

# The Portable Pulley



IMPROVE STRENGTH EVEN WHEN A CLIENT CANNOT ASSUME  
A STANDING OR SITTING POSITION



The NeuroGym® Portable Pulley is a versatile, progressive resistance tool that is compact enough to provide the mobility required for use in a variable clinical or home environment, yet sturdy enough to provide the stability needed for exercise with heavy resistance. As a result of employing a multiple pulley design with variable height excursion, the Portable Pulley has a low center of gravity and is shorter than traditional pulleys. This means that heavy resistance can be used; more than what is normally possible through traditional wall pulleys and much more than other mobile pulleys. The Portable Pulley is typically equipped with a 100 lb weight stack, large rear wheels and a forward stabilizing extension bar. Its vertical excursion allows for effective training of both upper and lower extremities as well as of the trunk.

## Key Benefits

### IMPROVE STRENGTH OF MOBILITY CHALLENGED INDIVIDUALS

The Portable Pulley can be easily tilted and carted to the chair or bedside of an individual who would otherwise not be able to do progressive resistance strengthening. Its variable height excursion allows for training of muscles such as hip flexors and abductors from a supine or side lying position.

### TESTIMONIAL

"By using it at the plinth-side, the Portable Pulley allows us to effectively and progressively strengthen the hip of our clients who are not able to do so in a standing or sitting position."

Physiotherapists working with neurological patients

### *Clinical Applications*

- INDIVIDUALS WITH WEAK EXTREMITIES
- PATIENTS IN HOSPITAL BEDS
- NEUROLOGICAL AND ORTHOPEDIC PATIENTS



Ankle Trainer attached to the Portable Pulley

Large wheels allow for convenient carting of the pulley – even over rough or uneven surfaces. Its low profile means it can easily fit into most vans and station wagons.

Its sturdy design enables users to engage in effective resistance training of muscles even with average or above-average strength. Changing resistance is quick and easy with a change the pin position.

## In Action

An eight-year-old girl with a history of cerebral palsy was able to effectively strengthen hip flexors and abductors through progressive resistance training with the Portable Pulley placed at the side of the therapy bed. Effective training would not have been possible with conventional size weight training machines due to her small size and limited strength and active range of motion.

### SPECIFICATIONS

**MODEL # EPP-A**

- 24" x 32" x 66"
- weighs 180 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 Portable Pulley is one of several neurorehabilitation machines 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.

