

## PHYSIOTHERAPY

The PRO ski simulator is three- dimensional dynamical device, recommended for traumatic rehabilitation physiotherapy for the active athletes, as well as being recreational equipment.

The therapeutic version of PRO Ski Simulator has a build in handle, used only to achieve movement correction and for safety reasons. The progressive burden gradation is reached by using different levels of resistance and the pedals.



This is the appropriate combination of muscular power training against the elastic resistance, the joint stabilizers training and the proprioception training. Because of these conditions, high quality muscular fibre is created with increased number of mechanoreceptors, which enable not only the increase of power, but also the adaptability and the fast muscular response.

Such training is adequate in case of the ankles, knees and hips ligament injuries, meniscus injuries, the injuries of the knees cross ligaments and the lower body extremities muscular lesion.

The exercise on this simulator is the essential part of the rehabilitation's later stage in case of heavily injuries.

Right from the start of using the equipment, a sensation in the irregularity of muscle power, the lack of mobility, muscle response and balance, is noticeable. These health and injury difficulties are gradually improved, by upgrading the level of training difficulty, training, necessarily supervised by the physiotherapist because of its great pretension.

PRO Ski Simulator training's highest values are:  
an evenly concentric and eccentric exercise of the legs moving muscles.

**THIS DEVICE IS HIGHLY RECOMMENDED FOR ANY INSTITUTIONS INVOLVED IN ATHLETIC OR RECREATIONAL SPORTS REHABILITATION.**

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