



Training and Mobility | 2013



## INTRODUCTION



Chattanooga is the world's largest manufacturer of rehabilitation equipment for treating musculoskeletal, neurological and soft tissue disorders. For over six decades, Chattanooga has set a benchmark for leadership, reliability and excellence. Our products contribute to better treatment outcomes in hospitals, clinics and home settings worldwide. We lead the physiotherapy industry by example and, through continuous innovation, provide real world solutions for clinicians and their patients.

As the world's leading brand in rehabilitation, Chattanooga is sold in over 80 countries worldwide. Chattanooga is directly represented in our key markets but also has long lasting relationships with dedicated distributors in the USA, Canada, Latin America, EMEA and Asia Pacific. Our Chattanooga distributors and customers are supported for order placement, training, product delivery and after sales service by a dedicated team of highly skilled DJO employees based all over the world.

Chattanooga is a brand of DJO Global Inc. DJO Global provides solutions for musculoskeletal health, vascular health and pain management. Our products help prevent injuries or rehabilitate after surgery, injury or from degenerative disease, enabling patients to regain or maintain their natural motion. Visit [www.DJGlobal.eu](http://www.DJGlobal.eu)



AIRCRAFT

chattanooga

CMFV

Compex

djosurgical

DONJOY

Dr. Comfort

Empi

PROCARE

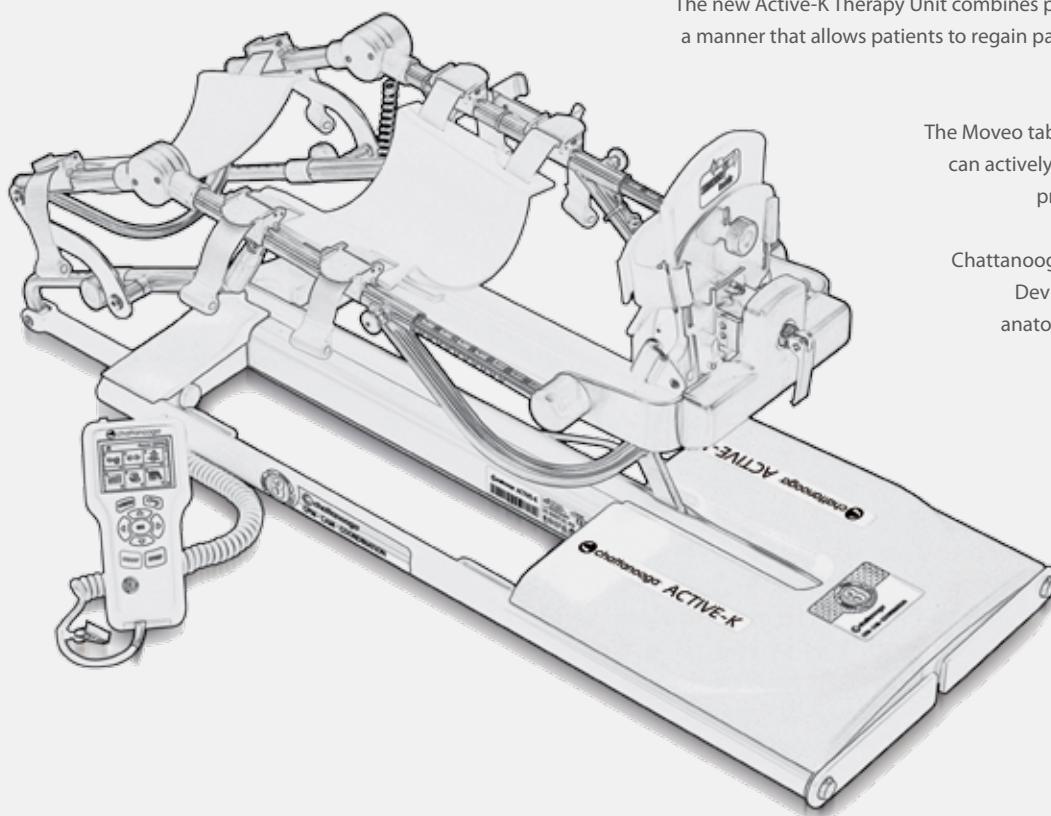
## TRAINING AND MOBILITY

Chattanooga has unique training platforms designed to facilitate increased levels of function and the performance of activities of daily living.

The new Active-K Therapy Unit combines passive and active motion techniques in a manner that allows patients to regain painless mobility of joints at an early post operative stage.

The Moveo table is a perfect example of how a device can actively assist both patient and therapist in the progression of the rehabilitation process.

Chattanooga's Optiflex Continuous Passive Motion Devices are designed to provide and regain anatomical motion of the knee and shoulder.



**CONTENTS**

Introduction	1
Chattanooga Active-K	3
Moveo XP	5
Optiflex 3 Knee CPM	7
Optiflex S Shoulder CPM	8
Compex Winplate	9
Stabilizer	10
Chattanooga Exercisers	10

## ORDERING INFORMATION

## Part Number Description

## Chattanooga Active-K

80.00.072 Chattanooga Active-K Therapy Unit

## Optional Accessories

0.0040.100 Active-K strap set (4 straps)

2.0040.175-S Chattanooga Patient chip card set including:

-2.0040.175 Chattanooga Patient chip card (10x)

-0.0031.006 Marker pen for patient chip card (2x)

-5001558 Eraser for patient chip card (2x)

2.0037.024 Connection cable for muscle stimulator

80.00.056 Transport trolley

TK-001 Transport box

## ACTIVE-K

**Maximum Stabilization**  
means leg is securely guided  
from foot to thigh

**Intuitive User Design**  
with interactive hand  
controller display



The Active-K is a motorized physiotherapy unit that delivers a unique mix of rehabilitation therapies through a single device. Combining the benefits of CPM (Continuous Passive Motion), CAM therapy (Controlled Active Motion) and the onboard protocols, the patient is able to regain coordination and reduce proprioceptive deficit.

Using the Active-K allows patients to regain painless mobility of hip and knee joints at an early post-operative stage and stimulates the healing process. Additionally, the active component of the therapy unit is intended to enhance proprioception and functional stability (strength) as mentioned at an early stage and thus improve coordination following joint surgery.

## FEATURES

- Lightweight (17 kg) robust design, able to withstand +/-30 kg of force
- Designed to ensure anatomically correct movements are maintained
- Can be secured to a treatment table or bed using the fold-out stabilization supports and/or optional straps
- Integral footplate sensor enables exercise forces to be measured
- Computer controlled motor for CAM and coordination therapies
- Fully adjustable to suit different patient sizes and heights
- Advanced, interactive hand controller incorporating a full color LED screen for instant patient feedback
- Controller features an easy to use icon based menu system
- Patient Chip Card for storage of therapy data
- A range of pre-programmed protocols for specific indications
- 2 year warranty

The Active-K has the capacity to allow clinicians to perform therapeutic strengthening exercises by allowing muscular contractions using the following methods:

- Concentric
- Eccentric
- Isokinetic
- Isometric

## Additional Therapeutic Benefits for Patients

- Enhancement of joint metabolism
- Prevention of joint stiffness
- Promotion and regeneration of cartilage and damaged ligaments
- Faster hematoma / re-absorption
- Improved blood & lymph circulation
- Prophylaxis for thrombus and embolism syndromes
- Bridging the gap from Passive motion to Active training with resistive therapy during rehabilitation
- Expedites coordination & sensory perception following surgery



**Maximum Safety**  
through specific  
controlled movements

**Latest Sensor Technology**  
measures the exerted force

**High Stability**  
thanks to the fold-out  
fixation wing and belt  
system (optional)

## TECHNICAL SPECIFICATIONS

Mains Power:	100–240 V, 50/60 Hz, 85–90 VA Tolerance -15% up to +10%
Stand-by Current Consumption:	5VA
Weight:	17 kg
Shipping Weight (inc. all accessories):	23 kg
Dimensions*:	96 x 38 x max. 57 cm
Shipping Dimensions*:	106 x 42 x 42.5 cm
Electrical Safety Class:	Class 2, Type B
MDD	Ila
Safety Tests:	93/42/ECC (2007/47/EG) IEC 60601-1:2005, IEC 60601-1-2:2007, IEC 60601-1-6:2006, IEC 60601-1-9:2007, IEC 60601-1-11:2010, IEC 62366:2007, IEC 62304:2006, EN ISO 14971:2007, ANSI AAMI ES 60601-1, CAN CSA 22.2 No. 60601-1-08, EN ISO 13485:2003+AC:2009, CE-0297
Standards Compliance:	
Range Of Motion (ROM):	-10° extension up to 120° flexion
Adjustment ranges (min/max):	
Femur range:	approx. 31 to 49 cm
Lower leg range:	approx. 38 to 58 cm
Max. load on carriage:	30 kg
Max. Patient Weight	275 kg

\* Dimensions are listed as L x W x H

### 1 Passive (CPM)

#### Controlled and gentle mobilisation:

- Reduce swelling and pain
- Prevent joint stiffness
- Regain mobility

### 2 Active (CAM)

#### Functional stabilization:

- Smooth/controlled muscle reactivation and strengthening
- Further reduction of swelling and pain
- Regain functional stability

### 3 Coordination

#### Stabilizing exercise:

- Muscle reactivation
- To train coordination / proprioception



## ORDERING INFORMATION

Part Number	Description
-------------	-------------

**Moveo XP**

8084	Moveo XP (230 V)
------	------------------

8080	Moveo XP (120 V)
------	------------------

**Standard Accessories**

80986	Battery Back-Up
-------	-----------------

80896	Lower Extremity Support Pad
-------	-----------------------------

80985	Hand Controller
-------	-----------------

80919	Head Rest
-------	-----------

80911	User Manual on CD
-------	-------------------

## MOVEO™ XP

## FEATURES

- Mobile hi-lo platform
- Accessible from a wheelchair or transfer from a bed
- 0° to 30° gradual electric tilt
- Electric elevation from 57.2 cm - 97.8 cm
- Sliding motion of back and pelvic section allow for weight bearing exercise
- Advanced centrifugal braking system controls rapid descent by sensing patient movement
- Integrated locking caster system allows all 4 casters to lock or semi-lock to ease movement down hallways
- 3% to 70% body weight bearing
- Mains powered with battery back up
- Fold away split foot plates variable from 90° to 45°
- Exercise band attachment points
- Pressure relief cushioning provides comfortable feel, even on compromised skin
- Gas spring assist on back section
- Convenient storage bin
- Support pad for lower extremities
- Weight distribution chart provides a quick reference of degree of incline versus percentage of body weight
- Easy access to elevation and incline controls with hand controller
- Compliant to International Harmonised Safety Standard, 60601-1
- 2 year warranty

## Therapeutic Benefits for Patients

- Accelerated progression from immobility to ambulation
- Controlled environment provides improved patient safety
- Decreased strength decline through recovery period
- Reduced risk of complications from prolonged bed rest
- Customised workout intensity
- Patient comfort, control and dignity
- Patient empowerment and self confidence
- Anticipated quicker recovery

Removable headrest

Antimicrobial support straps

SureCheck™ upholstery for pressure relief

Lower extremity support attachment

Fold away split foot plates, variable from 90° to 45°

Range of motion locking key pin





## TECHNICAL SPECIFICATIONS

Voltage/Frequency:	120 V 60 Hz, 230 V 50 Hz
Current Consumption:	2.5 A, 1.3 A
Output Voltage:	24 V DC
Duty Cycle:	1 min./9 min. intermittent
Weight:	185.97 kg (410 lbs.)
Dimensions (LxWxH):	256 x 71 x 97 cm (101" x 28" x 38.5")
Length (w/ foot plates down):	256.5 cm (101")
Electrical Safety Class:	Class 1
Electrical Type:	Type B
Safety Tests:	UL/IEC/EN 60601-1, Certified to CAN/CSA Standard C22.2 No. 601.1-M90 w/A2, Meets Directive 93/42/EEC, IEC 60601-1-2



## ORDERING INFORMATION

## Part Number Description

## Optiflex 3 Knee CPM

2090 OptiFlex 3 Knee CPM Unit

## Standard Accessories

20533 OptiFlex Patient Kit

J2038 Control Pendant

J2047 User Manual

## Optional Accessories

4520 OptiFlex T Trolley

## TECHNICAL SPECIFICATIONS

Mains Power: 100-240 V, 50/60 Hz, 75 VA

Weight: 12 kg

Dimensions\*: 94 x 33 cm

Electrical Safety Class: Class 1, Type B

Safety Tests: IEC/EN 60601-1, IEC/EN 60601-1-2, CE 0413

Range of Motion: -10° extension - 120° flexion

Length Range: Calf 25.4-59.7 cm / Thigh 30.5-48.3 cm

Max Patient Weight: 159 kg (350 lbs)

## Functions:

Pauses: 0-30 seconds

Speed: 30°-150° / minute

Force Reversal: 16-34 kgs

\* Dimensions are listed as L x W x H

## OPTIFLEX® 3 KNEE CPM



## FEATURES

Designed to provide anatomical motion of the knee for the adult and pediatric patient.

- Universal left/right design
- Ultra-wide carriage – 28 cm (11") from the center of the carriage
- Brushless DC motor with self lubricating ball bearing system
- Internal mains power supply
- Lightweight at only 12 kg (27 lbs)
- Convenient 4.5 m long power cord
- Easy conversion from adult to pediatric (no adapter pieces needed)
- 2 year warranty

## Patented Program Features

Progressive Range of Motion - Eliminates time consuming adjustments by automatically increasing the programmed flexion angle by 1° every hour, up to 5° per 24 hour period of time

Oscillation Zone™ - Allows for more treatment time to be consumed in the active or working end of the ROM

Fast Back™ - Accelerates quicker through the non-working ROM allowing the knee to spend more time in the active ROM

Comfort Zone™ - Addresses the patient pain threshold by providing therapy at a reduced flexion angle limit

## Control Pendant Features

- Selectable scrolling
- Independent delay time
- Patient compliance/usage meter
- Patient lock-out feature
- Multilingual pendant display
- Force reversal safety feature – allows the therapist to safely set the amount of passive force without causing unnecessary post surgical pain or damage
- Detachable
- Large LCD screen with backlight
- Water proof and shock resistant
- Concise, visual biofeedback on pendant

## OptiFlex 3 CPM Accessories

OptiFlex Trolley

- Makes for easy transport and/or storage
- Easily position CPM at the best angle for the patient



## OPTIFLEX® S SHOULDER CPM



Not for sale in Europe

### FEATURES

#### OptiFlex S Continuous Passive Motion

Designed to provide anatomical motion for the shoulder, the OptiFlex S addresses a complete range of motion capabilities.

- Synchronized motors allow for customization of treatment parameters (optional to turn on/off)
- Patented universal left/right design for easy conversion
- Fully adjustable ergonomic chair that promotes shoulder stabilization
- Brushless DC motor
- Pendant control with chip card technology to store and assign patient information
- Quick and easy disassembly for transport and shipping
- 2 year warranty

#### Program Features

- Warm-up mode – the unit recognizes the start and stop angles and midpoint. From that point, motion is initiated 3 degrees from all angles until full ROM is achieved
- Reverse-on-load – unit will switch to the opposite direction when patient resistance exceeds the set value
- Patient data storage – assigns ROM, speed and treatment times per patient and notes patient set up positions
- Patient compliance meter – calculates the cumulative patient usage time
- Soft start and stop
- Multi-lingual pendant display

### ORDERING INFORMATION

Part Number	Description
<b>Optiflex S Shoulder CPM</b>	
2029	OptiFlex S Shoulder CPM
<b>Standard Accessories</b>	
34273	Control pendant
20661	Patient data chip card (1x)
<b>Optional Accessories</b>	
20719	Grey Fleece Patient Kit (not shown)

### TECHNICAL SPECIFICATIONS

Mains Power:	100-240 V, 50/60 Hz, 33 VA
Weight:	25 kg
Dimensions*:	88 x 58 x 58 cm
Seat Height:	48 cm
Electrical Safety Class:	Class 1, Type B
Safety Tests:	IEC 60601-1, EN60601-1-2, CSA 601.1-M90, UL 2601-1, CE 0297
<b>Range of Motion:</b>	
Adduction/Abduction:	0-30-175°
Internal/External Rotation:	90-0-90°
Flexion/Elevation:	0-30-175°
Horizontal Adduction/Abduction:	0-0-125°
<b>Functions:</b>	
Motor Control:	ON/OFF
Pauses:	0-30 seconds
Speed:	0-100%
Timer:	0-300 minutes
Synchronization:	ON/OFF
Therapy Run Time:	hours/minutes

\* Dimensions are listed as L x W x H

Adduction/Abduction



Int./Ext. Rotation



Flexion/Elevation



Physio Movement



## ORDERING INFORMATION

## Part Number Description

## Compex Winplate

2522116 Compex Winplate, 230V\*

2522117 Compex Winplate, 115V\*

\*Kit includes: 1 vibration plate, 2 hands straps, 1 soft mat, 1 power cable, 1 user manual, 1 poster with exercises

## Standard Accessories

6522001 Remote control

6522000 Soft mat

6522002 Hands straps

## TECHNICAL SPECIFICATIONS

Dimensions: 731 x 831 x 1511 mm

Floor dimensions: 1 m<sup>2</sup>

Weight: 70 Kg

Noise: 69 dB

Warranty: 2 years

Vibration frequency: 30 – 35 – 40 Hz

Intensity (Amplitude): high / low

Session length: 10-15 min (alternation work-rest)

Ceiling load: 200 kg max. static load and a dynamic proportion of 20 %

Power voltage: 115 Volt  $\pm$  10%, 50 Hz/60Hz or 230 Volt  $\pm$  10%, 50 Hz/60 Hz

Real power input: 200 W

Power supply: Main current

European Directive: MDD certified CE 0197

## COMPEX® WINPLATE



Compex is now offering a new solution for athletes seeking to improve the effectiveness of their training. With its unique "Whole Body Vibration" concept, the Compex Winplate is confirming its technical advance with perfectly controlled vertical vibration, for a whole new level of working comfort.

## Whole Body Vibration Concept

Why are vibrations essential? Vertical vibrations call upon the muscle reflexes. This is why up to 100% of muscle fibres work, as opposed to around 40% in a traditional training session. The muscle workout on the Winplate is complete because it works the whole muscle, and not just part of it.

## Benefits

- Strengthens muscles in the same way as weight training
  - Increases strength through powerful contractions
- Prevention of osteoporosis
  - The platform can help to prevent bone degradation and osteoporosis
  - The platform actually exerts significant pressure on the bones when working the muscles. The body reacts by releasing key hormones that help to prevent bone degradation
- Shorter sequences than with traditional training methods
  - To achieve the desired result faster
- Easy to use
  - Exercises displayed on the screen
- Training schedule
  - Pre-programmed sessions: inside the device, depending on your sport and objective

## Training features

- Conditioning programmes
  - Each programme has 4 levels. Each level includes a sequence of exercises specifically programmed to suit your objectives
  - Tennis, Running, Soccer, Golf, Skiing, Cycling, Swimming, Triathlon
- General programmes
  - Relaxation and Massage, Stretching, Body Shaping, Training Upper Body, Training Lower Body
- Free mode
  - Configure your Winplate and create your own tailored training session



## STABILIZER



### FEATURES

#### Stabilizer Pressure Biofeedback

Stabilizer Pressure Biofeedback for Core Stabilization Exercises

- A simple device, designed by physical therapists, which registers changing pressure in an air-filled pressure cell allowing body movement, especially spinal movement, to be detected during exercise
- The unit consists of a combined gauge and inflation bulb connected to a pressure cell
- Specifically used for exercises that focus on the protection and stabilization of joints, which is important for the prevention and treatment of low back and neck pain
- Used to monitor and provide feedback on body movement during exercise to promote effective exercise to improve back and neck pain

### ORDERING INFORMATION

Part Number	Description
<b>Stabilizer</b>	
9296	Stabilizer Unit
<b>Standard Accessories</b>	
92965	Instruction Manual

#### Stabilizer

9296	Stabilizer Unit
------	-----------------

#### Standard Accessories

92965	Instruction Manual
-------	--------------------

The measuring range is from 0 to 200 mmHg analog pressure with an accuracy of  $\pm 3$  mmHg pressure. Squeeze bulb to inflate, and loosen screw valve to deflate

## PEDAL EXERCISERS



Deluxe Exerciser



Standard Exerciser

### FEATURES

#### Chattanooga Deluxe Exerciser™

- Fully automatic multi-functional electronic monitor
- Quick dial with variable resistance
- Lightweight design 7 kg

#### Chattanooga Standard Exerciser

Perfect for any type of rehabilitation

- Extremely lightweight: 2.25 kg
- Wrap-around foot straps
- Comes completely assembled with retail or standard packaging

### ORDERING INFORMATION

Part Number	Description
<b>Chattanooga Exercisers</b>	
18010	Deluxe Exerciser
18020	Standard Exerciser
18000	Standard Exerciser (Retail Package)

#### Chattanooga Exercisers

18010	Deluxe Exerciser
-------	------------------

18020	Standard Exerciser
-------	--------------------

18000	Standard Exerciser (Retail Package)
-------	-------------------------------------