

# The Exercise Wheelchair

PRACTICAL TRUNK AND LOWER EXTREMITIES  
TRAINING IN A WHEELCHAIR



The NeuroGym® Exercise Wheelchair converts from a standard wheelchair into a variable resistance flexion and extension exercise machine for the trunk and lower extremities. With the flick of a switch, the wheelchair seat, backrest or both can be enabled to allow for flexion and extension exercises of trunk, hips and knees. The special footrest apparatus, which is stored under the seat, pulls out smoothly for use in exercise and folds back up easily so that it does not interfere with standard use of the wheelchair.

When in exercise mode, the movement produced as the user flexes and extends the trunk and/or the lower extremities is smooth and graduated due to the bungee cord resistance, and can be performed through small or large amplitudes. When both the seat and the back rest are enabled, the simultaneous flexion and extension mimics the standing up motion.

The Exercise Wheelchair can be used as a standard wheelchair as well as an exercise chair for wheelchair bound individuals. Transfers to the Exercise Wheelchair, when required, are standard because the exercise footrest folds under the seat. It is suitable for use in long term care and nursing facilities, hospitals, rehabilitation centers and at home.

## Key Benefits

- ALLOWS FOR EFFECTIVE FUNCTIONAL STRENGTHENING OF THE TRUNK AND LOWER EXTREMITIES – CRITICAL ANTIGRAVITY MUSCLES FOR STABILIZING POSTURE AND ENABLING STANDING AND TRANSFERS. IMPROVED TRUNK STRENGTH ALSO ALLOWS FOR IMPROVED ABILITY TO TURN OVER IN BED MORE INDEPENDENTLY.
- DOUBLES AS A COMFORTABLE WHEELCHAIR
- DOES NOT REQUIRE TRANSFERS
- CAN BE USED TO IMPROVE ENDURANCE IN WEAK, WHEELCHAIR-BOUND USERS

### *Clinical Applications*

- PARETIC TRUNK AND/OR LOWER EXTREMITIES
- ATROPHIED MUSCLES IN FRAIL ELDERLY
- POST-SURGICAL TRAINING OF HIP, KNEE & TRUNK
- STRENGTH & ENDURANCE TRAINING FOR THE DIFFICULT-TO-TRANSFER

### TESTIMONIAL

"I am able to exercise my legs and trunk on my own with the Exercise Wheelchair. I have not been able to effectively train my quads, hips, back and abdominal muscles any other way".

Joanne, a 57 year-old woman with Multiple Sclerosis



## In Action

After only a few weeks of training with the Exercise Wheelchair, a 60 year old woman with Multiple Sclerosis, who had already been involved in strengthening exercises for several years, reported that her ability to turn over independently in bed improved with this type of exercise.



A man in his 80's who had become frail as a result of inactivity due to hip fracture, trained 2-3 times per week with a focus on pelvis and knee flexion and extension. He reported significant improvement in mobility and his ability to stand up from sitting.

### SPECIFICATIONS

#### MODEL # E-EW-A

- 20.5" w x 28.5" l x 38" h
- Breezy 600 wheelchair
- Seat: width 18", depth 18", height 16"
- Seat to floor height range 15"-20 ½"
- Standard foam cushion
- Forest green
- Weighs 80 lbs

Too often physical frailty is seen as a fact of life for the elderly. Reduced strength in the lower limbs and overall weakness can lead to increased risk of falls and increasingly reduced participation in Activities of Daily Living. Until now, however, therapists, program managers and restorative care workers have had few, if any practical tools to change this situation.



The NeuroGym Technologies unique line of mobility training devices provides rehabilitation departments, long term care and nursing facilities with a solution.

The Exercise Wheelchair is one of several mobility enabling tools designed by NeuroGym Technologies to promote the motor-relearning process and significantly improve patient mobility. Each piece of equipment can be used on its own or combined with a biofeedback-based computer program.



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