



Occupational therapy

7

CHINESPORT TOPICS

Professional tables	1
Electro-medical equipment	2
Passive and assistive exercises	3
Active exercises	4
Proprioceptive exercises	5
Pulley therapy	6
Occupational therapy	7
Standing and mobility	8
Tilt tables	9
Parallel bars and staircases	10
Walkers and walking aids	11
Treadmills	12
Tractions	13
Medical and postural gymnastics	14
Posture analysis	15
Hoisting systems	16
Hygiene solutions	17
Patient transport	18

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Occupational therapy



1. Teorema™ project - introduction	04
2. Libraries	08
2.1 Configurable tools	08
2.2 Grasp exercises and inserting	13
2.3 The magic snake	14
2.4 To work with one or two hands	16
2.5 Grasping and screwing	24
3. Structures	26
3.1 Configurable structures	28
3.2 Configured structures	31
4. Ergo mobile station	32
4.1 Key features	32
4.2 Accessories	35
5. Work tables	36
5.1 Key features	36
5.2 Models	42
5.3 Technical data	46
5.4 Some accessories	48
6. Instrumental evaluations	49

Occupational therapy, Teorema project

The main objective of occupational therapy is enable people to TAKE PART in everyday activities to the best of their abilities.

Upper limbs are extremely complex and represent one of the bigger challenges in rehabilitation, whether due to infantile cerebral palsy, Klumpke paralysis or any articular limitations caused by chronic inflammatory process such as in cases of rheumatoid arthritis and/or fibromyalgia. Even a simple peri-arthritis or tendonitis can be the cause of significant limitation in everyday activities.

The number of even relatively young individuals affected by hemiparesis following a stroke is on the rise, as are demyelinating diseases and cases of multiple sclerosis, with all the issues deriving from having an abnormal control of the limbs.

In order to improve the patient's quality of life as well as for those who care for him/her daily, therapy efforts must try to achieve the highest results.

To this end, the therapist needs a series of objects to both test patient's capabilities and difficulties in performing various actions, and to progressively train him/her to overcome them. It may be necessary to repeat the same exercise several times to obtain meaningful results, so significant help comes from having an availability of tools that can be used without the constant presence of a professional.

Reduced time and space, combined with a lack of suitable equipment that is easy to use, is a frequent cause for frustration both among patients and carers, and dramatically reduces the chances of recovery.

Often an experience of unsuccessful attempts at using everyday objects or games stops any other further attempt, limits the acquisition of new skills and reduces the possibility of self-sufficient activities, increasing the need for assisted care. A patient starting occupational therapy expects an exercise and training programme, with an active role in therapy, and often expects to recover that function.



Dr. Elisabetta Gaiatto

Doctor, Psychiatrist and Orthopedic Physician,
International Consultant for Occupational Therapy



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Making a patient aware of what type of grasp they are using or how they are able to bend or extend their elbow or wrist, or to what extent they are able to move their shoulder, is key to create a strong, comprehensive treatment and to set up a range of exercises that prepare them to re-gain independence when using various objects that are useful for home, work and spare time.

”



A WIDE RANGE OF WORK TOOLS

Using “neutral” objects and materials that are removed from any emotional significance because they are either non-personal or non-evocative, is more likely to push you into testing yourself, experiencing satisfaction at every small progress.

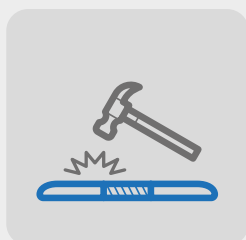
These modular aids can also be used in limited areas and suit every need, enabling an accurate evaluation and to achieve gratifying results for both the therapist and patients, whether they are children, adults or elderly, whether they suffer from musculoskeletal or neurological limitations or affected by attention deficit disorders or intellectual disorders.



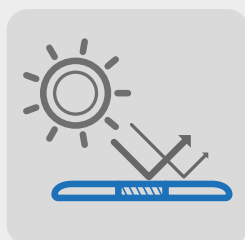
THE SPECIAL BASE

The base of all work tools of the TEOREMA project is made from highly resistant, anti-bacterial material of the highest quality, made to last over time without any alteration.

In particular it's resistant to water and UV rays and can be easily disinfected.



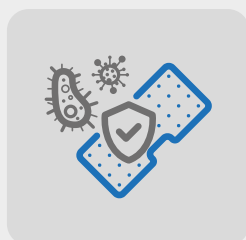
HIGHLY RESISTANT



UV RAYS RESISTANT



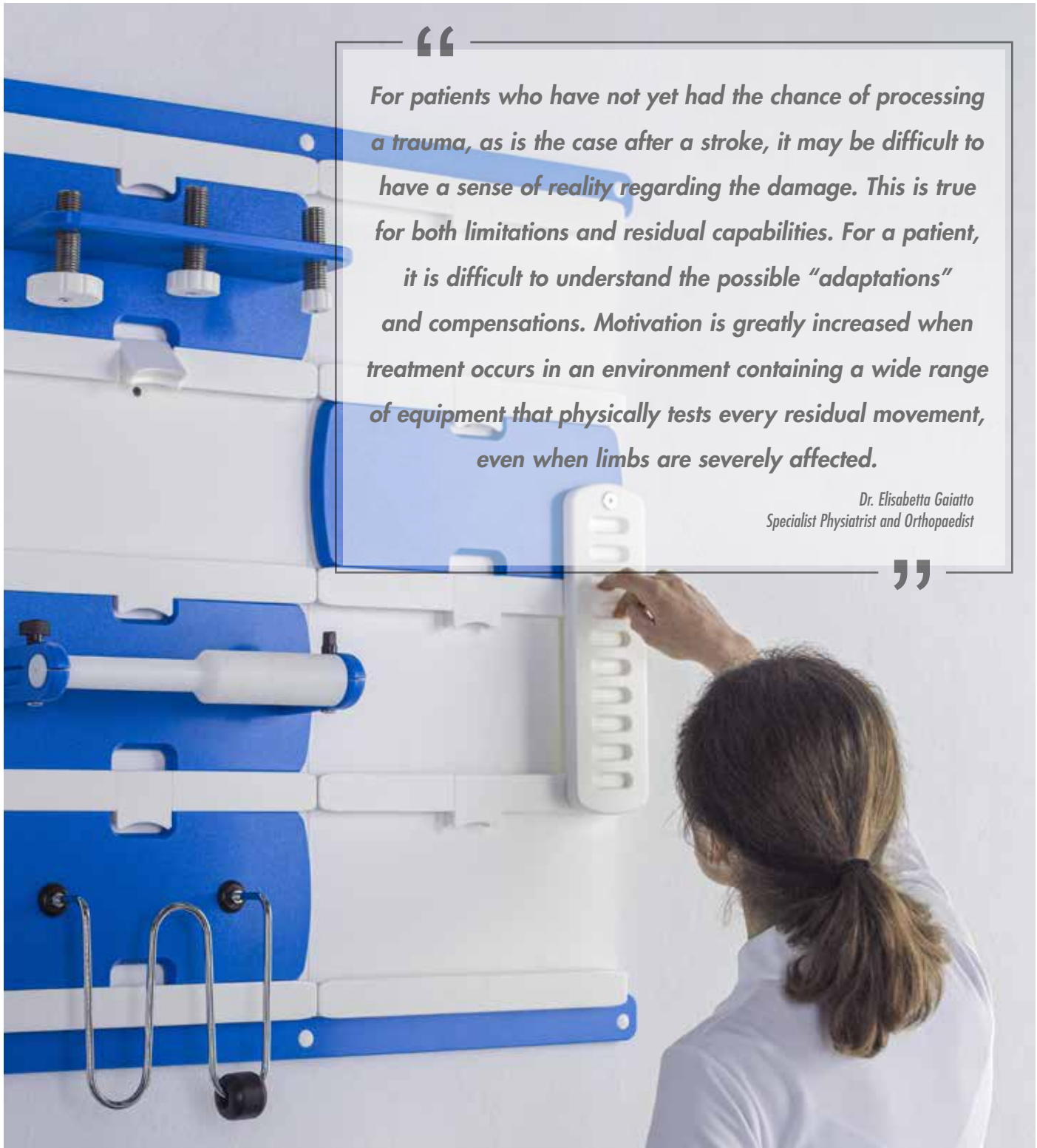
WATER RESISTANT



ANTI-BACTERIAL



EASILY DISINFECTABLE



“
For patients who have not yet had the chance of processing a trauma, as is the case after a stroke, it may be difficult to have a sense of reality regarding the damage. This is true for both limitations and residual capabilities. For a patient, it is difficult to understand the possible “adaptations” and compensations. Motivation is greatly increased when treatment occurs in an environment containing a wide range of equipment that physically tests every residual movement, even when limbs are severely affected.
”

Dr. Elisabetta Gaiatto
Specialist Psychiatrist and Orthopaedist

A FLEXIBLE USE OF THE WORK TOOLS

The work aids can be used under different conditions. For each aid, it is indicated on the following pages whether it can also be used in a vertical or inclined position. At this aim it is possible to use these aids with specific mobile or fixed wall structures, which can facilitate these different conditions of use. Further information is if the work aid can be used with one or two hands.



HORIZONTAL



VERTICAL



TILT



WITH 1
HAND



WITH 2
HANDS

WHEN THE CREATIVITY IS PART OF THE JOB!

OUR CONFIGURABLE WORK TOOLS

The standard set-up of an exercise tool belonging to this library can be subsequently integrated with similar or other elements to increase the range of tasks for the patient in the creative challenge for the occupational therapist or the specialist as well.

REHABILITATION GOALS

- Grasp: terminal digital, digito-lateral
- Joint mobility: interphalangeal joints, metacarpophalangeal joints
- Muscle strength (when inserting into holes and removing from holes)
- To practise grasping knobs
- Cognitive functions: orienting the hand in space, hand-eye coordination
- A variety of geometrical shapes can be created

“
The picture shows the **MAGNETIC GAMES** where “the metal plates” can be brought closer vertically (and dropped down - a very appealing game) or grabbed horizontally. Lifting the plate helps with tasks like pulling the tab in a drinks can, and using coins or buttons. The special half-moon shape provides an easier grip and an extremely innovative opportunity for interaction.

Dr. Elisabetta Gaiatto
Specialist Physiatrist and Orthopaedist

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WATCH THE
VIDEO



TWO OPTIONS FOR THE BASE MODULE



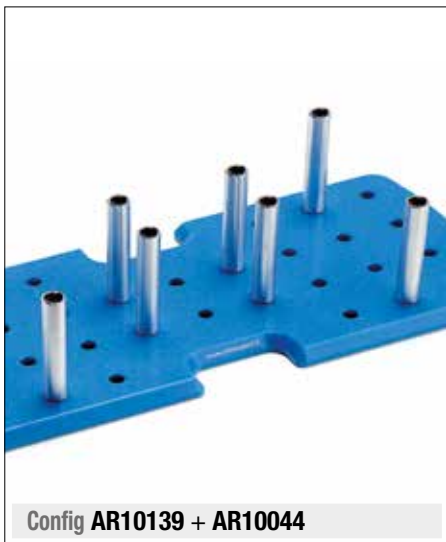
AR10044 HOLE BASE - SMALL BOARD

Base module with small rectangular shape and thirty holes to insert the elements freely. This module takes little space, it can be easily transported and used for therapy session at the patient's home. Dimensions: 39.5 x 17.5 x 1.7 h cm; Weight: 0.9 kg



AR10045 HOLE BASE - LARGE BOARD

Base module with large square shape and seventy-five holes to insert the elements freely. This module allows you to fit more elements, for a wider choice of exercises. Dimensions: 40.5 x 38 x 1.7 h cm; Weight: 2.1 kg



Config AR10139 + AR10044

AR10139 FANTASY STICKS SET 5

It's a set of 8 aluminum cylinders of 95 mm height and Ø 15 mm that can be grasped and inserted into a small or large base with holes. This aid enables the patient to practice better coordination and use of strength when inserting the cylinders. More tasks can be devised, for example weaving colored ribbons or elastic bands through the cylinders already inserted, or even counting, playing a line-them-up game, creating various shapes, inserting them one on each other. Dimensions: Ø 1.5 x 9.5 h cm; Weight: 0.7 kg



Config AR10141 + AR10045

AR10141 FANTASY STICKS SET 6

It's a set of 8 plastic cylinders of 95 mm height and Ø 25 mm that can be grasped and inserted into a small or large base with holes. This work tool enables the patient to practice better coordination and use of strength when inserting the cylinders. The therapist can create further tasks for the patient as described for instance for the aluminum ones, item code AR10139. These cylinders can be inserted one on each other too. Dimensions: Ø 2.5 x 9.5 h cm; Weight: 0.8 kg





AR10034 OLIMPIC DISC SET 2

The half-moon discs have a grip that is easier to grasp, using the hand in various positions and improving dexterity. The size has been designed to promote a grasp with an almost open hand and extending the metacarpophalangeal and Interphalangeal joints. These discs can be fitted on the metal or plastic cylinders. Inserting the discs into the cylinders helps practise the pronosupination of the wrist. You can also work on recognising, matching and seriating the various colours. Dimensions: 40.5 x 38 x 10.5 h cm; Weight: 4.1 kg



Config AR10034 + AR10044



AR10143 SPHERES SET Ø20/Ø40

A series of 8 spheres made from plastic material, four spheres are of 20 mm diameter and other four of 40 mm that can be grasped and inserted into a small or large base with holes. The spheres enable to practice the distal finger grip, thumb-index finger or thumb-index finger with the help of the other fingers. The different sphere sizes are conceived for different end users, i.e. children and adults. Sphere dimensions: Small Ø 2 cm; Weight: 0.2 kg
Large Ø 4 cm; Weight 0.7 kg



Config AR10143 + AR10044



Config AR10123 + AR10044 + AR10141

AR10123 ELASTIC SLALOM

This elastic cord with two 30 mm diameter rings at the ends is made to allow patients to exercise using "slalom" tasks between metal or plastic cylinders when inserted in the proper base. The patient follows a sequence determined by the therapist every time. Precision and coordination of movements are required to keep the elastic cord taut and to guide it during the exercise. One ring facilitates the patient to hold the elastic cord whilst he is "guided" by the therapist. The other ring has to be prior inserted in a cylinder item codes AR10139 or AR10141 to hold the end of the elastic during the exercise. Dimensions: 39.5 x 17.5 x 10 h cm; Weight: 1.5 kg



Config AR10135 + AR10045

AR10135 MAGNETIC GAMES SET

A set of 8 pins with magnetic top with 8 metal discs of four different colors (green, yellow, red and blue) The pins are conceived to be grasped and inserted into a small or large base with holes. This game is particularly enjoyable and versatile, as it can also be used for colour recognition as well as to help improve calculation skills and create shape and colour sequences. The magnet helps to pair the half moons, even when the patient experiences serious difficulties with basic tasks. Lifting the metal disc requires greater strength and accuracy. Plates can also be removed with the open palm facing upwards. Dimensions: 39.5 x 17.5 x 10.5 h cm; Weight: 1.4 kg



Config AR10037 + AR10044 + AR10007

AR10037 MAGNETIC GAMES SET 3

This is a series of 8 metal discs with a special, rewritable white film. They can be used to write numbers and letters individually, or in groups as an alphabet library, or in groups by words, to write numbers, draw shapes and mix everything with the colours. Turn them over, and they can be used as a memory game, trying to remember what was written on the other side. Dry-erase markers are recommended. These discs can be alternative the standard ones when used with the pins of item code AR10135. Dimensions: Ø 5 x 0.3 h cm; Weight: 0.5 kg



This kind of exercises of grasping elements of different shape and size improves the use of fingers and wrists, both in flexo-extension and pronosupination, and improves the use of elbows in flexo-extension, hand-eye coordination both in adult and adolescent patients.

Through a movement that is restricted to a track, the upper limb can move following a varied motor programme, while also working on retracting the shoulder-elbow-wrist joint. Helps improve writing skills and using keys in locks.



AR10047 TRACKS - SMALL BOARD

This aid comes with two different shaped aluminium pins, two different size spheres, and one plastic cylinder. These elements offer various handles and types of "grip". The two small aluminium pins are to perform accurate finger movements (one of these versions can replicate a key grip). The two spheres are also suitable for a child to "grasp" (for example, it can be grabbed using the palm of the hand). The cylinder with \varnothing 25 mm and 90 mm height is for grasping with the palm or finger tips depending on the patient's capabilities or the movement you wish to perfect. This exercise aid is intended for who needs to learn and practise skills they have never used before or have lost after a trauma injury to the limbs or due to neurological lesions. Helps improve writing skills and using keys in locks. Dimensions: 39.5 x 17.5 x 6 h cm; Weight: 1.3 kg



AR10048 TRACKS - LARGE BOARD

This aid comes with two different shaped aluminium pins, two different size spheres, and one plastic cylinder as in item code AR10047. However the base is larger with several paths. The elements offer various grips and types of "grasp". This work tool has same use destination of item code AR10047. Dimensions: 40.5 x 38 x 6 h cm; Weight: 2.4 kg



WATCH THE VIDEO



Teorema Project *The Magic Snake*

The aids from the MAGIC SNAKE range are especially suitable for patients with difficulties in pronosupinating the forearm; they have also proved to be effective when mounted in the shape of a semi-circle, including after Klumpke paralysis and to improve shoulder mobility, by sliding the various components along the supporting tube.



AR10053 MAGIC SNAKE 1

This aid primarily consists of a rectangular base module with a flexible plastic tube that can be bent and shaped as you wish to create the desired shape/path. The tube ends can then be slotted into the base. The kit also includes a “goose bill” hook, a ring and a disc, all with different sizes, grips and weight, that can be guided along the path defined by the shaped tube. This aid offers complete freedom in creating different movements and grips. Dimensions: 39.5 x 17.5 x 40 h cm; Weight: 1.5 kg



AR10054 MAGIC SNAKE 2

Unlike item AR10053, this aid consists of two rectangular base modules with a rigid plastic tube that can be bent and shaped as desired. The tube ends can then be slotted into the bases.

The kit also includes a “goose bill” hook and a ring that can be guided along the path defined by the shaped tube. This aid offers complete freedom in creating different movements and grips. Dimensions: 39.5 x 44.5 x 40 h cm; Weight: 2.7 kg



ADAPT THE SHAPE TO THE EXERCISE!

Various exercise strategies and settings can be used so that the patient makes movements with their hand, following the shape put on the tube by the therapist.

The picture shows the exceptional flexibility of the plastic-coated tube that comes as standard with all the work aid kits from the MAGIC SNAKE range, which means that it can be easily adapted to the path shape preferred by the therapist.

Once set, the shape remains the same until the next change.





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It can also be used for individuals who experience pain at the wrists or repetitive and prolonged use of wrists and fingers (e.g. mouse and PC). Fitting and removing the hooks also facilitates the flexo-extension of the wrist.
”

*Dr. Elisabetta Gaiatto
Specialist Physiatrist and Orthopaedist*



 WATCH THE VIDEO 



AR10008 HORIZONTAL SPIRAL

The aid exercises the subject in pronosupine positioning hand movements. Specifically, the subject is asked to keep the ball between the first three fingers on the hand and guide it over the sinusoidal path. This exercise means that the large pronosupine positioning joints in the forearm are used to the maximum. It is therefore useful to monitor the patient's behavior while executing this task. Any incapacity to explore the maximum levels of supine positioning could be compensated for by bending the trunk on one side, while limitation of prone positioning will cause early and excessive movement of the arm away from the trunk. Dimensions: 39.5 x 22 x 32 h cm; Weight: 2.5 kg



AR10009 VERTICAL SPIRAL

An instrument similar to the horizontal spiral, but different in that this exercise calls for greater involvement of the upper limb. In addition to prone-supine positioning movements of the forearm on must, in fact, use arm movements that must guide the hand in the twisting movements. The aim of the task is to exercise the upper limb in a complex movement that calls for a good level of skill and fluid movements. Dimensions: 39.5 x 17.5 x 28.5 h cm; Weight: 2 kg



AR10010 OBLIQUE SPIRAL

This aid involves work on the horizontal plane. The elbow bends and extends to reach the curves on the flexible element. Inclined radial / ulnar movements are required to get past them. Positioning on a vertical panel: in this case the instrument lies on the vertical plane. This instrument is therefore similar to the vertical spiral, but differs in that positioning it at various heights and working in an upright position, obliges the subject to achieve greater bending and extension of the arm. Dimensions: 39.5 x 29 x 10 h cm; Weight: 1.8 kg





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Seeing how an upper limb can recover its capabilities and be used to gain more independence in everyday tasks, even after a trauma, neurological condition, arthritis, arthrosis or stroke, improves the patient's general well-being and brings joy to family members and therapists too.

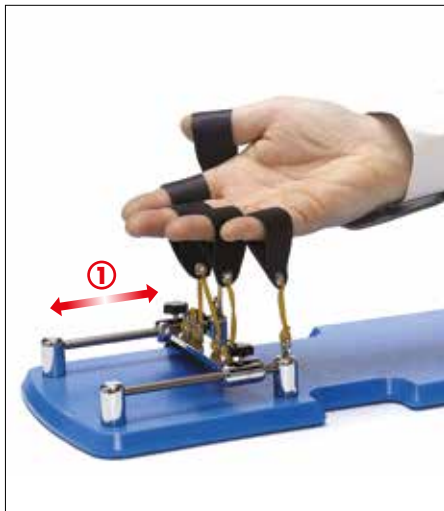
*Dr. Elisabetta Gaiatto
Specialist Physiatrist and Orthopaedist*

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Teorema Project *To work with one or two hands*

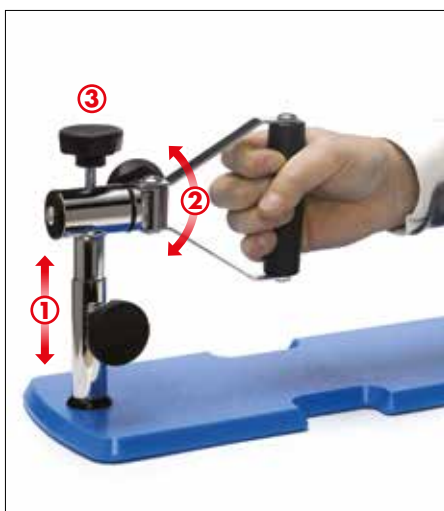
AR10012 FLEXO EXTENSION

The patient puts their forearm into a support that holds it in place. The fingers are connected to the elastics by means of fixings put over the fingers like rings. A sliding adjustable system ① makes it possible to keep the optimum 90° angle between the phalanxes and the elastics. The tension in the elastics keeps the fingers' flexing muscles extended, changing the passive rigidity over time. Exercises can be done with concentric, eccentric and isometric contractions by the flexing muscles. The supports are in chromed metal, while the finger inserts are in atoxic imitation leather, and both the length and resistance can be adjusted in each individual finger elastic. Dimensions: 39.5 x 17.5 x 19 h cm; Weight: 2.3 kg



AR10014 PRONE SUPINATION

This aid is used to invite and guide the patient through prone supination tasks with the forearm. Two knobs below the equipment ① are used to position it correctly for the patient. The proximal support on which the forearm is placed must be adjusted to a height that keeps the shoulder in a comfortable, neutral position. By raising and lowering the adjustment element with the elbow flexed, the position is changed to extra/intra rotation of the upper limb respectively. The knob nearest to the handle ② is used to adjust it to the correct tilt on the prone supination plane. The upper knob ③ is used to adjust a system that is able to provide resistance to the movement by the patient, which can be varied in intensity. The patient is therefore asked to overcome the resistance offered by the aid, and the extent of that resistance is determined by the therapist in relation to the therapeutic goal. Dimensions: 46 x 17.5 x 19 h cm (can be raised to 22 cm); Weight: 2.6 kg





AR10050 LADDER 10 WITH HANDGRIP

When put up on a horizontal surface in front of the patient, the active work required in using the ladder with the fingers will involve the proximal joints, extending the elbow and flexing the shoulder. In doing this progressive task using their fingers, the patient develops fluidity and coordination, alternating a flexing movement with one finger with the simultaneous extension of the other to reach the next step.

When positioned on a vertical panel, the ladder is positioned on the same axis as the support module, due to bulk considerations, and is rotated and used vertically. This is particularly useful when you wish to get the shoulder to a greater degree of flexing. Dimensions: 39.5 x 17.5 x 16 h cm; Weight: 2.2 kg



When positioned on a surface at a variable tilt, the exercise proposed can be useful for teaching the patient to align their trunk correctly, in order to achieve the change in position from seated to standing upright. Patient seated a little away from the table. The aid is positioned so that it reaches the furthest reach of the fingers, with the elbow extended. Their centre of gravity is sufficiently in front of them to allow them to lift themselves up.

THE ADDITIONAL HANDGRIP

In addition an handgrip is included in the standard supply to enable the wrist and elbow to flex and extend, and the shoulder to be mobilised. The hangrip can be turned and makes it easier to be grasped either from above or from the side.

This aid can be placed on different surfaces and at a different distance, even on the knees of a seated patient, to help move the hand and wrist, as well as the elbow and shoulder.

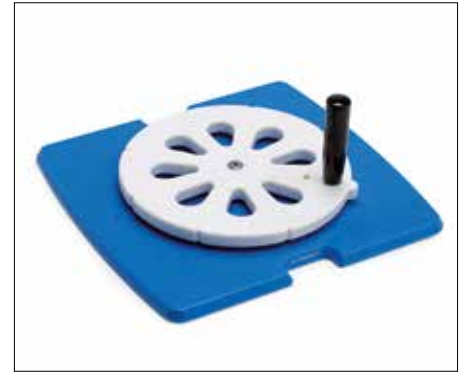


Teorema Project *To work with one or two hands*



AR10049 ROLLING WHEEL

The patient can practise performing a semi-circle or a full circle. The knob can be turned and makes it easier to be grasped either from above or from the side. This aid can be placed on different surfaces and at a different distance, even on the knees of a seated patient, to help move the hand and wrist, as well as the elbow and shoulder. Repeating the exercise provides remarkable benefits to recover mobility in the shoulder and shoulder blade even when affected by chronic periartthritis, arthrosis or rheumatoid arthritis, as well as in individuals with neurological deficiencies and muscular conditions. Dimensions: 40.5 x 38 x 16 h cm; Weight: 3.1 kg



AR10056 CLIMBY

This innovative aid makes it possible to adjust the metal structure tilt. It helps improve coordination when using both upper limbs by gradually mobilising the shoulder, elbow and wrists while keeping hold of the bar with the hands. It can also be used by individuals with serious lack of strength and resistance. Using the bar, one limb helps the other. This exercise aid is a favourite among people with spasticity or hypotonicity, periartthritis, shoulder arthrosis or hemiparesis. Dimensions: 43 x 38 x 64 h cm; Folded: 43 x 75 x 10 h cm; Weight: 6 kg



AR10011 WORM SCREW

An aid that is useful for a patient to work independently in order to recover joint function between the interfalangx on the finger. To do this, the subject must combine adequate joint movement and muscular function, with good coordination of hand movements. This aid provides the possibility of making a small adjustment to the resistance to rotating the bar. This has 2 difference diameters, in order to make it more suited to the type of exercise / patient. Dimensions: 39.5 x 17.5 x 15 h cm; Weight: 2 kg





AR10051 BASKET

The purpose is to practise passing objects through a certain gap upwards and downwards, or sideways (from right to left, or left to right), as well as to try hooking up everyday objects on the edge. It is ideal when used in combination with the structure AR10004 ERGO 400 to perform exercises at different heights. It can also be used to pass different balls through the hole. Dimensions: 39.5 x 17.5 x 26 h cm; Weight: 1.3 kg



AR10018 CUPS

To grip the cup it is important to have good skill in using flexing/ extending muscles of both the hand and the rest of the upper limb in a harmonious manner, for the reaching and subsequent gripping phases. You can also work on the patient's capacity to open their hand to grip / release the cup at various heights. Common disposable plastic cups can be inserted. Dimensions: 39.5 x 17.5 x 13.8 h cm; Weight: 1.3 kg



AR10052 HANGER

This aid enables to perform actions like hooking and sliding items with different grips on a bar. The basic kit has two "goose bill" hooks with through-hole, a ring and a disc. In particular, it enables to practise and simulate placing paper rolls (the bar can be removed and replaced multiple times), as well as simulate a coat hanger with the addition of hooks that can also slide along as it would happen with curtains. Dimensions: 39.5 x 17.5 x 17 h cm; Weight: 2 kg



Teorema Project *To work with one or two hands*



AR10015 LATCHES

A “sliding” latch (element on the left in the photo): due to this instrument’s size, the patient has to have a fine grip using the first three fingers. Also they must associate a small movement in the vertical plane to free the latch and move it along the horizontal plane. The patient can also be asked to do this task without using the visual channel, which means that they must rely on tactile-kinaesthetic information. A “turning” handle (shown on the right in the photo): in this case the grip involves control with the thumb and side of the second finger. A supination and pronation rotating force is required to turn the handle. Dimensions: 39.5 x 17.5 x 4.5 h cm; Weight: 1.3 kg



AR10017 HANDLES

Made up of a window handle (180° rotation about a central pin) and door handle (90° rotation about a pin to one side). Depending on how the aid is positioned on the wall panel, the latter can be used with the right or left hand. Dimensions: 39.5 x 17.5 x 8 h cm; Weight: 1.5 kg



AR10016 ELECTRICITY

Inserting a plug in a socket is a task that calls for attention, coordination and evaluation of the force to do so safely. The patient must grip the two elements firmly in their hands and connect them to one another. To activate the switch, the finger must be positioned on the correct half of the button. This task can also be done using two fingers. To do a rhythmic alternating movement, selectivity is required in calling on the two fingers to flex in succession. Dimensions: 39.5 x 17.5 x 8.5 h cm; Weight: 1.3 kg





AR10020 LACES

On one side this aid has laces with holes and “eyelets” (closed rings), and on the other laces hooked in an “oblique” direction by chromed hooks, both of which are found on many types of footwear. Positioned on a vertical panel: to do these tasks, applying pressure by opposing endings is essential. This grip is finer and more precise because it makes it possible to hold an object securely. Positioned on a table: In this position the task is made easier than when positioned vertically, due to the fact that the patient is not tired out by having to keep their arms raised and stabilised during the task. Dimensions: 39.5 x 17.5 x 2.5 h cm; Weight: 1.1 kg



AR10019 CLIPS AND BUTTONS

The aid comprises 4 press studs on the one side and 4 buttons like those found on many items of clothing on the other side. As regards the aid with the four press studs, significant pressure force is required from the tip of the first finger. As regards the task of doing up buttons, greater precision and independence of action by each finger is essential. Dimensionis 39.5 x 17.5 x 2.5 h cm; Weight: 1.2 kg



AR10021 BUCKLES

Good eye-hand coordination is required to insert the buckle. To tension the parts once inserted, a sub termino-lateral grip is used. This aid has a clip belt buckle on the one side that can be altered in length, and an end complete with zip that can be opened. The clip belt buckle also requires good coordination and significant force has to be applied by the thumb, opposing the index finger to clip the fixing device in place. Dimensions: 39.5 x 17.5 x 4 h cm; Weight: 1.1 kg



BASE FOR SCREWING



AR10064 BASE FOR SCREWING

Support made of anti-bacterial polyethylene that is water and UV ray resistant and easy to sterilise. The picture shows the specific base with holes used in combination with both the pins and the knobs for a progression in the level of difficulty of the gripping and screwing exercise. Dimensions: 39.5 x 17.5 x 13.8 h cm; Weight: 1.5 kg



Config AR10064 + AR10122

AR10122 SET OF PINS

This set has five pins of different head shape for various levels of difficulty in grasping and screwing by using the fingers. (set of 5 pieces). In this way the pressure of the thumb and index finger oppose the pulp side of the palm. This grip also coordinates the flexing gripping muscles of the first phalanx of the thumb: short flexor, first palm interosseus, and short abductor. There is also a two-handed task, in which one hand acts to secure the screw, while the other is involved in a rotation task to tighten / loosen the bolt. The picture shows the specific base with holes code AR10064 used in combination with pins of different head shape.

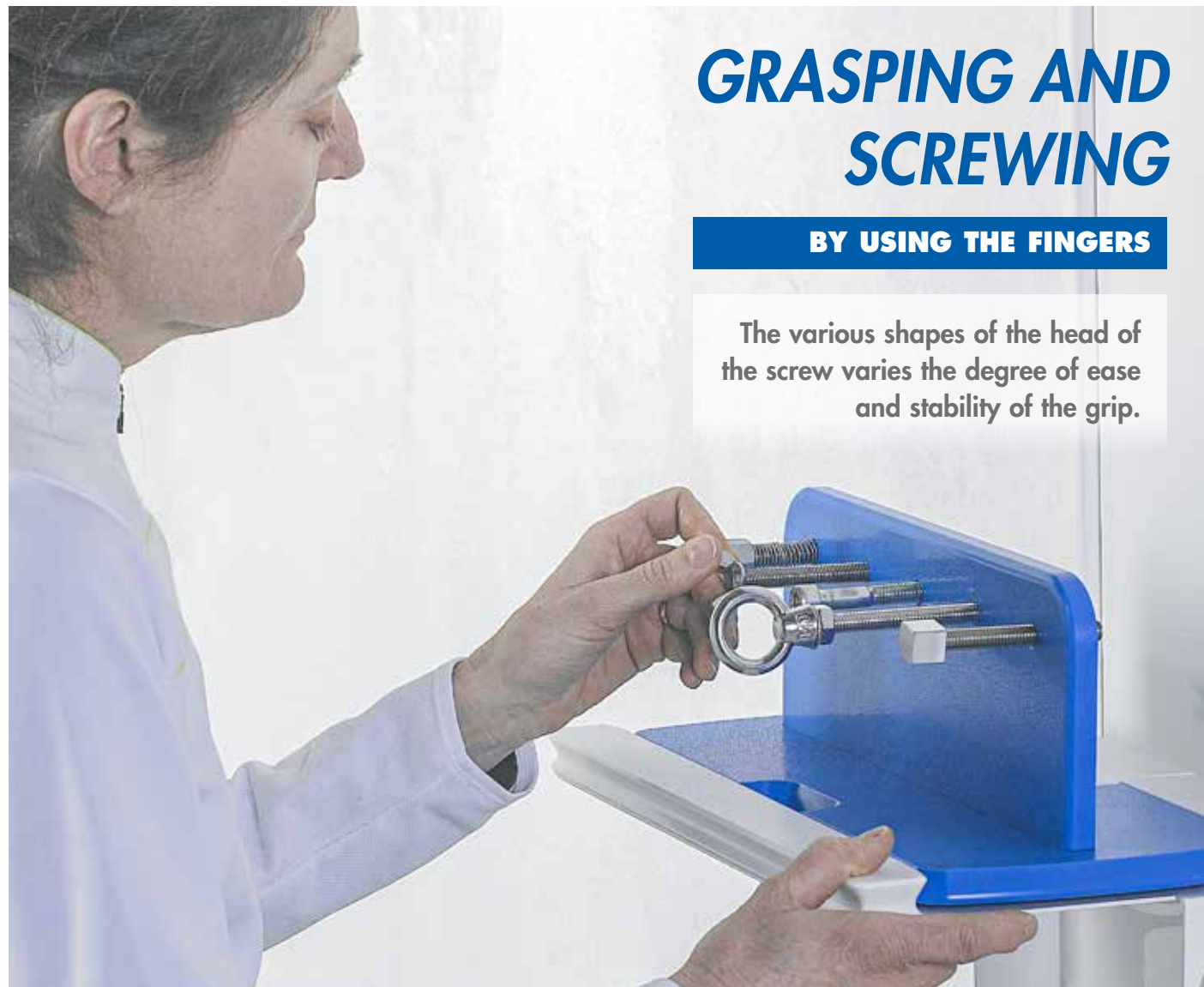


Config AR10064 + AR10124

AR10124 SET OF KNOBS

This is a set of three knobs with different diameter for varying levels of difficulty in grasping and rotating by hand. (set of 3 pieces). The tightening / loosening action involves a three-finger grip in which the thumb is positioned to the side, while the phalanx on the middle finger opposes the index finger. The role of counterposing the middle finger to the thumb is reinforced by the support that the third finger gets from the fourth and fifth fingers. The three different head diameters provide for increasing the complexity of the task. The picture shows the specific base with holes code AR10064 used in combination with both the knobs of different diameter.





GRASPING AND SCREWING

BY USING THE FINGERS

The various shapes of the head of the screw varies the degree of ease and stability of the grip.



08258 CUBE THERAPY

A Plexiglas cube for rehabilitation of the wrist and fingers. The exercise involves tightening and loosening nuts in the holes formed in the cube's sides.

After many years of effort in rehabilitating patients suffering from complex conditions and multiple disabilities, we have further extended our Teorema programme with the critical contribution from patients and their families.





MODULAR AND FLEXIBLE

Modularity comes into its own with the variety of solutions proposed for executing occupational exercises, which can be done in a standing position or seated.

Also panels are offered for wall-mounting, which can be configured and are of various types. These panels can be fitted with the most useful aids in each case, chosen among a wide library. Using the same space for the wall panel it is therefore possible to vary the therapeutic exercises the patient is to carry out.

Minimal time is required for the therapist to set up the panel, and no tools are required.



DIFFERENT DIFFICULTY LEVELS

This results from the need to provide the patient with the possibility of making the exercise better suited to their limitations. Once the aid to be worked with has been identified, it can be positioned at the correct height. The possibility of positioning the individual work aid higher up brings gradualness and progression to the exercise, as the patient improves. Also, the same work aid can be used in a horizontal position or inclined between 0° and 90°.



AR10003 ERGO 100

This is a configurable panel that can be attached to the wall. The panel is designed to hold up to four exercise modules with a rectangular base, chosen among our available libraries. No tool is required to reposition an individual module at a different height. The module is inserted by sliding it into specific guides, and easily locked in place using a lever device. The possibility of positioning the module higher up allows for adapting the exercise gradually and progressively according to the patient's improvement. The structure is supplied with specific hardware. Dimensions: 39.5 x 4 x 86 h cm; Weight: 5 kg



Easy insertion of the aid and tool-free locking system once positioning has been completed.

AR10025 ERGO 200

This is a configurable panel that can be attached to the wall. The panel is designed to hold up to two exercise modules with a square base, chosen among our available libraries. Similarly to ERGO 100, each individual module can be used at a different height and secured using a lever system. The structure is supplied with specific hardware. Dimensions: 39.5 x 4 x 86 h cm; Weight: 4.8 kg



AR10005 JOINING SET

Two panels that are already configured (ERGO 10 and ERGO20 models) or can be configured (ERGO 100 or ERGO 200 models) can be put side by side, precisely, using two joining elements made of anti-bacterial polyethylene that is water and UV ray resistant. Joining set is supplied with specific hardware. Dimensions: 85 x 1.5 x 5 h cm (piece); Weight: 0.95 kg (pair)



AR10004 ERGO 400

This is an advanced wall-mounted panel, set up for using a single work aid at a time. The module is inserted by sliding in specific guides, and locked in place using a lever device. The aid can now be easily adjusted in height without any tools or repositioning, making variations and progression possible when executing the same exercise. The adjustment system is simple and does not require any force on the part of the therapist. The aid can therefore be adjusted between 54 and 200 cm, at 2.5 cm intervals. The aid attachment also makes it possible to do the same exercise at a tilt of 0° to 90°, from vertical to horizontal. The work module can be freely chosen from the libraries available. The structure is in metal and is supplied with specific hardware.

Dimensions: 46 x 24.5 x 202 h cm; Weight: 32 kg



54 ÷ 200 cm



WATCH THE
VIDEO





Rotation through 90° of the TILT ERGO structure fitted to a configurable ERGO 100 wall-mounted structure-. Makes it possible to change the tilt on a single work aid while exercising in an upright position.

AR10007 TILT ERGO

This structure makes it possible to vary the tilt on an individual work aid by 0° to 90°, and can be adjusted to any intermediate position. This makes it possible to extend the opportunities for executing the same exercise in terms of commitment and difficulty.

Also, it can be used horizontally, with the patient sitting, or vertically by fitting the element to a configurable ERGO 100 panel while the patient is standing. The structure is in painted metal, while the base is in anti-bacterial polyethylene that is water and UV ray resistant and easy to sterilise. Dimensions: 46 x 26.5 x 14 h cm; Weight: 4 kg



Sequence showing how to insert a sample module in the TILT ERGO structure. The task of changing the work aid when necessary is quick and easy.

AR10026 TILT ERGO 2

It can either be used horizontally, or vertically, by fitting a configurable ERGO 200 panel. However, we recommend not using it vertically if aids are heavier than 3 kg. It has a larger square base that provides total stability for use with any type of exercise aid. This item can also be used as tilting storage tray or as computer keyboard stand. Dimensions: 46 x 38 x 14 h cm; Weight: 5.2 kg



AR10006 ERGO TABLE

Individual work aids can also be used while seated, for example adding this specific fold-away, wall-mounted table. This service table blends in with any other vertical structures available, in terms of materials and aesthetic characteristics, and can be combined with one of them. The structure is in painted metal, while the worktop is in anti-bacterial polyethylene that is water and UV ray resistant and easy to sterilise. The worktop is also shaped to make it more ergonomic for cases of use by patients in wheelchairs. When not in use the service table can be folded away. It comes with specific hardware. Dimensions: 80 x 61.5 x 73.5 h cm; (folded down, 80 x 12.5 x 77 h cm); Weight: 16.5 kg





AR10001 ERGO 10

This is a wall mounted panel that is fitted with a library of 7 aids to simulate everyday domestic activities. In particular, the configured panel consists of the following aids: Window handle, Door handle, Rotating latch, Sliding latch, Switch, Electric plug with adapter, Wall spiral. The already fitted panel is supplied with specific hardware. Dimensions: 39.5 x 9 x 89 h cm; Weight: 5 kg



AR10002 ERGO 20

This is a wall mounted panel that is fitted with a library of 7 aids to simulate everyday dressing activities. In particular, the configured panel consists of the following aids: Series of buttons, Series of press studs, Series of horizontal laces, Series of criss-cross laces, Buckle with quick release adjustable belt, Zip kit, Worm screw with adjustable resistance. The already fitted panel is supplied with specific hardware. Dimensions: 39.5 x 9 x 89 h cm; Weight: 5.5 kg



KEY FEATURES

1. Frame

The frame is made of metal painted with epoxy powders, and the sides are grid-shaped so that they can be also used as anchoring points at different heights for application of elastic bands, tubes of different resistance, ropes, handles, allowing wider range of mobility exercises and muscle strengthening of the upper limbs. There are also some extension metal parts as accessory to also use more the workstation in vertical and allow exercises at variable height.

2. Work surface

It can be equipped with a removable sliding work surface for use by sitting. The patient can also access from a wheelchair. The top is made of wood with a thickness of 3.5 cm. It has a width of 93 cm, and a depth of 58 cm. When the worktop is not needed, it can be easily stored inside of the station, sliding the surface on lateral guides. A locking system guarantees the impossibility of an involuntary release.

3. Shelves

The station is equipped with three standard wooden shelves for storage of the various work aids supplied. The work tools are, therefore, easily recognizable and accessible in the alternation or progression of the exercises to be proposed to the patient. The intermediate shelf can be adjusted without tools at different height.

4. Mobility

The station is mobile, and has side push handles on both short sides. The swivel wheels are 75 mm diameter, and with individual parking brake. The station can be transferred to different rooms of the same center, where different patients need to work with. Furthermore, a shorter time is guaranteed for collecting and making available the various tools required for a specific therapy session.

5. For exercises on a tilt plane

For specific exercises on a tilt plane, please refer to our height adjustable work tables, or you can use specific additional structures conceived at this aim for exercises with work tools of the Teorema project. A TILT ERGO structure can be ordered.



Ergo mobile station *Key features*

MADE IN ITALY

7



OCCUPATIONAL THERAPY

 WATCH THE VIDEO 

Ergo mobile station *Key features*



AC0654 TEOREMA WORKSTATION A

The Teorema station was conceived to satisfy different needs of the therapist and the center. It hosts the work modules of the program of occupational therapy.

It is a station which in its basic structure includes three support shelves and an extractable work surface. It can be implemented with metal structures for vertical development.

In this way it is possible to perform exercises or the same exercise gradually at different heights and based on the patient's performance level.

It is equipped with Ø 7.5 cm wheels with individual brake, and push handles on both sides. This workstation can be used by multiple therapists, even in different environments within the same center.

In more advanced configurations it can become a working station, multifunctional and usable by multiple patients at the same time.

Dimensions: 106 x 68 x 82 h cm; Weight: 38 kg

EXAMPLE OF FITTED ERGO MOBILE STATION

AC0658	REMOVABLE SHELF	1 pc
AC0659	CONTAINER TRAY	2 pcs
AC0657	SET OF PANEL HOOKS	3 pcs
AC0656	MOBILE EXTENSION	3 pcs
AC0668	ADDITIONAL SHELF	2 pcs
AR10003	ERGO 100	3 pcs
AC0655	FIXED SUPPORT	1 pc





ACCESSORIES

These accessories have been designed to be added at any time, even after purchasing the Teorema mobile station.

In particular, they perform the function of increasing the useful support space or storing the aids supplied, and to expand the possibilities of exercises at different heights.



AC0655 FIXED SUPPORT

This element can be fitted on a long side of the Ergo mobile station - code AC0654, and is available to allow another mobile extension accessory to be fitted - code AC0656. Dimensions: 62.5 x 3 x 71 h cm; Weight: 1.2 kg



AC0656 MOBILE EXTENSION

This is inserted into the specific seating on the short sides of the Ergo mobile station - code AC0654, or on the additional fixed support - code AC0655, and is used to extend the structure vertically and to allow configurable Ergo 100, Ergo 200 and container trays - code AC0659 or other equipment to be hooked to it. Dimensions: 62.5 x 3 x 79 h cm; Weight: 1.4 kg



AC0658 REMOVABLE SHELF

The worktop is inserted into metal guides that run on spheres. It can therefore be used by pulling it out when needed and applying the locking system. Dimensions: 85.5 x 63 x 8 h cm (height from the ground 73 cm); Weight: 6.5 kg



AC0659 CONTAINER TRAY

It is a plastic container to be attached laterally on both internal/external sides of the Teorema structure. It is meant for collecting all small mobile occupational therapy objects such as cylinders, spheres, discs. Multiple containers can also be applied to the same station. Dimensions: 45 x 15 x 15 h cm; Weight: 0.6 kg



AC0668 ADDITIONAL SHELF

It is a solid shelf applicable to configurations C, D and E of the TEOREMA mobile station. The shelf attaches quickly and without tools. It can be positioned at different heights, to optimize spaces, compatibly with a subsidy, possibly placed on the floor below. Dimensions: 93 x 58 x 3.5 h cm; Weight: 5kg



AC0834 GRID FOR TEOREMA WORKSTATION

The grid is made from high-strength steel 5 mm diameter bar mesh with scratch-resistant plastic coating and 5 x 5 cm mesh. It can be easily fitted to the Ergo mobile station without hardware. It requires two mobile extension modules accessory code AC0656. Dimensions: 93.3 x 60.5 x 7.1 h cm; Weight: 5 kg



AC0835 PANEL HOOKS

In addition it's possible to hang on the grid the configurable ERGO 100 and ERGO 200 panels with special hooks. The accessory has to be fixed to the mentioned panels.



AC0657 SET OF PANEL HOOKS

This set of four elements is used to set up configurable ERGO 100 and ERGO 200 panels to be hooked on the vertical structure obtained by fitting the mobile extensions. Hardware for fitting the set on the standard panels provided. Dimensions of an individual hook: 14.5x 4.5 x 6 h cm; Weight: 1.1 kg

Work tables *Key features*

Our work tables are adjustable in height by means of a gas spring assisted system. Height adjustment is fast, silent, effortless, and the table does not require particular maintenance over time.

The ergonomic adjustment handle is positioned immediately under the top.



ADJUSTABLE FRAME HEIGHT

VERY EASY TO MOVE

With a light, robust and reliable design, it adjusts in height quickly. It is a steel structure painted white with epoxy powders.

It is equipped as standard with swivel, non-marking wheels and with individual brake. Once the wheel brake is activated, the occupational table remains extremely stable where it is positioned.

The occupational table can, therefore, also be moved or transferred easily from the environment



INCLINED PLANE FOR THE SUBSIDIES

Our occupational tables, and in particular the tilt-adjustable models, can be used together with various work aids of the Teorema project for a simulation of different activities of daily living and in the context of upper limb rehabilitation programs.

The work aids are equipped with non-slip rubber pads which allow the aid to remain stable on the surface of the worktop during use. The inclination adjustment of the work surface can also help to create variations in the graduality or progression of the same exercise.



TILT ADJUSTABLE

THE CONFIGURATIONS OF THE WORKTOP

The top of our occupational tables is made of wood with rounded edges and is 2.3 cm thick. Various top configurations are available for width and depth dimensions.

The worktop can also be composed of one or more sections, and be fully or partially adjustable in angle.

Finally, there are configurations with a concave shape on the user side for greater accessibility and approach to the worktop itself.



ACCESSIBILITY FOR EVERYONE

The base of the structure of our occupational tables allows accessibility even with wheelchairs of various width dimensions.

The height of the table can thus also be adjusted, so that the workstation adapts ergonomically according to the special seating position of the wheelchair user.

FOR GREATER SOCIALITY



THE PERSON IS ALREADY STANDING

A height-adjustable table can become a meeting point for several people, and also a useful support.

The person already standing at the table may be better prepared for small movements on the place, internal transfers, and mentally available to welcome and deal with a colleague, a family member who approaches.

If otherwise one remains seated for a long time it is possible that the same posture of the person, in front of a computer screen, in addition to losing his physiological curves, communicates an attitude of closure, alienation, unavailability in that moment to others.

When you are already standing, even if in a static position, it is as if you were already ready to move, to meet the others; you can also be more available for internal transfers to another office, another environment, seeking more direct conversations with people rather than virtual relationships or email correspondence.

TOO OFTEN WE ARE SITTING!

Too often we are sitting, at home, in the car, in the workplace, and this has negative effects on our posture and on the structures that stiffen. It's a bad habit that's part of today's lifestyle, but we can reprogram ourselves. The presence of a height-adjustable table can be a great stimulus, in prevention, reminding us that we can carry out the same activities at the table in alternating conditions, i.e. a little sitting and a little standing.



ADVICE FOR THE SEAT TO MATCH

We recommend combining a height-adjustable table with a chair or stool with wheels, to be moved more easily for create an alternation of sitting / standing work, or even the use of a large ball which allow mobilization while sitting.





IT'S ALSO USEFUL FOR EXERCISE

The occupational table top is made of wood with a thickness 20 mm and has rounded edges. It can become, adjusted conveniently at different heights, a valid reference and point grip for a variety of range-of-motion and training exercises stretching in place, as it might be with a wall bar.

In particular by leaning on or grabbing the edge of the top of the table at different heights can be carried out safely exercises for the back, for the lower limbs and for the upper limbs. In in this case it must be ensured that the table structure is with the wheel brakes activated.



While standing at the occupational table it is possible to take further benefits also from the combined use with a “stepper” or another tool such as the “Movin step” for alternate movements in flexion extension of the legs, stimulation, massage of the soles of the feet, or for proprioceptive exercises.



7



OCCUPATIONAL THERAPY



08461 FUNCTIONAL TABLE

With tilting plane

Occupational table with one section adjustable in height from 68 to 105 cm by means of two quality gas springs, and an ergonomic handle applied under the work surface. The handle can be reached by hand and activates the springs for quick, silent and effortless adjustment up to the desired height of the top. This feature allows the user to work on the top in a sitting or standing position, or in an alternation of the two conditions.

The top is made of wood, thickness of 2.3 cm. It is manually adjustable in inclination up to 45°, and can be adjusted in numerous intermediate positions. The edges of the top are rounded.

The table is characterized by a solid steel structure painted with white epoxy powders. This structure is equipped with Ø 7.5 cm swiveling, non-marking wheels with individual brakes. The table can therefore be easily moved or moved around. The structure was designed to allow accessibility even in wheelchairs.

Accessories

01608 Hand anchor; 01609 Hand-Wrist grip.



08462 FUNCTIONAL TABLE DF

With tilting table and fixed right section

This occupational table has the same technical-functional and performance characteristics as the model code 08461, with the exception of the configuration of the worktop.

In particular, the top in this case is made up of a fixed right section 30 cm wide, and another reclining left section 60 cm wide. The latter can be manually adjusted in inclination up to 45°, and also in numerous intermediate positions. The top is in wood with a total width of 90 cm, a depth of 70 cm, and a thickness of 2.3 cm.

Accessories

01608 Hand anchor; 01609 Hand-Wrist grip.



08463 FUNCTIONAL TABLE SF

With tilting table and fixed left section

This occupational table has the same technical-functional and performance characteristics as the model code 08461, with the exception of the configuration of the worktop.

In particular, the top in this case is made up of a fixed left section 30 cm wide, and another reclining right section 60 cm wide. The latter can be manually adjusted in inclination up to 45°, and also in numerous intermediate positions. The top is in wood with a total width of 90 cm, a depth of 70 cm, and a thickness of 2.3 cm.

Accessories

01608 Hand anchor; 01609 Hand-Wrist grip.



08464 FUNCTIONAL TABLE F

With central tilting plane and fixed lateral sections

This occupational table has the same technical-functional and performance characteristics as the model code 08461, with the exception of the configuration of the worktop.

In particular, the top in this case is made up of a fixed right and left section 20 cm wide, and another tiltable central section 50 cm wide. The latter can be manually adjusted in inclination up to 45°, and also in numerous intermediate positions. The top is in wood with a total width of 90 cm, a depth of 70 cm, and a thickness of 2.3 cm.

Accessories

01608 Hand anchor; 01609 Hand-Wrist grip.



08475 FUNCTIONAL TABLE Q

With large fixed section and central concavity

Occupational table with one section adjustable in height from 68 to 105 cm by means of two quality gas springs, and an ergonomic handle applied under the work surface. The handle can be reached by hand and activates the springs for quick, silent and effortless adjustment up to the desired height of the top. This feature allows the user to work on the top in a sitting or standing position, or in an alternation of the two conditions.

The top is made up of a single fixed section with a central concavity on the user side. The top is in wood with a total width of 120 cm, a depth of 90 cm, and a thickness of 2.3 cm. The edges of the top are rounded.

The table is characterized by a solid steel structure painted with white epoxy powders. This structure is equipped with Ø 7.5 cm swiveling, non-marking wheels with individual brakes. The table can be easily moved.

The structure has been designed to allow accessibility even in a wheelchair, and this accessibility is further facilitated by the concavity of the work surface, which allows the user to approach it more closely.

Accessories

01608 Hand anchor; 01609 Hand-Wrist grip.



08477 FUNCTIONAL TABLE FI

With concave fixed section and tilting plane

This occupational table has the same technical-functional and performance characteristics as the model code 08475, with the exception of the configuration of the worktop.

In particular, the top is made up of a fixed section with a central concavity on the user side and a depth of 30 cm, and another reclining section with a depth of 60 cm. The latter can be manually adjusted in inclination up to 45°, and also in numerous intermediate positions. The top is in wood with a total width of 90 cm, a depth of 90 cm, and a thickness of 2.3 cm. The edges of the top are rounded.

Accessories

01608 Hand anchor; 01609 Hand-Wrist grip.



08476 FUNCTIONAL TABLE RF

With a large single section 120 x 90

Occupational table with one section adjustable in height from 68 to 105 cm by means of two quality gas springs, and an ergonomic handle applied under the work surface. The handle can be reached by hand and activates the springs for quick, silent and effortless adjustment up to the desired height of the top. This feature allows the user to work on the top in a sitting or standing position, or in an alternation of the two conditions.

The top is made up of a single fixed wooden section with a total width of 120 cm, a depth of 90 cm, and a thickness of 2.3 cm. The edges of the top are rounded.

The table is characterized by a solid steel structure painted with white epoxy powders. This structure is equipped with Ø 7.5 cm swiveling, non-marking wheels with individual brakes. The table can be easily moved. The structure was designed to allow accessibility even in wheelchairs.

Accessories

01608 Hand anchor; 01609 Hand-Wrist grip; 02119 Jumborest support.



08481 FUNCTIONAL TABLE 140.80

With a large single section 140 x 80

This occupational table has the same technical-functional and performance characteristics as the model code 08476, with the exception of the configuration of the worktop.




The top is made up of a single fixed wooden section with a total width of 140 cm, a depth of 80 cm, and a thickness of 2.3 cm. The edges of the top are rounded.

Accessories

01608 Hand anchor; 01609 Hand-Wrist grip; 02119 Jumborest support.



Work tables *Technical data*

CODE	08461	08462	08463
MODELS	FUNCTIONAL TABLE	FUNCTIONAL TABLE DF	FUNCTIONAL TABLE SF
			
WORK SURFACE			
Material	Wooden	Wooden	Wooden
No. of sections	1	2	2
Tilttable section (WxD)		60 x 70 cm	60 x 70 cm
Fixed section (WxD)	90 x 70 cm	30 x 70 cm	30 x 70 cm
Fixed section side		Right	Left
Comfortable access concavity			
Rounded edges	•	•	•
Overall surface dimensions	90 x 70 x 2.3 h cm	90 x 70 x 2.3 h cm	90 x 70 x 2.3 h cm
ADJUSTMENTS			
Tilt surface adjustment range	0 ÷ 45°	0 ÷ 45°	0 ÷ 45°
Tilt adjustment system	Double rack	Double rack	Double rack
Type of adjustment	Manually	Manually	Manually
Frame height adjustment range	68 ÷ 105 cm	68 ÷ 105 cm	68 ÷ 105 cm
Frame height adjustment system	2 gas springs	2 gas springs	2 gas springs
Type of adjustment (by ergonomic handle)	Manually	Manually	Manually
FRAME			
Steel frame	Epoxy coating painted	Epoxy coating painted	Epoxy coating painted
Casters	Ø 7.5 cm	Ø 7.5 cm	Ø 7.5 cm
Brake	individual on each caster	individual on each caster	individual on each caster
Weight	20 kg	20 kg	20 kg



08464	08477	08475	08476	08481
FUNCTIONAL TABLE F	FUNCTIONAL TABLE FI	FUNCTIONAL TABLE Q	FUNCTIONAL TABLE RF	FUNCTIONAL TABLE 140.80
				
Wooden	Wooden	Wooden	Wooden	Wooden
3	2	1	1	1
50 x 70 cm	90 x 60 cm			
20 x 70 cm	90 x 30 cm	120 x 90 cm	120 x 90 cm	140 x 80 cm
Right/left	User side			
	•	•		
•	•	•	•	•
90 x 70 x 2.3 h cm	90 x 90 x 2.3 h cm	120 x 90 x 2.3 h cm	120 x 90 x 2.3 h cm	140 x 80 x 2.3 h cm
0 ÷ 45°	0 ÷ 45°			
Double rack	Double rack			
Manually	Manually			
68 ÷ 105 cm	68 ÷ 105 cm	68 ÷ 105 cm	68 ÷ 105 cm	68 ÷ 105 cm
2 gas springs	2 gas springs	2 gas springs	2 gas springs	2 gas springs
Manually	Manually	Manually	Manually	Manually
Epoxy coating painted	Epoxy coating painted	Epoxy coating painted	Epoxy coating painted	Epoxy coating painted
Ø 7.5 cm	Ø 7.5 cm	Ø 7.5 cm	Ø 7.5 cm	Ø 7.5 cm
individual on each caster	individual on each caster	individual on each caster	individual on each caster	individual on each caster
20 kg	20 kg	39 kg	39 kg	40 kg

Work tables *Some accessories*

The anchors are versatile, portable and durable, and can be placed on flat, smooth and clean surfaces. Increasing hand and arm stability benefits control over the head and trunk.



01608 HAND ANCHOR
This ergonomic anchor can be applied to any smooth surface to achieve greater stability and safe positioning of the hand.

01609 HAND-WRIST GRIP
This is provided with a resting pillow and Velcro wristband to ensure the hand is positioned in total safety.



02119 JUMBOREST SUPPORT
Universal armrest for almost all types of tables or desks on the market. Made of impact-resistant, non-slip plastic material, its main function is to ensure correct posture and solid support for the forearm. It rests on the edge of the table via an arm with 3 mounting positions to ensure maximum compatibility with wheelchairs. It is fixed using an adjustable screw ensuring compatibility with tables of different thicknesses (between 20 and 40 cm).
JUMBOREST includes: 1 table + 1 arm + 1 screw + instructions for use.



TECHNICAL DATA

Top surface dimensions	29 x 16 x 28 cm
Step thickness	0,5 cm (from the table top to the support surface)
Max table edge	≤ 10 cm
Space under the table, for screw	18 cm
Weight	0.6 kg
Material	Injected technopolymer
Top color	White
Arm color	Anthracite grey

02225

HAND DYNAMOMETER KIT

The kit consists of three instruments in a carrying case. They offer numerous functions for standard screening purposes and for diagnosing hand injuries and pathologies.
Dimensions: 31 x 23 x 10 h cm Weight: 1.5 kg

CARRYING CASE CONTENT

1. Hydraulic Hand Dynamometer
2. Hydraulic Pinch Gauge
3. Finger Goniometer



Hydraulic Hand Dynamometer

The hand dynamometer can be used to measure grip strength. It is calibrated in pounds and kilograms of force. The grip handle is adjustable to accommodate various hand sizes. Always use the same grip setting and dynamometer when evaluating a specific subject for hand trauma or disease.
Set the handle to the desired position. Have the subject hold the dynamometer in a comfortable position. The shoulder should be adducted and neutrally rotated, the elbow flexed to 90 degrees, and the forearm and wrist should be in a neutral position. Have the subject squeeze the handle using his/her maximum effort.



Hydraulic Pinch Gauge

The finger pinch gauge can be used to measure pinch strength. It is calibrated in pounds and kilograms of force. Apply pinch force at the pinch groove while holding the pinch gauge between your thumb and finger(s). When force is applied farther toward the tip the reading will be slightly higher. When force is applied farther toward the rear the reading will be slightly lower.



Finger Goniometer

The finger goniometer can be used to measure active or passive joint range of motion (ROM). It measures joint flexion and hyper-extension. It is calibrated in degrees.
Align the fulcrum of the goniometer with the anatomical fulcrum of the joint being measured. Place the flat arm of goniometer that is attached to the dial indicator on the center of the limb (or extremity) to be measured. Hold both arms of the goniometer and move the joint through its entire range of motion (this can be done actively by the subject or passively by the examiner). The range of motion can be read directly from the dial indicator

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Inserting the discs into the cylinders helps practise the pronosupination of the wrist. You can also work on recognising, matching and seriating the various colours. With a panel AR10044 or AR10045 placed on the wall, you can also exercise elbows and shoulders. For those who need to work on a sloping plane, the base module with the cylinders can also be held on the knees or in the hands of the therapist, who is in front of the patient.

*Dr. Elisabetta Gaiatto
Specialist Psychiatrist and Orthopaedist*

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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**





Since 1976 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.

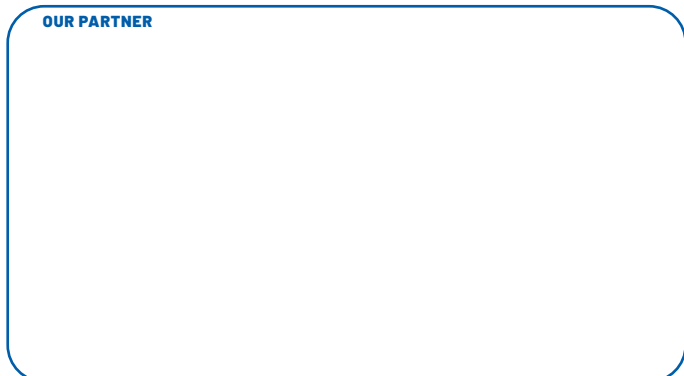
Our own medical-scientific training and educational program is continuously expanding and caters for all specialized rehabilitation fields. The *Healthy posture for healthy movement* concept is part of our approach.



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