

# Sit-to-Stand Trainer



ACTIVELY ASSIST THE STANDING MOTION WITH SUPPORT AT THE KNEE,  
TRUNK AND ARMS TO PROMOTE EARLY MOBILITY



## Key Benefits

- ENCOURAGES EARLY WEIGHT BEARING AND ACTIVE MOBILIZATION AT THE HIPS AND KNEES
- IMPROVES STANDING BALANCE AND STABILITY
- SIGNIFICANTLY IMPROVES TRANSFERS
- IMPROVES CLIENT REHABILITATION WITHOUT PHYSICAL STRAIN TO THE THERAPIST

### *Clinical Applications*

- STROKE, TRAUMATIC BRAIN INJURY
  - PARTIAL SPINAL CORD INJURY
  - POST HIP AND KNEE SURGERY
- LOSS OF STANDING ABILITY IN GERIATRIC POPULATIONS

The NeuroGym® Sit-to-Stand Trainer uses a counter-weight mechanism to provide a safe and effective way to strengthen weight-bearing muscles and increase standing stability and endurance. Unlike other tools that passively lift people to, or maintain them in, a standing position, the Sit-to-Stand Trainer enables an individual to actively initiate the motion of standing up, even with weakened or seemingly unsuccessful efforts. Through continued training and gradually reducing the counter-weight, a client can relearn the standing-up skill.

Equipped with a weight-stack and a locking pulley system, the counter-weight can be easily applied to the Sit-to-Stand Trainer. Because it is mounted on wheels, early steps can be attempted in all directions.

### TESTIMONIAL

"If not for the Sit-to-Stand Trainer, I couldn't have progressed from my wheelchair to standing. I was too weak to stand, but using the Sit-to-Stand Trainer in the first phase of rehab helped me strengthen my legs and my trunk so that I could continue to improve."

Marc, individual with spinal cord injury



People who could only be moved with a mechanical lift can use the Sit-to-Stand Trainer to elevate to the standing position. Once standing, the Sit-to-Stand Trainer enables them to improve strength and mobility around joints that support standing and walking.

## In Action

An 80 yr old, 6'4", 240 lbs man had been told he would never walk again after sustaining a severe fracture. Every transfer required using a mechanical lift. Within a few months of training with the Sit-to-Stand Trainer, he was able to get up from bed, do toilet transfers using only a pole and was soon able to walk the length of the hallway with a walker.



A young man with an incomplete spinal cord injury could not safely attempt to stand even with the assistance of two therapists. By using the Sit-to-Stand Trainer, he has been able to relearn the standing function and improve lateral stability to the point that supported ambulation is possible.



A nursing home resident in her 70's who had suffered a stroke could only be transferred with a hydraulic patient lift. By training with the Sit-to-Stand Trainer she has improved her standing and transfer skills, leading to increased independence.

### SPECIFICATIONS

**MODEL # ESTST-A**

- 28" w x 36" d x 72" h
- weighs 260 lbs



NEUROGYM TECHNOLOGIES INC.  
103 – 1644 Bank Street  
Ottawa, Ontario, Canada K1V 7Y6

T 613-523-4148  
TF 1-877-523-4148 (Canada & U.S.)  
F 613-523-9848  
E sales@neurogymtech.com

[www.neurogymtech.com](http://www.neurogymtech.com)

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 Sit-to-Stand 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.