

"The Clinical Advantage"<sup>TM</sup>

# Sit2Stand<sup>TM</sup> Trainer

**NEW**

Increase Strength. Improve Mobility.



PHYSICAL THERAPY



WELLNESS



SENIOR LIVING

## Sit2Stand<sup>TM</sup> Trainer

**Strengthens lower extremities in a safe, progressive environment.**

Reinforces seated to standing movement in rehabilitation and wellness settings.

[www.biodex.com/sit2stand](http://www.biodex.com/sit2stand)

**BIODEX**

[www.biodex.com](http://www.biodex.com)  
**1-800-224-6339**

Int'l 631-924-9000

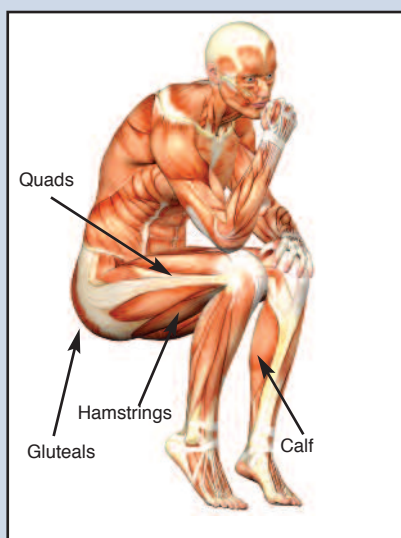
# NEW BIODEX SIT2STAND™ TRAINER

## Sit to Stand ...the most fundamental motion for functional independence.

One of the most fundamental motions required to maintain/sustain a greater quality of life is the ability to stand from a seated position. Performed many times throughout the day, this biomechanically demanding movement requires more lower extremity joint torque and range of motion than walking or stair climbing.<sup>1</sup>

Whether therapist assisted or used independently, the Sit2Stand™ Trainer guides users through the seated to standing motions. Repeating the motions builds both lower- and upper-body muscular strength and endurance, and improves flexibility; therefore, the user maintains/gains independence.

### The Muscles Associated with Sit to Stand



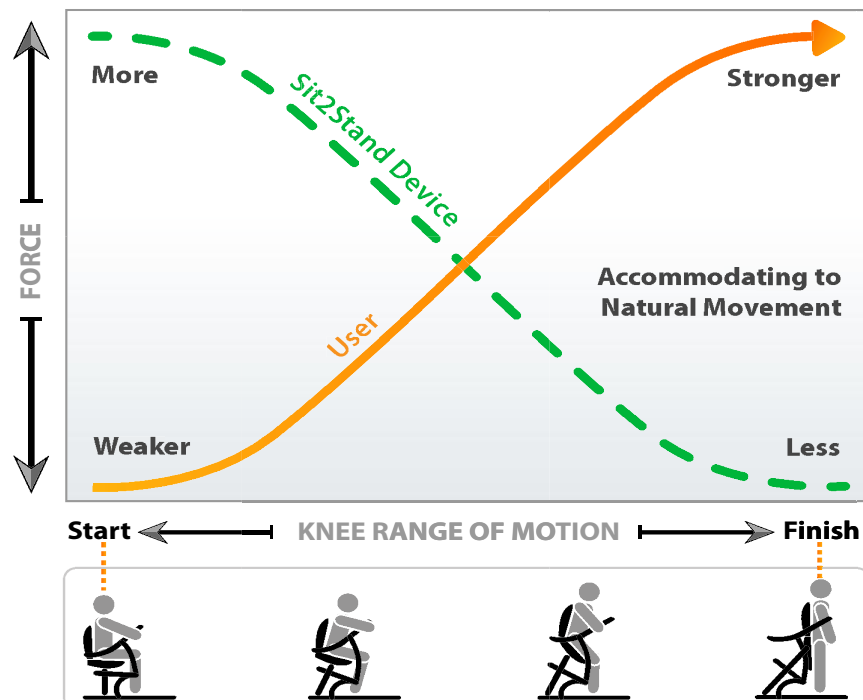
Designed to address proper biomechanics, the Biodex Sit2Stand Trainer is ideal for strengthening the muscles associated with rising from a seated position...

### Features

- **ASSISTANCE SELECTOR** – An exclusive Biodex design that provides graded concentric and eccentric exercise throughout the sit-to-stand motion. The system also provides the option to perform gentle, progressive plyometrics for developing fast-twitch fibers which are so important for older adults.
- **ONE-TOUCH ASSIST CONTROL** – The one-touch assist control features small incremental assistance adjustments, as low as 5 pounds, that deliver measurable progress.
- **CONTOURED SEAT WITH PIVOTING BACKREST** – The large comfortable seat with pivoting backrest articulates naturally to correspond with pelvic tilt during the sit-to-stand motion.
- **WHEELCHAIR ACCESSIBLE** – The specially designed platform safely accommodates patient transfers.
- **ARM SUPPORTS** – Contribute to upper extremity strengthening and can be moved out of the way for easy on/off access.
- **ADJUSTABLE SEAT HEIGHT** – Seat height is fully adjustable to suit varying patient leg length and height, hip movement and orthopedic conditions.
- **INDEXED FOOT BASE** – A foot placement grid provides clear reference for therapists to easily communicate and continually repeat correct foot positioning.
- **RETRACTABLE STABILIZATION BELT** – The fully adjustable belt provides a secure environment for patients with limited torso control.
- **RANGE-OF-MOTION LIMITER** – Allows for two starting positions to accommodate users with limited range of motion.



### Biodex Sit2Stand Provides Accommodating Assistance



The assistance profile of the Biodex Sit2Stand Trainer corresponds with the sit-to-stand force output providing more assistance where one is weaker, and less assistance where one is stronger.

## Applications

### Physical Rehabilitation

#### Helps patients maintain their functional independence

With attention to detail in the biomechanics of the sit-to-stand motion and the therapy process, the Biodex Sit2Stand Trainer is designed to allow the therapist full access to the patient to train and reinforce strategies for the sit-to-stand motion while providing the patient a safe environment.

By varying seat height and foot position, the patient will learn the effects of body position and joint angle to control center of mass and the role of momentum in rising.<sup>2</sup> The large, comfortable contoured seat with pivoting backrest articulates naturally to correspond with pelvic tilt during sit-to-stand motion. Adjustable start and end seat position accommodates varying amounts of hip flexion and orthopedic conditions.



### Wellness

#### Supporting an Active Lifestyle

Easy to use with conveniently located adjustment levers for seat height and assistance, and biomechanically positioned arm supports. Wellness members can utilize the device with minimal supervision, strengthening both upper and lower extremities, important for maintaining independence.



**Regular physical activity** is one of the most important habits older adults can practice for their health. According to the 2008 Physical Activity Guidelines for Americans, older adults need to perform two types of physical activity each week to improve health — aerobic and muscle strengthening.

[www.biodex.com/sit2stand](http://www.biodex.com/sit2stand)

#### References:

1. Lomaglio MJ, Eng Janice, (2005). Muscle strength and weight-bearing symmetry relate to sit-to-stand performance in individuals with stroke. *Gait & Posture* 22:126-131.
2. Janssen WGM, et al, (2002). Determinants of the Sit-to-Stand Movement: A Review. *Phys Ther.*;82:866-879

#### Who will benefit from the Biodex Sit2Stand™ Trainer

Weakened, Older or Sedentary Patients/Residents

- Independent Living Facilities
- Assisted Living Facilities
- Skilled Nursing Facilities
- Wellness Centers
- Inpatient and Outpatient Rehabilitation Centers



#### CLINICAL PERSPECTIVE

David Wilcox, OTR/L

Functional sit to stand is required to successfully engage in transfers, mobility, and ADLs.

To read full perspective, visit [www.biodex.com/sit2stand](http://www.biodex.com/sit2stand).

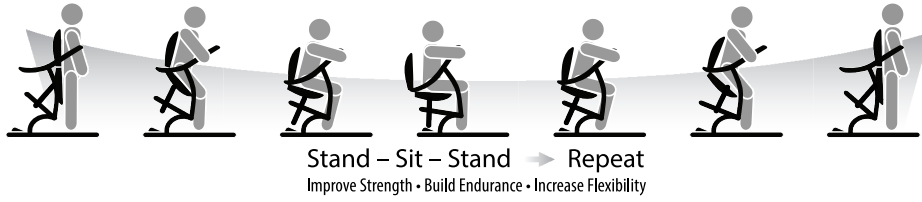
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#### SPECIFICATIONS:

- Dimensions: 31.75" w x 51" deep x 52" h (83 x 125 x 132 cm)
- Seat Height:  
Adjustable: Seven preset increments accommodate patients of various heights.  
Seated Height: 18.5"
- User Capacity: 350 lb (159 kg)
- Weight: 147 lb (66 kg)
- Assistance Range: 45 lb to 250 lb
- Warranty: one year parts and labor

950-560 Sit2Stand™ Trainer  
Includes Stabilization Belt

**BIODEX**



# Sit2Stand<sup>TM</sup> Trainer

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