



Controlled elastic force

Flextensor



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The device for the re-education of the lower limb in the Open Kinetic Chain.

Flextensor is an elastic load equipment designed to tone and train the muscles of the lower limbs (quadriceps and hamstring muscles) by means of an Open Kinetic Chain.

The specific design and flexibility of the load enable for the execution of exercises at variable angular speed by avoiding the PNF stretching principle of successive induction.

Flextensor is effectively employed in muscle and joint traumatology, arthroscopic and reconstructive surgery, and for the training of healthy patients.

It can also be particularly beneficial at different stages of re-education and training and in post-traumatic and post-surgical treatments.

Flextensor is also ideal for the explosive muscular strength expression as it fosters the neuromuscular coordination stimulation.

Furthermore, Flextensor increases the patient compliance and facilitates the self-management of the work session.

Characteristics



- Adjustment of the elastic workload
- Adjustment of the backrest
- Overshoe with strap closure
- Adjustable structure in height and distance from the seat
- Exercises in flexion, extension or mixed mode for one or two limbs at the time
- No distal constraints to allow an easier work session in intra/extra rotation
- Stability, soundness and reliability
- Resealable for small packaging
- Medical certification

Ways to exercise

All of the following exercises can be performed at low and high angular speeds, thanks to the absence of inertia typical of elastic resistance. Even rapid movements with stops can be performed in the absence of kickbacks.



With two elastic bands per leg tied to the front support, the legs flex and come back together. The work is on the flexor muscles. The same exercise can be performed by moving the legs alternately.



With two elastic bands per leg tied to the back support, the legs extend and return alternately. The work is on the extensor muscles. The same exercise can be performed by moving the legs synchronously.



With four elastic bands per leg, tied two to the front support and two to the back support, the legs move together. The load is both in extension and in flexion.



With four elastic bands per leg, tied two to the front support and two to the back support, the legs move alternately. The load is both in extension and in flexion.



With two elastic bands per leg, tied on one side to the front support and the other to the back support, the legs flex and come back alternately. The same exercise can be performed by moving the legs synchronously. Cross-loading situations stimulate coordination.



With an anklet for the leg tied to the front support with an elastic band, the legs flex and come back alternately. The use of the anklet instead of the overshoe facilitates the misalignment of the load.

Technical features

Retail configuration

Flexensor instrument
8 bands (4 for extension, 4 for flexion)

Options

Ankles with band
Ankle strap weights

Workload characteristic

Adjustable resistance with preselection of bands in use

Dimensions and weight

67 x 210 x 110h cm, 45 Kg
Required operating space: 280 x 100 cm

Flexion and
extension exercises
of the lower limb in
the absence of distal
constraints

Operative modes

Adjustable structure in height and distance
from the seat
Adjustable seat depth
Overshoe with strap closure

Certification

Flexensor is a medical device compliant with
European Union Regulation 2017/745



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