

# The Ankle Trainer



STRENGTHEN PARETIC, SPRAINED OR POST-SURGICAL ANKLES  
BY ISOLATING AND TRAINING TARGETED MUSCLE GROUPS  
THROUGH A COMPLETE RANGE OF MOTION



The NeuroGym® Ankle Trainer is a lightweight, portable device with an axle and foot platform that can be locked into place. This unique design permits training in dorsiflexion, plantar flexion, inversion, eversion, internal and external rotation-motions that are difficult to isolate and specifically strengthen.

Unlike other ankle training devices where the ankle is weighted and movement is not isolated from that of the lower extremity, the Ankle Trainer enables intensive, controlled rehabilitation of the targeted ankle muscles. The use of elastic tubing or pulley weights that can be attached at multiple points on the Ankle Trainer promote graduated strength training. For the paretic ankle, the Ankle Trainer permits active-assisted movement when ankle strength and control is minimal.

The Instrumented Ankle Trainer is equipped with two potentiometers built into the standard Trainer, which sense motion in the two different planes of ankle movement. In combination with the NeuroGym Trainer, a biofeedback-based games program, the Trainer provides automatic reinforcement and allows for high intensity ankle training with the option of encouraging or discouraging wanted or unwanted movement respectively.

## Key Benefits

- REGAIN STRENGTH AND CONTROL OF TARGETED ANKLE MUSCLES
- BUILD STRENGTH EVEN IN PARETIC ANKLES THAT HAVE MINIMAL STRENGTH AND CONTROL

### *Clinical Applications*

- ANKLE SPRAINS
- POST-SURGICAL ANKLE
- ACHILLES TENDON INJURIES
- PARETIC FOOT, FOOT DROP

### TESTIMONIAL

"Before using the NeuroGym Ankle Trainer, I used to always wear down the left heel of my shoe. Now with my improved ankle control, I notice that my shoe doesn't wear down."

A 50-year old cerebellar stroke client who regained functional ankle eversion



Optimize and maximize ankle strength, control and movement.

## In Action

Due to an incomplete spinal cord injury a 30-year old man could only walk with the help of an ankle foot orthosis and crutches. After using the Ankle Trainer he regained critical ankle range and control and is now able to ambulate safely without an ankle brace or other assistive devices.



A young man with Achilles tendon rupture regained full active range, strength and ankle control after just eight weeks of regular training with the Ankle Trainer.

### SPECIFICATIONS

**MODEL # EAT-A**

- 19" x 12.4" x 18.5"
- weighs 18.04 lbs



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Research in neural plasticity has shown that patients' capacity to relearn lost motor abilities is much greater than previously believed. Until now, however, therapists have had few, if any, tools to help make this possible. The NeuroGym Technologies equipment, developed by physiotherapists, can help you enable your patients to recover and progress beyond expectations.



The Ankle Trainer 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.