

The Tilt Stepper



EFFECTIVELY IMPROVE LOWER EXTREMITY STRENGTH AND FUNCTION
EVEN IN CLIENTS WITH VERY WEAK MUSCLES



The NeuroGym® Tilt Stepper is an economical and effective tool to promote reciprocal training of the lower extremities in a sitting position. The Tilt Stepper exercises all major muscle groups of the lower extremities, including hip and knee flexors and extensors. It can be adjusted to work at different angles thus allowing for differential emphasis on training of the knee or of the hip joints. The level of resistance is also adjustable. The reciprocal nature of the leg press motion provides active assistance to the weak extremity.

The simplicity of rolling one's wheelchair to the Tilt Stepper, placing the feet in the foot plates then beginning the stepping exercise encourages frequent use of this tool and, as a result, leads to improved lower extremity strength and function.

Clinical Applications

- OLDER INDIVIDUALS WITH WEAK LOWER EXTREMITIES
 - BRAIN OR SPINAL CORD INJURY • STROKE
 - MULTIPLE SCLEROSIS
 - CEREBRAL PALSY
 - PARKINSON'S DISEASE

Key Benefits

- **IMPROVE LOWER EXTREMITY STRENGTH**
The active-assisted function of the Tilt Stepper improves hip strength and knee flexion and extension, even in very weak muscles. The intense, independent workout typically leads to enhanced functional strength of the quadriceps associated with leg press and hip flexion.
- **IMPROVE ENDURANCE**
Unlike many other devices, the Tilt Stepper can effectively improve cardiovascular and muscle endurance in weak people – even those restricted to the use of a wheelchair. This endurance training is a key factor in improving gait and mobility.
- **IMPROVE WEIGHT-BEARING ABILITY**
The specific nature of the exercise, a leg press motion combined with contralateral hip and knee flexion, mimics the action of the lower extremity in gait. This targeted action of weight bearing with contralateral stepping is an essential component of gait, and with intensive training, normally leads to respective improvement in the mechanics and endurance of walking.

TESTIMONIAL

“The Tilt Stepper made me experience—for the first time in 60 years—what it must feel like to go upstairs. It was novel for me to apply pressure on the one leg and flex the other in a walking/stepping-like paradigm.”

A 63-year old woman with Cerebral Palsy



In Action

A 60-year old woman with multiple sclerosis (MS) has been able to maintain knee and hip strength and range of motion through daily exercise of stepping motion with the Tilt Stepper.

This daily routine has contributed to her ability to maintain an independent life style.

SPECIFICATIONS

- MODEL #ETS-A
- 29" x 48" x 54"
 - weighs 120 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 Tilt Stepper 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.

