

THE ANKLE TRAINER

STRENGTHEN PARETIC, SPRAINED OR POST-SURGICAL ANKLES BY ISOLATING AND TRAINING TARGETED MUSCLE GROUPS THROUGH A COMPLETE RANGE OF MOTION



The NeuroGym® Ankle Trainer is a lightweight, portable device with an axle and foot platform that can be locked into place. Its unique design permits training in dorsiflexion, plantar flexion, inversion, eversion, internal and external rotation - all motions that are otherwise difficult to isolate and specifically strengthen.

Unlike other ankle training devices where the ankle is weighted and movement is not isolated from that of the lower extremity, the Ankle Trainer enables intensive, controlled rehabilitation of the targeted ankle muscles. The use of elastic tubing, Bungee Resistance, or pulley weights that can be attached at multiple points on the Ankle Trainer promote graduated strength training. For the paretic ankle, the Ankle Trainer permits active-assisted movement when ankle strength and control is minimal.

The Ankle Trainer can be connected with the NeuroGym® TIM Trainer, an interactive feedback-based gaming device. This option reinforces training in an enjoyable way and encourages high intensity training.

KEY BENEFITS

- REGAIN STRENGTH AND CONTROL OF TARGETED ANKLE MUSCLES
- BUILD STRENGTH EVEN IN PARETIC ANKLES THAT HAVE MINIMAL STRENGTH AND CONTROL

CLINICAL APPLICATIONS

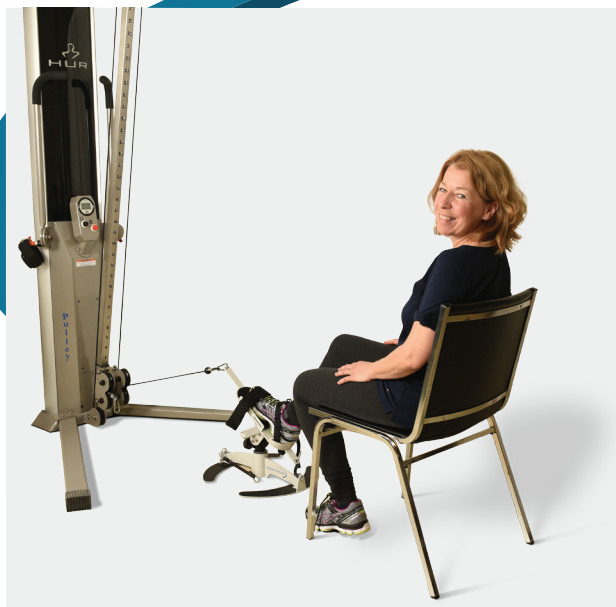
- ANKLE SPRAINS
- POST-SURGICAL ANKLE
- ACHILLES TENDON INJURIES
- PARETIC FOOT, FOOT DROP

TESTIMONIAL

"Before using the NeuroGym Ankle Trainer, I used to always wear down the left heel of my shoe. Now with my improved ankle control, I notice that my shoe doesn't wear down."

A 50-year old cerebellar stroke client who regained functional ankle eversion

IN ACTION



Optimize and maximize ankle strength, control, and movement.

SPECIFICATIONS

MODEL# E-AT-A

- 20"W x 15"L x 15"H

- Weighs 20lbs

NEUROGYMTECH

Neurogym Technologies Inc.
100 - 1050 Morrison Drive
Ottawa, Ontario, Canada K2H 8K7

T 613-523-4148

TF 1-877-523-4148 (Canada & US)

F 613-523-4148

E sales@neurogymtech.com

www.neurogymtech.com

- Due to an incomplete spinal cord injury, a 30-year old man could only walk with the help of an ankle foot orthosis and crutches. After using the Ankle Trainer, he regained critical ankle range and control and is now able to ambulate safely without an ankle brace or other assistive devices.
- A young man with Achilles tendon rupture regained full active range, strength, and ankle control after just eight weeks of regular training with the Ankle Trainer.

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 Ankle Trainer is one of several mobility enabling tools manufactured 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.

