

ISOKINETIC REHABILITATION MACHINES



ISOMED

Width: 3.0m **Length:** 3.0m **Height:** 2.1m **Weight:** 300kg

This multi joint machine is for unilateral knee function with Range Limiter device. Right motor moves 180 degrees.

For platform exercises, includes;

Hip – all movements

Shoulder – all movements

Elbow – Flexion/Extension

Trunk – Flexion/Extension

Ankle/Wrist – Optional

COMING SOON

KINETEK

Width: TBA **Length:** TBA **Height:** TBA **Weight:** TBA

TBA



KNEE

Width: 1.2m **Length:** 1.3m **Height:** 1.4m **Weight:** 150kg

This Hi Speed Isokinetic Knee machine is the ultimate speed leg extension/flexion machine. Isolate the knee and fire the quadriceps and hamstrings. Perfect for rehabilitation, sports performance and training at speeds that are simply not achievable on other forms of training. Imagine being able to fire the nervous system against resistance at the same speeds you play sports.

Suitable for Isometric/ Isokinetic speeds from 2 degrees/ second to 600 degrees/second. Displays unilateral results for both limbs

simultaneously.

TRANSFORMER

Width: 0.7m **Length:** 0.7m **Height:** 0.9m **Weight:** 70kg

The most affordable and versatile portable Isokinetic machine on the market with its compact design and small footprint.

The Transformers speciality is for all Shoulder Rehab exercises with bi directional independent settings.

This machine is based around the portable ankle unit and then when placed on a height adjustable linear column, it transforms into the perfect machine for all shoulder exercises as well as wrist, trunk, hip. Is available to purchase as a non computerised model or as fully computerised with a touch screen P/C to view performance output and can record results via a hard copy print out.

Has light weight isokinetic resistance motor and dual resistance control.

Comes with all handle attachments to complete all exercises.

SHOULDER

Width: 1.2m **Length:** 1.6m **Height:** 1.6m **Weight:** 140kg

This single station multi-function rotary shoulder machine follows the variable speed Iso Kinetic resistance system that naturally adjusts to the acceleration/ deceleration strength curve throughout the ROM.

Most important when training smaller muscle groups found in the exercise range.

Maintains the quality of independent resistance control for appropriate load settings in either direction.

Sets up for all shoulder exercise movements as well as elbow and triceps exercises.





ANKLE

Width: 0.4m **Length:** 0.4m **Height:** 0.25m **Weight:** 45kg

Ankle/ Wrist Isokinetic conditioning machine. Very compact, portable and versatile unit with adjustable independent two-way resistance settings.



HIP

Width: 1.5m **Length:** 1.2m **Height:** 1.4m **Weight:** 150kg

The Hip machine is one of the most robust machines on the market. Its capable of achieving in excess of 600 – 800 degrees per second in the running flexion/extension position.

Ideal for increasing running speed and glute, hip flexor activation this is the ideal way to safely move at these speeds under resistance.

Perfect for rehabilitation, Sports performance and training at speeds that are simply not achievable on other forms of training.

Imagine being able to fire the nervous system against resistance in the running mechanical position at the same speeds you play sports.



TORSO

Width: 1.3m **Length:** 1.2m **Height:** 2.1m **Weight:** 140kg

When it comes to safely rotating the spine and core rotators, it imperative it's done safely.

Incorrect lumbar stability is the leading cause of injury across all sports. The Torso machine addresses this perfectly by allowing high speed rotation against resistance equally in both directions with zero break effect and eccentric slowing of movement.

The Torso machine activates all core muscles (Rectus Abdominals, Obliques, Transverse Abdominals and Erector Spinae) allowing and for greater stabilisation of the lumbar spine vertebra and discs.

Increase your rotational speed and core efficiency.



BACK

Width: 1.2m **Length:** 1.6m **Height:** 1.52m **Weight:** 140kg

One of the most relevant Isokinetic machines in the range.

Much undervalued machine.

Almost everyone has at some stage of life suffers “ LOWER” back pain, commonly caused by poor posture or heavy load exercises such as free weight squats or dead lifts, or excessive sit ups with poor form.

It is important to condition in sequence the lower back and abdominal muscles simultaneously without any compressive vertebrae pressure. This Isokinetic device does this with independently adjustable resistance control appropriate to the user’s desired outcome.

Fully monitored bio feedback to view performance results.