

# CON-TREX

BIOMECHANICAL TEST- AND TRAINING SYSTEMS

## CON-TREX Leg Press with Knee / Hip – Joint Replacement (TEP)

According to textbooks, subsequent to joint replacement operations of the lower limbs, patients must be mobilised at an early stage so that the loss of strength to the musculature remains as low as possible. Current operation techniques allow for the burdening of the prosthesis (hips and knees) subsequent to the first day after the operation. The goal is to increase the level of circulation, to strengthen the muscles, and to teach the patient how to stand and walk with crutches when they are in the rehabilitation clinic.

During the initial rehabilitation, CON-TREX LP provides patients with a secure and intensive training unit with the aim of encouraging the circulation in the lower extremities without the risk of overstressing the patient (thanks to Isokinetic and Biofeedback). The lower extremities are exercised and subject to strain and relief in an alternating mode which is similar to a walking and/or stair climbing exercise. Along with the enhancing of the circulation, this approach means that the strengthening of the weakened muscles is also achieved. This can be carried out in a controlled approach within the scope of the stationary rehabilitation, which generally lasts three weeks in connection with the stay at the rehabilitation clinic.



### Additional Advantages of the CON-TREX LP with Joint Replacements in the Lower Limbs (Hip and/or Knee)

- Documentation of the rehabilitation
- Comparison of the strength performance of the operated leg with the non-operated leg
- Training of the affected side (safe, without the risk of injury, gravity neutral)
- Supported training possible (CPM mode)
- Automatic 'departure' of foot supports in the event of overstressing
- Biofeedback
- The patient is unable to slip and fall thanks to the three point belt.
- The strength progression can be documented and analysed over the complete exercise. This means very small amounts of progress can be recorded (motivation of the patient).
- Training with daily exercises (walking up stairs, getting out of chair)
- Walking pattern improvement through the build up of muscle power in the lower limbs on the affected side

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