dimensions: 120 x 42 x 10 h cm. Capacity: 150 kg. (set of 3 pieces)

Other exercise boards



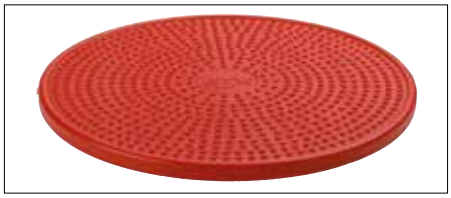


01842 PEDOBALL

This small wobble board with a hemispheric bottom allows patients to perform various exercises both sitting and standing; it stimulates balance, stability on one leg and motor coordination. 5 balls are supplied as standard to gradually increase the level of difficulty of the exercises.
Dimensions: Ø 47 x 27 h cm. Capacity: 120 kg.







01844 THERAPY TOP

Therapeutic wobble board, ideal for exercising balance, coordination and responsiveness. The surface is structured in such a way as to provide further sensory stimulation.
Dimensions: Ø 40 x 9 h cm. Capacity: 120 kg.



02238 GYMTOP MODO

A classic balance wobble board made of expanded polypropylene, a lightweight, strong and 100% recyclable material. It helps improving balance, motor skills, coordination, body awareness, body control, reaction, strengthening of trunk, leg and feet muscles. Dimensions: Ø 40 x 8.5 h cm.
Capacity: 120 kg.

Other exercise boards

MADE IN ITALY





01845 BALANCE

Therapeutic wobble board developed at the University of Flensburg to exercise coordination and stability of movement, balance, psychomotor skills, concentration and responsiveness in a varied and effective way. Supplied with three interchangeable exercise programs and two pairs of hand straps. Dimensions: 54 x 40 x 10 h cm. Capacity: 120 kg.

02122 BALANCE 2

Same device but supplied with three alternative interchangeable exercise programs and two pairs of hand straps.



Exercises for Balance

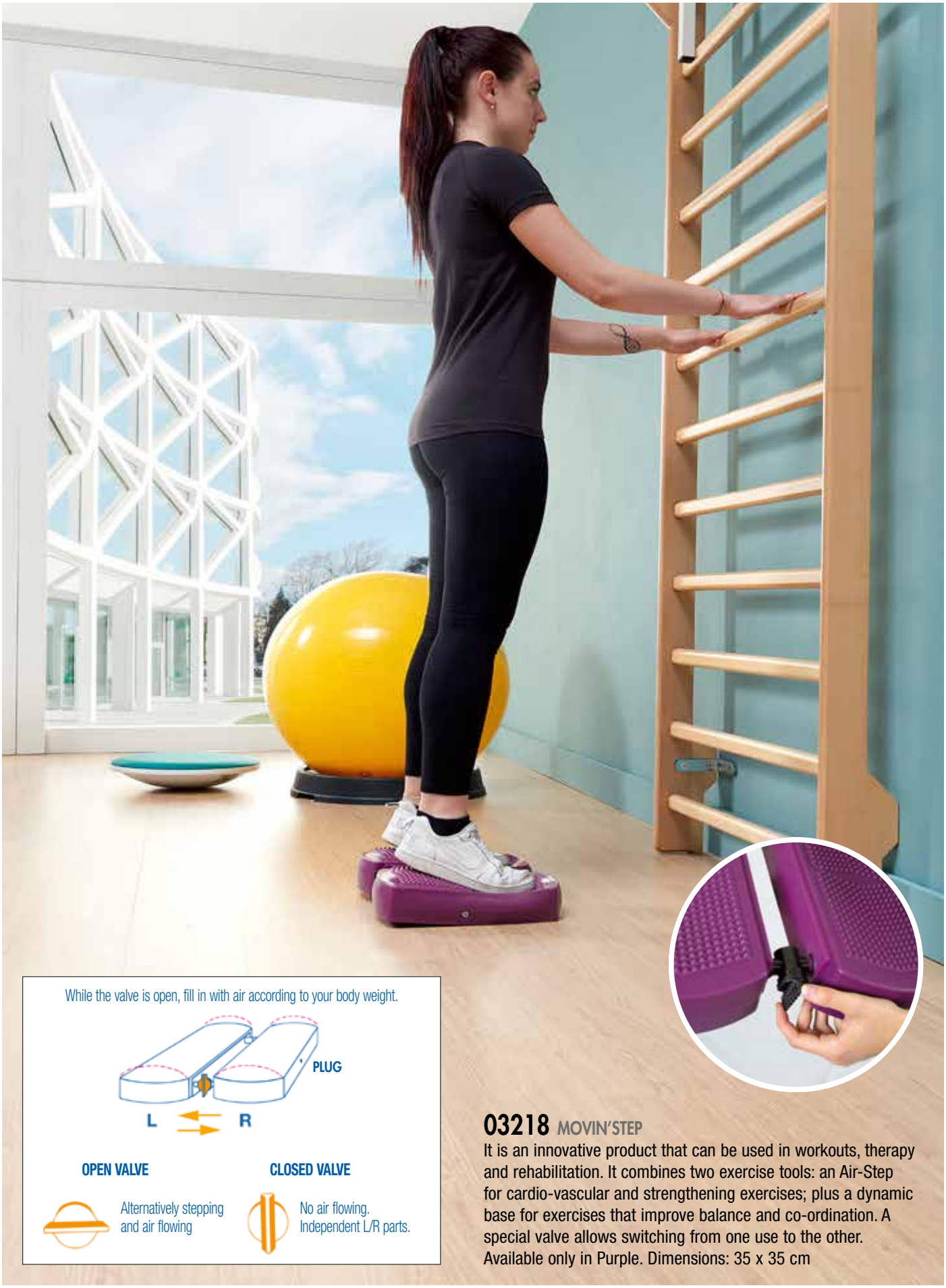




Exercises for Balance 2



Movin'step *with a dynamic base*



While the valve is open, fill in with air according to your body weight.

OPEN VALVE

Alternatively stepping and air flowing

CLOSED VALVE

No air flowing. Independent L/R parts.

03218 MOVIN'STEP

It is an innovative product that can be used in workouts, therapy and rehabilitation. It combines two exercise tools: an Air-Step for cardio-vascular and strengthening exercises; plus a dynamic base for exercises that improve balance and co-ordination. A special valve allows switching from one use to the other. Available only in Purple. Dimensions: 35 x 35 cm

Bouncing trampolines

MADE IN ITALY



05841

SMALL TRAMPOLINE

Inner trampoline. Steel frame with 6 non-slip feet. 32 springs ensure even tensioning of the circular polypropylene fabric mat. 22 cm padded edges. Maximum load: 100 kg; Weight: 7.2 kg; Dimensions: Ø 97 x 22 h cm



05842

TRAMPOLINE

Professional trampoline with foldable structure - folded size 122 x 68 x 9 cm. Round heavy-duty steel tubing Ø 25 mm. 8 foldable legs with non-slip rubber feet. Ultra strong jumping mat with double stitching. 40 oversize springs with “V” conjunctions and special safety rubbers anti injection. Spare parts included: 1 jumping mat + 1 spring + 1 leg. Maximum load: 130 kg; Weight: 10 kg; Dimensions: Ø 122 cm



It is known that bouncing on a trampoline:

1. It increases the capacity for breathing.
2. It circulates more oxygen to the tissues.
3. it establishes a better relationship between oxygen needed by the tissues and the one available.
4. Muscles work better as fluids are transported along the body decreasing the work of the heart.
5. Diminishes the blood pressure during effort.
6. It helps normalize your blood pressure after intense physical activity.
7. It helps prevent cardiovascular disease.
8. It increases the activity of the red bone marrow in the production of red blood cells.
9. It aids lymphatic circulation, as well as blood flow in the veins of the circulatory system.
10. It aids collateral blood flow in general.
11. Strengthens the heart and other muscles making them work more efficiently.
12. it lowers heart rate at ease.
13. It lowers elevated cholesterol and triglyceride levels.
14. Stimulates your metabolism.
15. It aids in the development and repairing of cells.
16. it activates the gland system, especially tyroid.
17. It increases alcaline reserves of the body.
18. It stimulates and strengthens cells in the body, from a chemical popint of view.
19. It increases body resistance and fitness.
20. It improvesthe sense of balance b y coordinating impolses and muscle response.
21. It offers relief from neck and back pains, headaches, and other pain caused by lack of exercise.
22. Improves Digestion.
23. It helps relaxing and have a better sleep.
24. Reduces the likelihood of obesity.

Padded cushions *for re-education of the spine*

10320.W ? PROPRIOCEPTIVE ROLL

This instrument helps the proprioceptive re-education of the rachis, the mobilization of the kyphosis and an effective antalgic action in presence of lumbar, dorsal or cervical ache. Laying for a few minutes on the roll produces complete relaxation, which combines with the gravity force gives a gradual decrease of the spinal curves, resulting in a nearly complete contact of the spinal column with the surface, achieved without any effort. Dimensions: 110 x Ø 17 cm. Density 30 kg/m³



COMBINING THE MOBILIZING OF THE DORSAL AND CERVICAL RACHIS

It is a very simple device but extremely helpful and efficacious created by a French therapist, Jean Teyssier. The patient lies down so that the spinal chord is in contact with the cylinder, especially a contact with the pelvis, with the dorsal vertebrae and with the occipital bone. When the patient feels that the low-back and cervical areas do not get into contact with the cylinder, the patient gets aware of the physiologic lordosis. These curves are more pronounced in patients with dorsal hyperkyphosis. The patient then, can relax and perform an abdomen breathing exercise getting concentrated on what is going on at low-back level: when breathing in, the low-back vertebare get more distanced from the cylinder, while breathing out the low-back vertebare get closer to it (1° phase).

After laying for a while on the cylinder, the patient notices that as a result of the relaxation and of the gravity force , the curve is gradually reduced and the spinal chord gets into contact with the cylinder almost completely, without any effort. Half the weight is at the right side while the other is at the left and the spinal chord is required to adopt perfect symetri position on the central axis which represents a division into two equal halves of the human body. The upper limbs are let loose, abducted and turned outwards so that the elbows and wrists touch on the ground. In this way the chest muscles can be stretched in a passive way, the shoulders are unblocked and the dorsal kyphosis…"

1



2





1



2

MOBILIZING THE STRECHED LOMBAR RACHIS - SA similar effect to the previous exercise is obtained by using two proprioceptive cylinders, placing them with a "T" shape, i.e. one perpendicular to the other. As you can see in the picture, once the position is reached, the gluteal muscles are contracted and relaxed a few times, so as to feel the difference between contraction and relaxation and get the most ease. The patient keeps this position for some minutes, while comfortable. To get up, the patient must raise the pelvis and only after moving away the cylinder that was placed underneath, must he roll away on his side.



1



2

MOBILIZING AND RELAXING WHILE STRETCHING - The same pleasant and efficacious position of relaxation while laying can be obtained by using two propriocettivi cylinders, placed as a "T", one perpendicular to the other. In this case the lordosi cervicale coincides with the convex surface of the cylinder itself, and the head, which is very close to the floor, produces, by its own weight, a natural traction for the cervical inter-vertebrae discs. For greater relaxation, the patient can roll the head lightly to the right and to the left for a few times.

? CHOICE OF UPHOLSTERY COLOR - Please always specify the upholstery code along with the chosen item when this option is available.

A | N | 8 | 7 | K | S | B | 4 | T | 1 | 6 | E | Z | G | F | H | 9 | Q | R | 2 | 3 | L | M | P

Padded cushions *for re-education of the spine*

MADE IN ITALY







01758 RUNDOBACK

When lying on RUNDOBACK you can perform balance and relaxation exercises for rachialgia. Moreover this apparatus can be used as a bench to perform dumbbell exercises. Its shape has been designed to follow the physiological curvature of the spine:
- Marked convexity to adapt to the form of concave curvature of the lumbar lordosis.
- Concavity to accommodate convexity of the dorsal kyphosis.
- Convexity to maintain cervical lordosis.

Dimensions: 90 x 44 x 50 h cm.

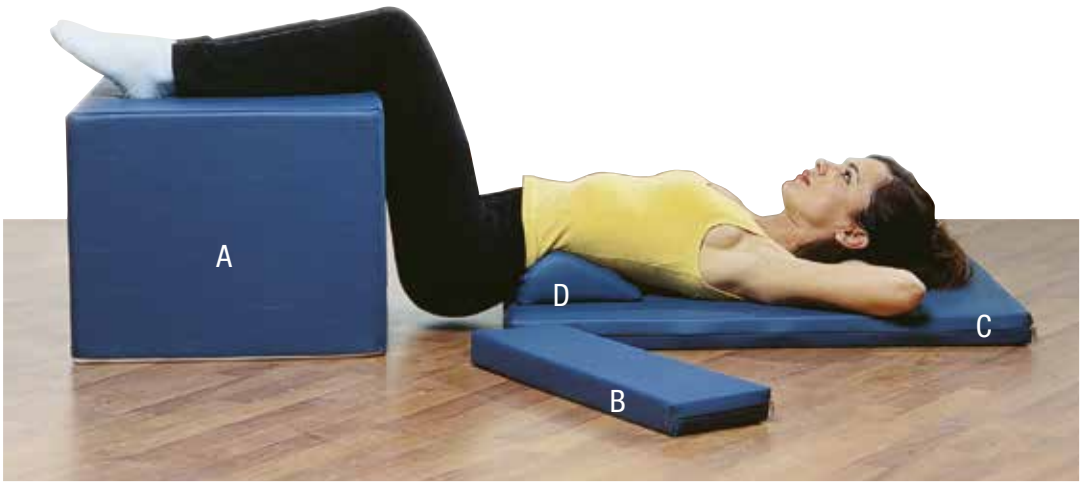
Suitable for:
- Medical gymnastics
- Skeleton and spinal column
- Dorsal muscles and abdominals
- Legs, arms and pelvis.



11198

SET LUMBAR TRACTION

Set consisting of four cushions in non-deforming foam rubber, with removable and washable synthetic leather cover.
These cushions allow performing exercises for the relief of the lumbosacral tract. They can be used by anyone, and especially by those who wish to obtain the following advantages:
- muscular stretching;
- vertebral self-traction;
- venous reflux;
- relief of knee and foot joints.



Cushion A: 50 x 60 x 40 h cm ; Cushion B: 17 x 60 x 5 h cm ; Cushion C: 85 x 60 x 5 h cm ; Cushion D: 20 x 30 x 10 h cm



MOBILIZING THE STRECHED LOMBAR RACHIS - For the same reasons that have been mentioned in the description of the previous exercises, we find the usefulness of the Lombar Traction Set. The smart combinaton of the four cushions, each with a different shape and function, allows the patient to adopt an efficacious and relaxing posture which relaxes the discs and mobilizes the lombar rachis by extending it, once again using the pelvic weight.



MOBILIZING THE FLEXED LOMBAR RACHIS - The same cushions of the Lombar Traction set can be used for an efficacious relaxing position which mobilizes the lombar rachis flexed by raising and lowering the pelvis from the contact area.

Discosit *for your pelvis control*

The ability to control your pelvis is an important goal to reach, because the spinal chord is set on it and when the pelvis is at the right position the spinal chord is at the right position as well. Learning how to move your pelvis forward and backwards is not an easy task, especially for patients with reduced mobility and those who are not practical with body movements or feel block by low-back pain. An adequate device to help learn these movements is the DISCO SIT.



04952 DISCOSIT
Round inflatable cushion for posture exercises. Dimensions: Ø 39 cm



LYING FACE UP
Once the patient is lying down and the lower limbs are bent, the instructor asks him to raise the pelvis to place the disc under him so as to make the center coincide with the second sacral vertebra. The patient may let the weight fall down onto the disc and then can move the pelvis forward and backwards without little effort, feeling how the air movement within the disc helps the movement of the pelvis.



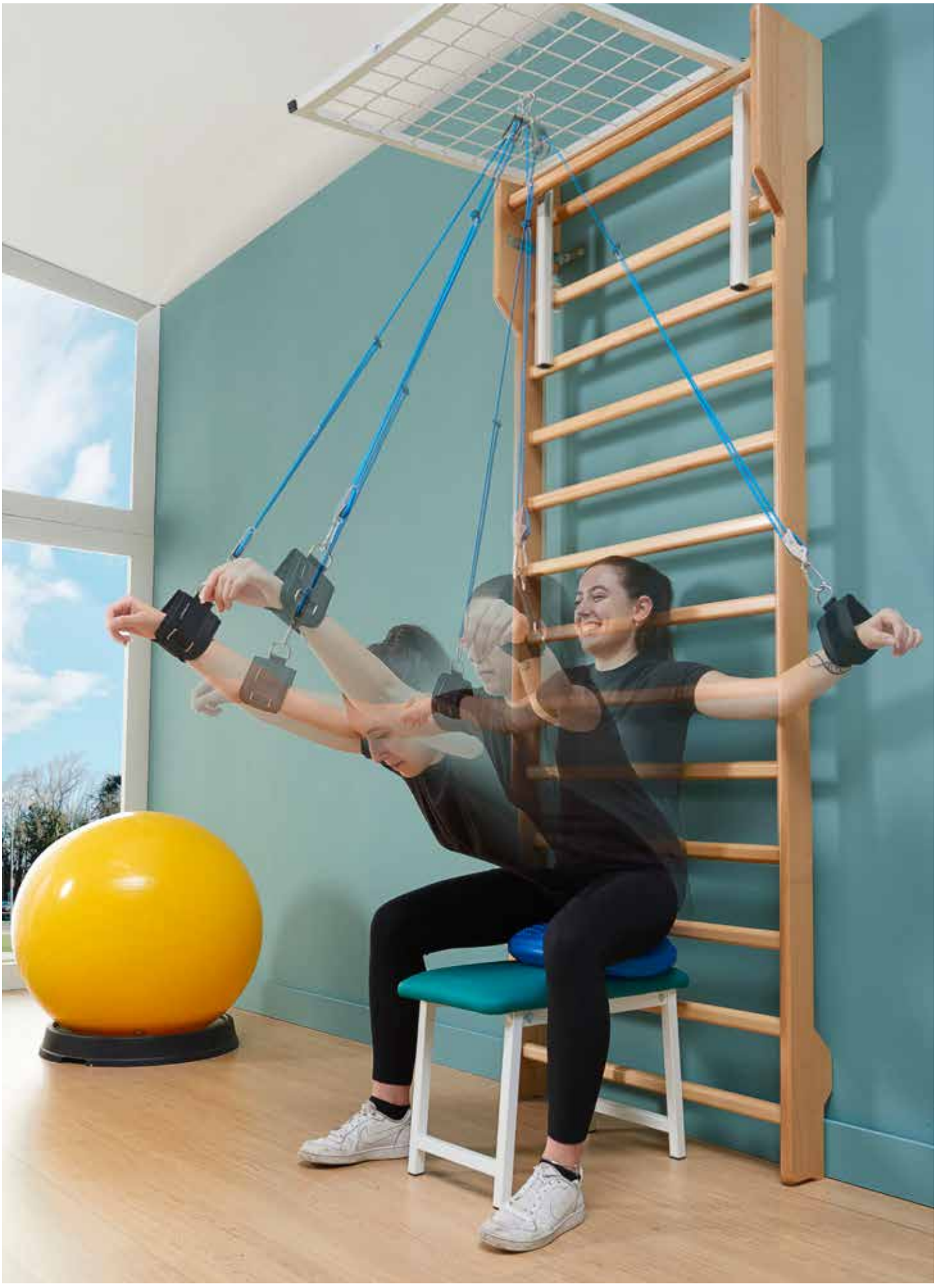
WHILE SITTING
Also in this position the DISCO SIT can be used to ease the performance of the exercise. Every time the patient is sitting, he will remember this exercise until the moment when maintaining the lordosis won't become automatic both, actively by sitting on the ischi or passively with an ergonomic chair or with an added low-back support.

LYING FACE DOWN
When the patient can fully manage to move the pelvis forward and backwards and has enough elasticity of the iliopseas muscle then he can he can perform this exercise while adopting the most difficult position. Thus, facing down: with the lower limbs bent outwards during the breathing-out phase, the patient putting the abddomen in and contracting the gluteal muscles, he may perform the moving of the èpelvis backwards. He may feel the pubis pushes agaist the floor while the belly tends to lift up. Breathing in, automatically, without effort, the pelvis comes back to a forward position, while the pubis tends to lift up from the ground. Carry on, allowing the breathing to be the guide of the movements for the abdomen and the pelvis.



Discosit *for your pelvis control*

MADE IN ITALY



Other inflatable tools

01827 SPORTS DISC

Disco Sport cushion is ideal for balance training, coordination and functional recovery exercises. One side is covered with gentle sensory bumps that offer a pleasant massage effect. Inflate the product to the needed stability level. Dimensions: Ø 55 cm, exercise guide included, orange, 2 pcs pack









01460 CORE BALANCE

The Core Balance is an inflatable, elastic, highly resistant PVC half-sphere with a diameter of 40 cm, which can be set on a rigid base. It can be easily inflated by any pump by removing the plug on the edge.It can be used for several kinds of training, both in the "medical rehabilitation", field for post-traumatic rehabilitation, especially concerning knees and ankles, and in the fitness branch. Thanks to its rounded shape and its variable elasticity (it can be inflated according to individual needs) it allows to work on static and dynamic balance, on strength and muscle toning as well as on spinal stabilization.Postural gymnastic training can be done with it. On the Core Balance you can do many exercises of coordination, stretching, flexibility as well as flexions, little jumps, dashes, didactic and pre-sport games. This tool absorbs the foot impact and does not stress the limbs, by reducing the micro-traumas. For such characteristic it is also used as an alternative to the step. Dimensions: Ø 40 x 25 h cm









PROPRIOCEPTION

Cushions *to improve sitting posture*

MADE IN ITALY

01984 SIT ON AIR

Air-filled cushion designed to control posture when seated or to perform exercises involving the lumbar muscles. Depending on where it is placed, the Sit on Air allows sitting either in a relaxed or dynamic posture.
Dimensions: 37 x 37 x 6 h cm. Capacity: 150 kg





04950 MOVIN'SIT

Inflatable wedge-shaped cushion for improving posture while sitting and for allowing movement of the pelvis. Dimensions: 36 x 36 x 7,5 h cm
Capacity: 200 kg





01461 COMFORT' A' BACK

Half-round cushion. Inflatable, complete with case. This cushion functions as a lordosis support when placed between the lumbar area and the backrest. Dimensions: 33 x 24 x 5 h cm







02068 VITA ROLL

Half-round cushion. Inflatable. Supports lower back, neck and shoulders. Easy to inflate and small in size, can be taken anywhere.
Dimensions: 30 x 12 x 4 h cm







Posture mirrors





10 x 5 cm
rectangular grids

The modular structure of our mirrors allow both wall mount and trolley installations. In the second case a modular trolley has to be added to in case of order. The mirrors are conceived to be fixed at the wall in vertical position as standard. Horizontal applications can also be possible upon request and after adapting them in production. This product can be used in rehabilitation departments, sports centers, gyms and schools.

PLAIN MIRRORS	DIMENSIONS
03891 PLAIN MIRROR S	80 x 120 h cm
03901 PLAIN MIRROR M	100 x 170 h cm
03911 PLAIN MIRROR L	100 x 200 h cm

GRID MIRRORS	DIMENSIONS
03921 GRID MIRROR S	80 x 120 h cm
03931 GRID MIRROR M	100 x 170 h cm
03941 GRID MIRROR L	100 x 200 h cm

The Chinesport posture mirrors can be used with a trolley for a patient posture control during a therapeutic rehabilitation session of assisted ambulation with parallel bars.



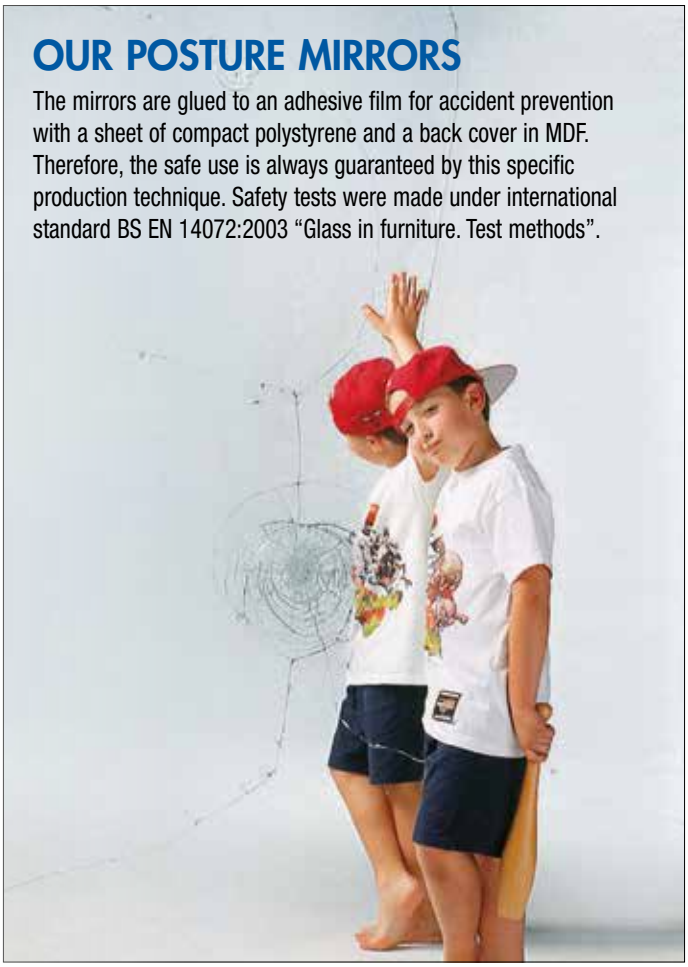
03960 MODULAR TROLLEY

The accessory consists of two separate painted steel supports with hardware to be applied to the posture mirror. This trolley can be used with all the illustrated mirrors.



OUR POSTURE MIRRORS

The mirrors are glued to an adhesive film for accident prevention with a sheet of compact polystyrene and a back cover in MDF. Therefore, the safe use is always guaranteed by this specific production technique. Safety tests were made under international standard BS EN 14072:2003 “Glass in furniture. Test methods”.



Posture mirrors

MADE IN ITALY

Pelvis control, forward-backward movement while standing

During the phase of breathing in the diaphragm and abdomen movements lead the pelvis forward increasing lombar lordosis: similar to a bow which is being pulled and is ready to release its elastic intrinsic energy. The grounding exercise can be repeated for a few times until the lower limbs are tired. Then, once a stable base is adopted, the lower limbs are extended in order to adopt the right position, common while standing up: which is the middle position which allows for a physiologic lombar lordosis. Obviously, this exercise is advisable to be done by the mirror.





We often notice that standing on an upright position favours the anterior pelvic tilt, especially when the lower limbs are stretched. This is what normally happens when we keep standing for a long period without moving. If we know how to perform the posterior pelvic tilt it may allow us to adopt a defensive position everytime we have to be kept standing, avoiding the position of a low-back hyperkyphosis. Changing from anterior to posterior tilt of the pelvis not only does allow us to obtain a balanced position of correct lordosis but also prevents pain caused by stillness by alternating the loading and unloading of the discs and the back articular facets.

Mirror control is completed by a front view to check if:

- hips ar equally high;
- the spaces between the trunk and the arms are simetric;
- shoulders, eyes, and ears are all simetrically high;



06135 TWIN MIRROR

Suitable for posture exercises. It consists of two large mirrors which can be oriented. When they are set at a 45° angle, a 3D view is obtained, i.e, the patient can look at himself both front and sideways at the same time. It has a steel frame, painted and a hinge. It can be fixed onto the wall and has casters for the panes that can be closed as a book. Fixing elements are included.
Dimensions: 100 x 2 x 200 h cm

03650 LOGOMIRROR

Desk mirror for speech therapy. Mirror and expanded agglomerate form a single block, for maximum grip, with a minimum weight, thanks to the frame and the special angle elements. In fact, the mirror will stick to the agglomerate even if broken.
Dimensions: 63 x 50 h cm





01891
LEONARDO COMPLETE

This kit includes the same accessories found in the Leonardo Modular Board and Positional Feedback systems, plus another series of valuable aids for the rehabilitation process in orthopedic and neurological pathologies that help design specific exercise program for the patient's pathology. The kit has been designed to control movement and plan therapy exercises, and provides an immediate answer to the various therapeutic needs of the daily gym exercise. Thanks to its modular structure, it allows creating numerous therapeutic aids, significantly reducing the quantity of tools required. This ensures an opportunity for professional intervention even at the patient's home. The special connecting systems supplied make it possible to easily set up the various therapeutic aids.

PROPRIOCEPTION





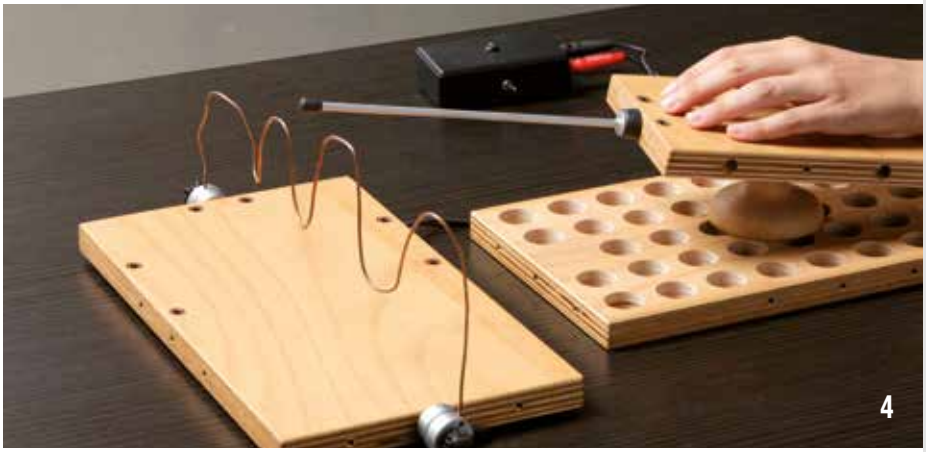
Examples of applications

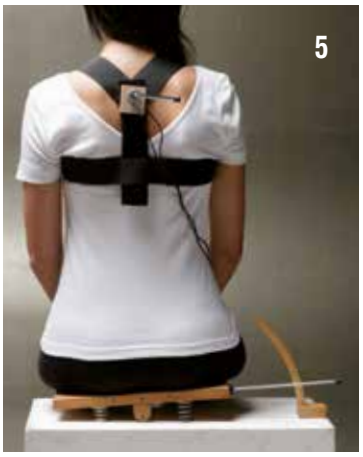
1. These aids help design tasks aimed at developing the kinematic recognition by the various body regions. In this case, the patient is guided towards recognizing the prono-supination positions for the forearm.
2. Weighing tasks can also be performed using the supports that can be fitted to the aids. Depending on their muscular capabilities, the patient is asked to press on the board to recognize the amount of load placed at the opposite end.



01314
LEONARDO GUIDE
Manual containing a sequence of exercises, showing the many possibilities for using the system.


3


4


5


6


7


8

Examples of applications

3. Fingers' weighing request while the patient's hand is placed on the small oscillating board. The aid's holes allow identifying the appropriate heights and lever arms; extending the aid allows for combining kinesthetic recognition tasks.

4. This aid covers a series of simple activities having the purpose of carrying out tasks that involve following trajectories laid by modeling the copper wire as required each time. Any possible inaccuracies in performing the task are highlighted by the feedback mechanism.

5. The patient is asked to reach various degrees of pelvis tilt, while trying to stabilize the trunk on the frontal plane through the inclinometer.

6. The patient lies on two oscillating boards and is asked to reach various degrees of pelvis tilt while keeping the board under the shoulder girdle stable. If the trunk is not segmented, the feedback system is activated.

7. The patient is helped to complete the dorsiflexion at ankle during the weight-bearing phase, asking him to wait for the acoustic signal from the goniometer before raising his/her heel from the ground.

8. In static posture, with segments aligned, the fixed antenna can reproduce the movement of the barycentre. The oscillations of the body, consequently the barycentre of the patient, are graphically indicated by the tip of the antenna.



01084

MULTIFUNCTION TABLE

This multifunction table was designed to be used in combination with a gym workout, along with the Leonardo kit. The system offers the chance to lay the therapist's case at a comfortable height, on a desktop provided with braked swiveling wheels. Exercises can be performed with the highest degree of flexibility thanks to two horizontal tops that can independently slide along two vertical steel tubes. A simple and quick fastening system has been designed to reach the various workstations. The table is fitted with a comfortable and safe, height-adjustable handrest for the patient, left or right side.



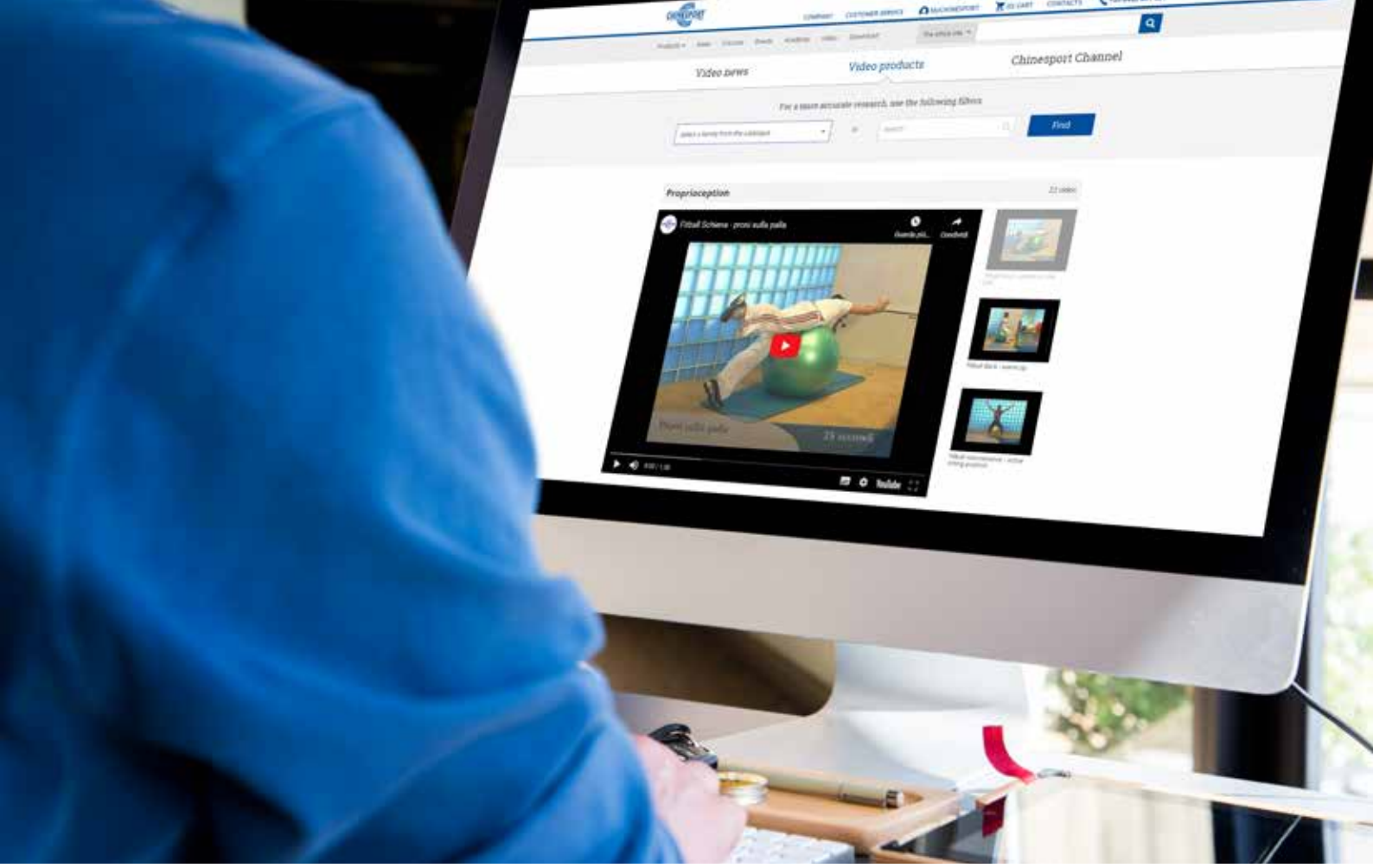
The patient is required to lower the board to recognize the various heights, while not pulling back the tibia in order not to activate the inclinometer. The result is the voluntary muscle lengthening of the plantar flexors.





Examples of applications

1. Abduction of the upper limb with the hand resting on the board positioned on the magnetized spheres. The thoracic indicator connected to the FB system, with its optimal calibration range, signals the failed dissociation between the trunk and arm.
2. The patient is asked to relax the limb, by flexing the left knee until the goniometer is activated in the flight phase. The laser applied at the side of the pelvic indicator describes the behaviour of the pelvis on the frontal plane, so as to quantify the elevation of pelvis or trendelenburg.



Chinesport's website has also been designed and set up for those using mobile phones or iPads, not necessarily because they are out-and-about or travelling, but because they wish to know more about it while using our catalogue or other documentation. We are constantly involved in publishing new detailed information, photos (now even bigger), videos and multimedia files that are worth sharing.

Point, and explore the video!



Chinesport, just a click away





For over 45 years we have been dedicated to developing and manufacturing high quality rehabilitation equipment and assistive devices. Today we are a global leader with excellent and long-standing business relationships worldwide.

The root of our company name refers to the italian word ***chinesiterapia***, or movement therapy. We strongly believe and adhere to ***movement culture*** as a way to prevent and cure injury and disease.

Our own medical-scientific training and educational program is continuously expanding and caters for all specialized rehabilitation fields. The ***Healthy posture for healthy movement*** concept is part of our approach.

CHINESPORT®

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