



●●● PHYSIOMED® | **proxomed**® | ERGOFIT

**SOLUTIONS FOR
STRENGTH, ENDURANCE
AND FUNCTIONAL
TRAINING**

**Strength Training
Endurance Training
Functional Training
Software**

**INDIVIDUAL
SOLUTIONS
2024**

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COLOUR-CODE:





We are the **PHYSIOMED GROUP!**

The **PHYSIOMED GROUP** thus brings together what belongs together in the therapeutic path of patient treatment in the areas of rehabilitation, sport and aesthetic medicine. By combining our resources, expertise and experience, we offer an expanded product portfolio that enables us to respond even more specifically to the needs of our customers and their customers. As a full-service provider of physical therapy and training therapy solutions, our products, software solutions and efficient billing concepts cover almost all areas of the healthcare market.

The goal of the **PHYSIOMED GROUP** in the changing healthcare system of the future is to accompany even more people on their path to health with maximum therapeutic success, thereby enabling them to enjoy a better quality of life. In addition to our core market in Germany, we are represented globally with our brands proxomed, **PHYSIOMED** and **ERGOFIT** with products and services for the benefit of a healthy society.

We are an EN ISO 13485 certified, leading medical technology company with TÜV-certified safety and quality standards: our products fulfil the requirements of the European Medical Device Directive (MDR) and bear the CE mark.

The satisfaction and success of our customers are important to us. Our competent network of medical device consultants, service technicians, training staff and local partners worldwide ensures that individual customer and market requirements are identified and fulfilled. We will continue our long-standing commitment to quality and reliability.

Marcus Melching, Chairman of the Board
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Innovative test and training equipment

With our hardware, one thing takes top priority: the optimum functionality.

„Made in Germany“ is still going strong – and high quality materials and fabrication, ease of use and maximum safety levels mean that the test and training devices offered by the PHYSIOMED ELEKTROMEDIZIN AG are the most reliable working devices in the fields of therapy, rehabilitation and fitness. The wide range of training devices available can be networked and offer optimum use with RFID.

You're on the safe side with PHYSIOMED

The PHYSIOMED ELEKTROMEDIZIN AG maintains a medical device quality management system in accordance with DIN EN ISO 13485. Our training machines comply with the requirements of the European Medical Device Regulation (MDR) and carry the CE mark. Quality and safety are monitored by TÜV SÜD Product Service GmbH. Trained sports scientists provide you with support in the sales, training and implementation of our programs.



Global Extension

Hospitals, clinics, rehabilitation centers and private physiotherapy practices and also medical doctors provide different medical products to improve health condition after surgery or as a conservative approach of treatment. The main goal is to enhance the motoric skills of a patient.

The focus is the improvement of strength, endurance, coordination, velocity and flexibility. Specially planned and focused activities stimulate joints, muscles, tendons, ligaments and nerves. Also the motoric cortex gets a stimulus main part in the active exercise treatment.

For the patient who is doing rehabilitation, it is important that devices can be adjusted properly, progressed slowly and controlled in speed, range of motion and coordination. Due to improved capacity of the neuromuscular and cardiovascular system joints, muscles and cardiopulmonal system are very much relieved.

To manage and document the progress of the treatment, tests on devices are needed to lead to an individual treatment program, which is the focus of PHYSIOMED ELEKTRO-MEDIZIN AG developed products. The variation of the machines to adapt to the needs of a patient makes the difference of medical devices.

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●●● PHYSIOMED®

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ERGOFIT

**STRENGTH
TRAINING**



CON-TREX TP 500



CON-TREX MJ

CON-TREX

CON-TREX TP is a special isokinetic back module, ideal for the testing and training of straight trunk musculature with its flexor and extensor muscles. It is connected to the CON-TREX MJ system, the measuring range of version TP 500 being designed for rehabilitation and leisure.

The many customisation options, easy positioning and numerous different load types of CON-TREX human kinetics software make possible various testing and therapeutic applications of the trunk.

Together with the various load modes operated by the PM control module, the freely definable scope of motion in the range between -15° and $+105^\circ$ enables the therapeutic handling of numerous problems related to longitudinally-running trunk musculature.

With the control module PM and a wide range of adapters which are needed for the scheduled tasks, the **CON-TREX MJ** isokinetic multijoint module is a versatile, rotatory testing, training and therapeutic system to test and train all major joints of the upper and lower limbs in the open kinetic chain. The highly flexible mechanism with excellent operator guidance makes objective and reproducible test results possible in every work mode. The mechanical design of the CON-TREX® MJ is extremely user-friendly: the position of the seat, the seat length, and the inclination of the backrest can be electronically adjusted at the touch of a button. The upholstered seat and backrest offer a maximum of comfortable seating even during long training sessions and are easy to clean.

Scan for more information!



CON-TREX

The isokinetic **CON-TREX WS** was developed to imitate motions of working environments, sports and everyday domestic life. In order to be able to follow the unique and often extremely complex patterns of movement, the height of the dynamometer can be electronically adjusted from down close to the ground to up over the patient's head. For realistic simulation of unusual movements the CON-TREX WS can be rotated and swivelled. The possibility of reproducible assessment of work capacity is thus provided. Various movements from the everyday life of a craftsman (such as screwing, lifting objects, butting levers or sawing) can be simulated and trained. In addition to preparing for difficult working conditions (such as working overhead), CON-TREX WS can be used to compose a specific and highly effective muscular workout. In practice, a minimum working area of only 2 x 2 meters is sufficient.



CON-TREX WS

*Scan for more
information!*





tergumed 710

Spinal diagnostic and training machines for the effective treatment of back pain.

Your advantages

- Evidence-based back training
- Real time monitoring of all devices on central station
- High resolution color touchscreen
- RFID system
- Optimized biomechanics
- Ultrasonic sensors for automatic weight detection
- Automatic seat height adjustment
- Excellent stabilization and positioning
- Integrated isometric, sub-maximum strength and range of motion test
- Test result comparison to the integrated reference database
- Integrated isometric, and dynamic strength training
- Visual feedback strength training with various curves
- Automatically progressing training plan with software support
- Tested safety in accordance with the European Medical Device Regulation (MDR)

» Software see pages 55/56

Scan for more information!



Cervical Trainer



Rotation

tergumed 710



Extension



Flexion



Lateral Flexion

Efficient and varied back pain therapy

tergumed 710 offers a holistic back concept for preventive and rehabilitative treatment. Using the feedback training, the quality the patient achieves in the exercises is made clear. This increases motivation and interest in continuing specialist mobility treatment offers. This can turn contented patients into health-conscious customers who use professionally supported mobility offers as self-payers.

The entire biomechanics of the tergumed 710 devices are specially designed to meet the needs of back patients. Positioning, fixation options and adjustments are designed in such a way that the use of the devices is possible and useful in the early phases of post-treatment. The tergumed line is equipped with measuring sensors, a smart assist system and the proxoforce software. Static and dynamic test procedures can be carried out via the software. The software can be used as feedback during training.

Both the test results and the data of each individual training session are stored in the patient's database. Thus, the proxoforce software enables complete documentation and progress monitoring of the measure during therapy. Treatment progress is made transparent to the patient, doctor and cost bearer as well as the therapist as part of quality assurance.

compass 600

Our compass 600 machine series gives you ten combination units in an innovative, contemporary design. The compass units are particularly special thanks to their perfect biomechanics and sensor technology for positioning.

Your advantages

- Real time monitoring of all devices on central station
- High resolution color touchscreen
- RFID system
- Optimized biomechanics
- Ultrasonic sensors for automatic weight detection
- Space-saving double or multi-function devices
- Optional integrated isometric and sub-maximum strength test
- Visual feedback strength training with various curves
- Automatically progressing training plan through RPE
- Position and pulse sensor (option)
- Laser pointer for optimal positioning (option)
- Fine weight gradations of 1 or 2 kg (option)
- Tested safety in accordance with the European Medical Device Regulation (MDR)

» Software see pages 55/56

Scan for more information!



Highlights



Various curves for feedback-training



Stepless adjustment of the seat depth via pneumatic spring



Ultrasonic sensors for automatic weight detection

compass 600 Lower Extremities



Leg Press



Ab-/Adduction



Leg Extension/Curl

The compass series of devices has been an established label in the field of high-quality training therapy for over 20 years. These training/therapeutic devices are used across the world, helping therapists work on and with their patients.

The compass 600 range of devices was conceived for use in rehabilitation and specially for people with physical impairments. These space-efficient combination devices can be put together to form a medical training circuit even in small rooms.

So that older patients can also work well with the equipment, the compass 600 devices can be optionally fitted with an additional weight, meaning weight increases of 1 to 2kg are possible. Minimal need for adjustment optimises the process of using the devices and saves time for more patients. The start position can usually be set from the training position. isometric strength measurement can be compared with the maximum strength measurement. The devices are designed for people from 140 to 210cm in height. 200kg user weight enables training even for heavy patients.

compass 600 Trunk



Trunk Extension/Flexion



tergumed 600 Trunk Rotation



tergumed 600 Lateral Flexion

Scan for more information!





Chest Press/Rowing



Butterfly/Butterfly Reverse



Pulldown/Dip



Shoulder Press/Vertical Rowing

compass 540

With compass 540, we offer you a comprehensive program of biomechanically designed strength training devices.

Your advantages

- Various devices for resistance training of the upper, lower limbs and the trunk
- Optimal biomechanics
- Multi-function devices
- User-friendly and customizable details
- Tested safety in accordance with the European Medical Device Regulation (MDR)

» Software see pages 55/56

Scan for more information!



Optionally: smart assist



Leg Press

compass 540 Lower Extremities



Multi Hip



Hip Extension



Ab-/Adduction



Leg Extension/Curl

Functional medical strength training Proven quality - rethought

The compass series of devices has been an established label in the field of high-quality training therapy for over 20 years. These training/therapeutic devices are used across the world, helping therapists work on and with their patients.

- Price-performance: Excellent
- Multipurpose: Use for prevention, rehabilitation, geriatrics, professional sports
- Time- and space-saving: Additional combination units
- Customer-friendly: Large selection of equipment
- Made in Germany: Quality and equipment
- Individualisable: Adaptation to the patient for effective training
- Networkable: Optional integration into the training control system

compass 540 Trunk



Trunk Extension/Flexion



Trunk Rotation



Lateral Flexion

Scan for more information!



compass 540 Upper Extremities



Chest Press/Rowing



Butterfly/Butterfly Reverse



Pulldown/Dip

VECTOR Upper Extremities

Modern, simple, solid, precise and stylish: with the new Vector series, we are setting a milestone in our company history and are at your facility's side with the latest know-how in rehabilitation and fitness in the strength equipment sector. Significantly improved performance in a modern look, features such as the completely covered weight block, anodised handles, indirect LED lighting or the simple link to our VITALITY CARE training software make Vector the first choice for an effective and pleasant work-out.

- **Modern:** optional LED lighting as an aesthetic accent - freely selectable in blue, green, red and white
- **Simple:** uniform settings on all machines
- **Solid:** high-quality detail solutions
- **Precise:** fine weight graduations in 2.5 kg steps
- **Stylish:** colour-contrasting seams on the pads

» Software see pages 58/59



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Butterfly Revers



Shoulder Abduction



Shoulder Press



Butterfly

VECTOR Upper Extremities



Chest Press



Biceps Flexion



Pull Up/Dip



Seated Dip



Scan for more information!

VECTOR Upper Extremities



Triceps Extension



Lat Pull



Back Pull

Scan for more information!



VECTOR Trunk



Abdominal Torsion



Abdominal Flexion



Back Extension

VECTOR Lower Extremities



Abductor



Adductor



Hip Extension



Leg Extension

Scan for more information!



VECTOR Lower Extremities



Leg Flexion



Squat Press



proxomed[®]

ERGOFIT

ENDURANCE TRAINING



Basic Cycle



kardiomed 700

Our kardiomed 700 devices fulfill the stringent requirements for rehabilitation and health training in the field of medical training therapy.

Your advantages

- Magnetic induction brake system
- Real time monitoring of all devices on a central station
- High resolution color touchscreen
- RFID system
- High standard training and user comfort
- Different endurance tests through interface port RS232
- Different integrated training programs and profiles
- Individual training plan based on endurance test result
- ECG accuracy single-channel pulse measurement by a POLAR device
- Tested safety in accordance with the European Medical Device Regulation (MDR)

» Software see pages 55/56

Scan for more information!



kardiomed 700



Comfort Cycle



Upper Body Cycle



Cross Walk



Stair



CARDIO 4000/CARDIO 400

Our medically certified Cardio devices enables a healthy and effective training in physiotherapy practices, rehab facilities and fitness centers.

Our goal is to offer your therapists, trainers and trainees the best possible technology for healthy and effective fitness training. Our cardio devices meet the highest demands for daily professional use. In addition to first-class workmanship paired with creative ideas, they offer unmatched ease of use and convincing details. This makes the cardio devices perfectly suitable for medical fitness training, physical therapy, rehabilitation clinics and the private healthcare market. Our cardio devices are characterised by a particularly low initial load for use in therapy and are also suitable for people with a high body weight.

» Software see pages 58/59



Scan for more information!



Cycle 4000



Cross 4000



Recumbent 4000



Circle 4000

CARDIO 4000/CARDIO 400



Stair 4000



Trac 4000



Cycle 407 Med



Cycle 457 Med

kardiomed 540

Our kardiomed 540 devices are some of the only cordless devices independent from power supply, which makes them sustainable products. But nevertheless all devices meet the regulations of the European device directives to use the products with patients.

Your advantages

- Mains-independent operation
- Durable, clear 7-inch touch display
- Wide range of networking options for the new control unit (RFID, NFC, barcodes) (optional)
- Free cross-over with ergometers
- Tested safety in accordance with the European Medical Device Regulation (MDR)



Scan for more information!



Basic Cycle



Comfort Cycle



Cross Walk



Stair



Upper Body Cycle



Upper Body Cycle Wall



kardiomed Pluto

kardiomed 540

kardiomed Pluto

Scan for more information!





proxomed[®]

ERGOFIT

**FUNCTIONAL
TRAINING**

VECTOR Benches



Abdominal Bench



Multi Bench



Flat Bench



Olympic Flat Bench

*Scan for more
information!*



compass MTT

compass MTT devices allow individually tailored resistance training from an early rehabilitation phase to healthy and even sportive functional training sessions.

- Overall concept that has economical solutions for all practice sizes.
- High-quality processing
- Therapeutically sensible and economical
- Wide selection of colors available
- Various accessories



compass MTT S1 MED explosive



compass MTT S3 MED vertical

*Scan for more
information!*







proxomed[®]

ERGOFIT

SOFTWARE

proxoforce

Trendsetting Diagnostic and Training controlling Software for Exercise Therapy

The proxoforce training planning and control software supports therapists/trainers and patients through the entire course of treatment in the acute, development and retention phases and in various specialist fields, such as orthopaedics, traumatology, neurology and secondary prevention.

The software supports doctors, physiotherapists, sports therapists and trainers in the planning and execution of strength tests and training programmes in auxotonic and isometric working conditions, as part of medical training therapy.



Scan for more information!

proxoforce

Features

- Training planning via Profile, Free and Template based
- Interface HL7, THEORG as well as Import/Export
- Profile consists of: ICD-Code, training condition, training goals for strength and endurance, focus on body region and proportion of endurance in the automatic training plan
- Integration of ICD-Codes for documentation and plan creation
- Pyramid training for strength
- Interval training for endurance
- Implemented IPN-Test, WHO max, 6MWT and Steep Ramp
- Extension of the Free Exercises with the FE-Editor
- Multi-Tenancy



Infopoint
Patient and Client Terminal



Workoutpoint
Presenting Functional Activities



smart assist

User-friendly Touchscreen with Various Feedback Curves

The smart assist system is the most important part for tergumed 710, compass 600 and an option for compass 540 line. It can be connected with the patented ultrasonic measuring sensors, as well as force, position and pulse sensors. Through integrated RFID system smart assist can activate the training and implement the visual feedback training in the right position, which is an individual training. For that reason the system is a secure system for patient and client.

Your advantages

- Intuitive operator guidance via an 8" touchscreen monitor
- RFID reader
- Medical LAN Isolator
- Ultrasonic sensors for automatic weight detection
- Sub-max. strength test and ROM test
- Isometric test*
- Visual feedback strength training with various curves
- Connection to position sensor for precise positioning
- Connection to pulse sensor for pulse monitoring in real time
- Quick start and Power training program for training without card
- Multi languages



Highlights



Integrated various testing



Isometric strength testing with curve



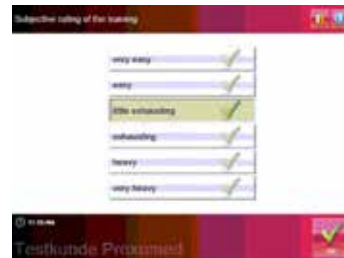
Various curves for feedback-training



Weight detection with Ultrasonic sensor



Positioning with position sensor



Subjective rating of training



Scan for more information!

Vitality Care

The digitisation of your training space

Digitisation in training means more possibilities for you: intensive customer focus, the documentation of individual progress, visual exercise demonstrations, personal feedback – from anywhere and at any time. Our Vitality Care enables you to have comprehensive integration of your entire training space and manage all customer information with just one click.

More time to provide your patients and members with individual support

Manage and direct the success of your patients' and customers' training. With the aid of the modules, you create a customised training plan that fits all customer needs in just a few clicks. Thanks to the training analysis, you can observe your customers' individual progress and provide long-term support. Supplement the training as needed with free weight/bodyweight exercises for overall success.

Simple and time-saving training for your members

Using our training wristbands and RFID technology, your members can log in at the start of training simply and intuitively. The personal training data and settings can be stored for each target group according to the therapist's or trainer's instructions and are automatically saved. The high-quality touch screens ensure optimal visualisation as training support with real-time feedback.

Software
for
ERGOFIT
products



VITALITY ANAMNESIS

Professional master data portal on medicine-relevant training history:

- Anamnesis tool for automated classification according to WHO Diseases (ICDWHO)
- Commenting feature for relevant training information in patients
- Optimal detection of diseases as part of the current medical training therapy

VITALITY STATISTICS

Complete training documentations with analyses and statistics:

- Utilisation of the facility and training areas
- Utilisation of equipment
- Individual user statistics
- Personalised training data for members and patients

VITALITY TRAINING

Personalised and individual training planning:

- Unlimited possibilities of individual training planning of patients and members
- Function of automated training template for time-efficient training planning
- Simple drag and drop system for device and workout selection
- Exercise extension with creating free exercises

VITALITY MARKETING

Targeted ads on your training displays as an optimal advertising material:

- Customised advertisements for different target groups
- Modern practice presentation (courses, in-house events, new concepts)
- Tailored patients and member information (Do good and talk about it!)
- Varied entertainment (news, product information ...)

Vitality Care

Your benefits

- Comprehensive training monitoring with the Vitality Care enables efficient and health-oriented fitness training.
- Your employees have their workload reduced and have sufficient time for providing direct support to your clients.
- Your members are guided personally in all training phases.
- Your employees and trainees receive a detailed training evaluation, including success concept and comprehensible feedback.
- Satisfied clients will remain faithful to your institution and will gladly recommend it to others.
- You can manage more trainees individually in a shorter time.

Benefits for your clients

- Quick and easy operability facilitates training especially for beginners and older trainees.
- Exercise execution errors will be avoided as well as wrong device settings.
- Visual representation of the personal training process enables simple orientation.
- Perfect individual care of your trainees through VITALITY CARE.
- Shorter more effective units for your trainees.

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