



143 028 Massage mat

This Massage mat is very delighting for your feet, it improves your health and well-being. Standing on the massage mat for only 3 minutes each day are enough to release your foot musculature and consequently the deep musculature of the whole body. The horizontally foot arch will be strengthened to prevent foot complaints. Blood circulation and purification will be fostered. In sport it is used for fast regeneration after work-outs.

Specification: Natural rubber, ø 25 cm, colour sorted, weight 600 g. Recommended by "Fussreflexologie" Brigitte Wilhelmer

BENEFIT FOR YOUR FEET

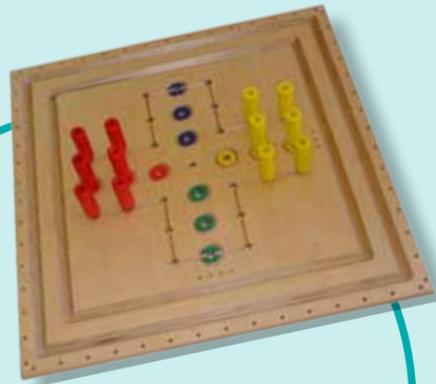
FOOT-LEG-AXLE EQUIPMENT



143 160 Pro-Pedes

This foot-leg-axle equipment is ideally used to learn and train the foot-screwing. While standing in an accurate heel position and having big-toe-joint/ball contact the longitudinally arch is trained and a fine and straight leg-axle is stabilized in parallel. Pro-Pedes is used for balance and coordination exercises with both feet, characterized by best rolling.

Specification: Solid beech, approx. 260 x 49 mm, exercise instructions in German language included. Recommended by physiotherapy Röckel.



173 108 Big size game collection 75x75

More than 10 games in one: "Don't worry", "Eremit" ("Solitaire"), "Catch me", "Halma", "Bandit Halma", "Two times two" ("Double wedding"), "Sheep and wolf", "Mini mill" ("Three wins"), "Do 4", "Checkers", "Tara - gravity Halma", "Halma for two or for four". Playing sticks can be either stuck into the holes or only positioned on the lines. On the back there are 10x10 raster bored holes which can be also used for mathematical exercises. The extra big size of the board is specifically intended to activate and exercise the musculoskeletal system of the upper part of the body, shoulders and arms. The minimum distance of 7 cm between the holes, offers an unerring grasping of the playing stickers. Also suitable for blind.

Specification: Board LxWxH: 75x75x2 cm, multiplex birch wood, surface nature lacquered, 1 pc. die with numbers, weight 8,6 kg

Seminars and trainings in theory and praxis:

„Vestibular-Motor-Coordination-Course – the comprehensive training along the body axes for a better posture and motion coordination.“

Please find information to our wide range of seminars for trainers, sport teachers, therapists, educators, athletes, team sport, children, adults, senior citizen's at our website www.pedalo.de. (currently only in German language)

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... the Makers of pedalo®

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pedalo®



MOVEMENT was my best decision to health and well-being.

Fit in advanced age

- Regaining and maintaining of motor abilities ◀
- Fall prophylaxis ◀
- Training to walk and move to feel safe ◀
- Healthy balance and well-being ◀
- Cerebral jogging ◀
- Maintain independence ◀



① 653 173 Balance Roundabout 55 Therapy+Fitness

This high-classed Balance Roundabout convinces by a very stable platform with a diameter of ø 55 cm. This ideal platform offers an optimal foot positioning when standing in width of hip - for a lot of stability and balance exercises when standing, sitting, lying or front leaning rest on ground. There are two levels of difficulty available: Sport+Kids (soft dumper) and Therapy+Fitness (harder dumper). Recommended to combine with Software Reaction test Art.-No. 654 210.

Specification: Multiplex birch wood, surface in clear lacquer, gummed anti-slip feet, end-stop, Anti-Slip-Pads. ø 55 cm, weight 8 kg.

② Accessory: Art.-No. 653 089 Holding rack with platform.

653 086-01 Stabilizer Therapy

The Stabilizer is a universal training equipment for the whole body. It improves the sensory control of posture and movement. The high sensitivity of the board (three-dimensional action) brings out even the smallest misbalances and instabilities and treats them therapeutically. The Stabilizer optimizes motions and reduces reaction time. The movement amplitude can be adjusted. For senior citizen's to train the balance regarding a secure stand and fall prophylaxis; for people with neurological deficiencies.

Specification: inserted metal case, quickly disassembled. Surface finish silver, stand platform multiplex birch wood 60x35 cm. Assembled: LxWxH: 58x58x94 cm, loadable to 150 kg, weight 10,3 kg.

Recommendation: Art.-No. 628 215 shoulder bag for Stabilizer.



play, sport and therapeutic equipment

Holz-Hoerz
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Your specialized trade:



STABILISATION

143 154 Trimm Top 55

The most multifunctional Trimm Top for a comprehensive training while sitting or standing. The ideal stand platform of 55 cm offers an optimal foot positioning when standing in width of hip and therefore the Trimm Top 55 is perfectly suitable for senior citizen's used as exercise device for balance training. Power allocation to the feet can be controlled very well. Constant rolling character at loading. Trimm Top 55 strengthens the musculature of leg and trunk, what relieves joints and improves the stability.

Specification: Platform ø 55 cm, approx. 8 cm high, multiplex birch wood, surface clear lacquered, mounted on a PVC hemisphere. Anti-Slip-Pads, weight 3,5 kg.

Also order: Anti-Slip-Mat Art.-No. 628 050 LxW 50x30 cm.



STRENGTHENING



REFLEX TRAINING

① 653 370F20 Spring Board 150

For therapy this Spring Board is a perfect coordination training device to improve the overall coordination skill, body posture and stability. The length of 150 cm is ideal for using in walk training after injuries or surgeries e.g. in the ankle, knee or hip joint. For stabilising exercises in quadruped or sitting position. The surface gives way and thereby the number of input information (sensory intake) increases. Reaction and balance skills will be trained particularly, interaction of nerve and muscle will be improved.

Specification: LxWxH: 150x45x19 cm, Multiplex birch wood, surface in clear lacquer, integrated spring shocks, weight 22 kg.

② Accessory: Art.-No. 655 190 walking bar LxWxH: 250x75x60, adjustable in height.

653 355 Vestimed® 55

The special feature of Vestimed® is the spring system, which allows all exercises to be carried out in an unstable stand. Impulses to the nervous system and muscles are intensified and the training becomes more effective. This universal whole body training equipment fosters individual skills of brain, nervous system, arms, legs, back, trunk, abdomen. Training specifically improves the posture and movement coordination.

Specification: Multiplex birch wood, ø 55 cm, height 19 cm, hand and leg straps included, weight 7,4 kg. Recommended by the German Parkinson's Association (Deutsche Parkinson Vereinigung e.V.) for use according to HORA-method.

552 001 Pedalo®-Classic

The Pedalo®-Classic is, as the name implies, the Classic under the Pedalo®, it is a whole body training equipment to improve posture and movement coordination. Riding on the Pedalo® simulates walking and demands load changes from left to right leg. Hence the capacity of responsiveness and the stability of the leg axle will be improved. Therefore walking becomes safer.

Specification: LxWxH: 44x37x22 cm; weight 6,2 kg, loadable to 200 kg.



POSTURE TRAINING

COORDINATION

① 653 130 Balance Board 150x45

The big platform sized 150 x 45 cm gives safety. With added support bars this Balance Board is especially recommended for senior citizen's. It offers a lot of stabilising exercises while standing in a firm position, while sitting or lying. Also walking exercises or exercises in twos (action – reaction) can be done.

Specification: Multiplex birch wood, runner can individually either be mounted lengthwise or along the width, rubber bumpers, loadable to 200 kg. LxWxH: 150x45x16 cm, weight 12 kg.

③ Accessory: Art.-No. 520 154 Telescopic Support Bars



WELL-BEEING



MOBILISATION

553 225 Pedalo®-Reha-Bar „S“

The Pedalo®-Reha-Bar „S“ is specifically adapted for therapy requirements. The spacers between the wheels guarantee more security on the long standing area of 100 cm and offer enough freedom of movement between the adjustable telescopic bars. This offers optimal exercises after injuries to the ligaments in the area of foot, leg or after hip surgeries. Thereby the joints of the leg axles will be stabilised and mobilised. Approved for the treatment of balance dysfunctions. For patients after a stroke depending on the severity, for initiation of motion sequences.

Specification: Loadable to 280 kg, telescopic supports adjustable in height, platforms 100x14 cm, weight 21,8 kg. Assembled: LxWxH: 104x45x75-115 cm

Please find further Pedalo® types for sport and therapy in our product catalogue.

BODY PERCEPTION

② 653 138 Reha-Wipp

The Reha-Wipp with additional weights stands for an effective training in sport and therapy. With conventional balance boards the user works only with his own weight. To find his balance with the Reha-Wipp he have to work against the applied counterweight in an active way.

Indication: Compensation of muscle dysbalances, strengthening, systematic strength dosing; training of coordination, reaction and balance.

Specification: Multiplex birch wood, surface clear lacquered, stand platform across mounted, LxWxH: 65x75x16 cm, weight 7,8 kg.

③ Accessory: Art.-No. 520 154 Telescopic Support Bars, counterweights

