

ottobock.

# Fitness Revolution

Complete line of fitness and adaptive sports equipment

Quality for life

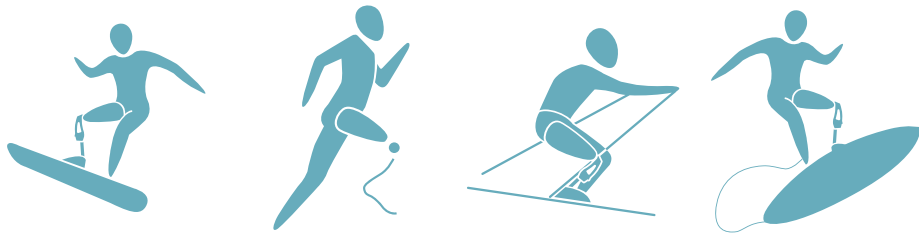


# Your new playbook

Help your patients tap into an incredible range of solutions designed to help them **compete** harder, **restore** lost function, and **live** the active lifestyle they hunger for.



# We don't just run...



We power-lift.

We surf.

We ride.

We ski.

We snowboard.

We golf.

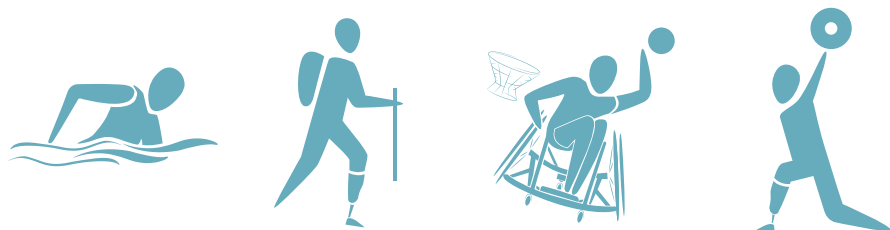
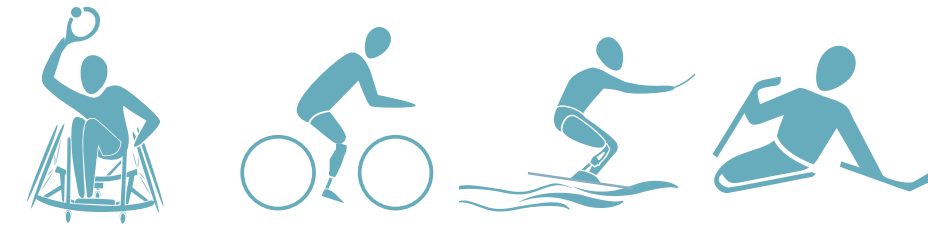
We skate.

We hike.

We cross-train.

We shoot.

**You win.**



Ottobock is the sports leader for adaptive athletes.

# Dive in

Active living can happen anywhere, including in the water. Ottobock offers a deep line of waterproof and water resistant products so your patients don't have to miss out on these experiences.

From wakeboarding with the robust ProCarve to exploring the ocean with an X3, your patients can enjoy water-based activities and sports regardless of their level of limb loss or deficiency.

Help your patients dive in. Whether you need prosthetics or orthotics, Ottobock has a solution:

**Knees** – while the rugged X3 and dynamic 3R80 are fully submersible, the 3WR95 features small ports to help drain water and a manual lock to provide stability in slippery environments.

**Feet** – built-in titanium adapters in the Triton HD and Triton LP and the treads of the 1WR95 make these prosthetic feet well-suited for activities in water.

**Pylons and adapters** – galvanized screws protect these components from corrosion when used in salt or chlorinated water.

**Orthotic components** – Aqualine products provide a fully waterproof solution for your KAFO and AFO patients.

## Did you know...

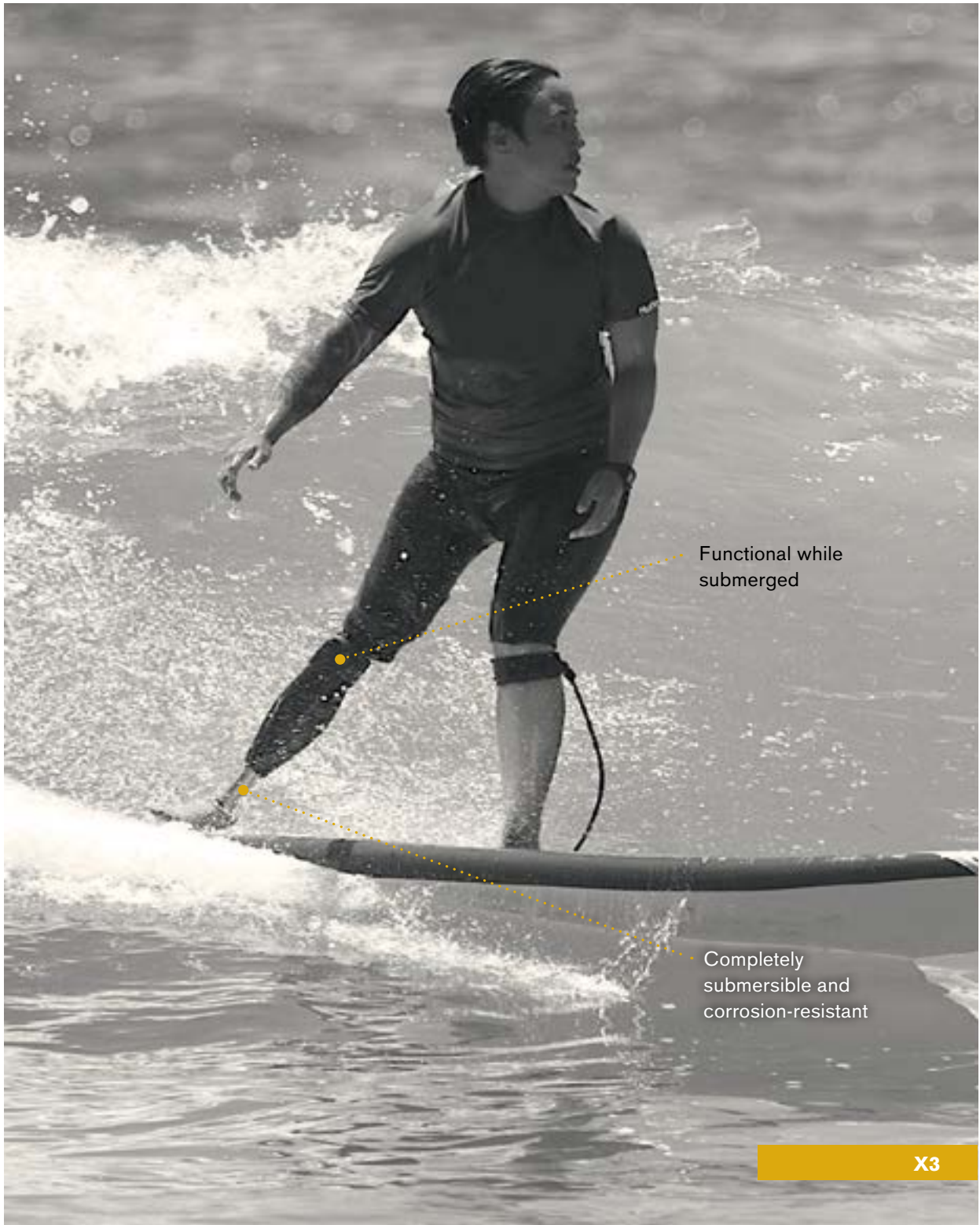
Swimming pool exercises can decrease blood pressure and body mass for amputees. Several studies have found swimming, canoeing, and fishing are preferred sports.<sup>1</sup>



**PROCARVE**



**AQUALINE**



Functional while submerged

Completely submersible and corrosion-resistant

**X3**



ARCTIC FLASH



INVADER



Optional Bosch motors optimized for hand pedaling and hill start assist

Tektra disc brakes and Shimano hub gears mean low maintenance and superior stopping power

Seat adjustment for a more upright or recumbent ride

EMANO

# Rehabilitating the competitive spirit

The road is calling; empower your patient to answer the call with Ottobock's eMano Handbike Series. Only Ottobock offers Bosch motors in a handcycle, optimized for hand pedaling and integrated into the frame for clean lines. Only Ottobock offers hill start assist, with no roll back feature so your patients know they will still make it to the top. High-end gears and disc brakes come standard on all eMano bikes. eMano comes in manual, electric, and electric with individual wheel suspension configurations so road riders or trail blazers can join in the experience.

Ottobock innovates a range of unique solutions to drive the competitive spirit:

**Invader Sport wheelchairs** – Custom made, tailored precisely to the body, position, and playing style of the experienced rugby and basketball athletes. The rigid, fully welded and annealed box frame construction of the Invader creates maximum stability and durability. The Invader reacts immediately and precisely to your patient's signals without any loss of power.

**Arctic Flash sledge** – In order to run strategic plays, hockey players rely on their sledge to perform explosive moves and maneuver on a dime. Designed for a customizable fit and made with lightweight durable materials, Ottobock's Arctic Flash sledge, will help your patient reach their athletic potential on the ice.

## Did you know...

A study reported that 98% of subjects participating in wheelchair games and winter sports clinics felt that participation in organized sporting events improved their lives.<sup>2</sup>

# Solutions for everyday living

Products that solve some of life's basic challenges will help your patients return to their favorite activities with peace of mind and a positive spirit. Solutions like DVS (Dynamic Vacuum) improve users' proprioception and sense of security through the magnetic connection and adaptive vacuum suspension that occurs not only in swing phase but also in stance.

Upper limb amputees may feel more balanced by wearing a prosthesis when getting back into cherished pastimes. Terminal devices like our powerful AxonHook give your patients the freedom and precision they need to enjoy hobbies from needlepoint to home renovation projects.

With our outstanding and diverse portfolio, patients can worry less and play more:

**Foot and ankle** – products designed to meet individual therapy requirements of practitioners and patients.

**Knee bracing** – these include bracing for post-op, ligament, and osteoarthritis.

**Spinal solutions** – Ottobock is the originator of the mechanical advantage pulley system used in most spinal orthoses today.

## Did you know...

Amputees have been shown to have an increased risk of knee and hip osteoarthritis. Better prosthetic socket fit and alignment may decrease this risk.<sup>3</sup>

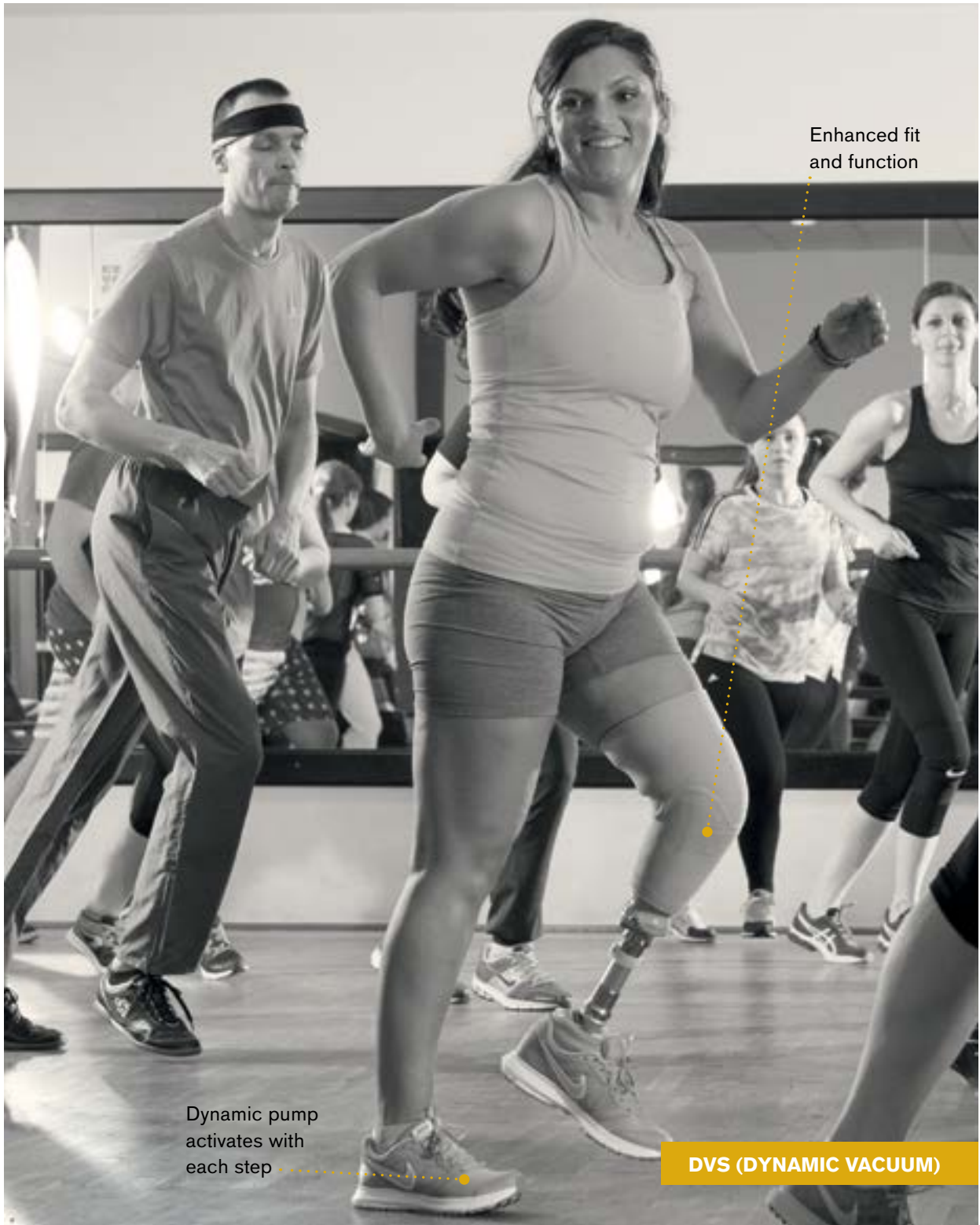




AXON HOOK



DYNAMICARM®



Enhanced fit  
and function

Dynamic pump  
activates with  
each step

DVS (DYNAMIC VACUUM)



3-point system opens the knee joint

Helps relieve pain and further injury

Minimizes migration issues associated with OA knee braces

**AGILIUM FREESTEP**



**C-BRACE®**



**WALKON®**

# Regaining mobility

Your patients face unique challenges that require different degrees of support. Whether they need advanced technology following traumatic injury or products to help manage pain, you can count on Ottobock to deliver a host of options to help your patients achieve greater independence.

Look to Ottobock for orthotic solutions that you won't find anywhere else:

**Advanced** – with products like C-Brace®, you can restore mobility to some of your most severely affected patients. For some, that can mean the opportunity to get up out of a wheelchair and walk again.

**Innovative** – Agilium™ Freestep gives you an entirely new approach to relieve your patients' knee pain due to osteoarthritis. It provides targeted support to alleviate knee pain while minimizing traditional compliance issues.

**Dynamic** – the lightweight, durable WalkOn® AFO is the go-to solution for foot drop. It features a low-profile design to easily fit into a shoe and under clothing so your patient can go anywhere.

## Did you know...

While men are diagnosed at a younger age, after age 45, women account for 60% of those affected by knee osteoarthritis.<sup>4</sup>

# Accept the challenge

Your most active patients won't accept limitations, so help them push their performance further and finish faster. We rely on super lightweight materials that are designed for durability and toughness. Backed by nearly 100 years of experience, we've designed powerful products that have been proven in international competitions. Your patients can count on Ottobock for solutions that endure through the rigor of training all the way to the success of crossing the finish line.

Whether your patients aspire to win medals or just want to test their limits, you can rely on Ottobock to help them prove their competitive spirit:

**Knees** – Powerful rotary hydraulics and responsive flexion and extension make the 3S80 knee an excellent choice for long-distance runners. The 3S80=1 offers lower viscosity fluid so sprinters can focus on breaking previous barriers through speed work. Your patients can tackle the advanced challenges of wet, rugged terrain with the highly robust, waterproof X3.

**Feet** – The proven 1E90 Sprinter is now available with the 1E91 Runner and 1E93 Runner Junior to provide a broader range of dynamic fitness options. Patients whose passions include more than running can easily hit the court with 1E95 Challenger's dynamic start-and-stop performance.

**Accessories and adapters** – Select from either all-terrain or track soles to complement your patients' 1E90 or 1E91. You can also take advantage of fitting adapters like the 4R210 and 4R206 to help simplify fitting.

## Did you know...

After a six-week exercise program, amputees' cardiorespiratory performance measures increased to the level of able-bodied subjects.<sup>5</sup>



Progressive hydraulic damping for more controlled extension

Two versions fine-tune flexion/extension to user's needs

Powerful carbon spring for dynamic response

Choose either an all-terrain or spiked sole for track workouts

**3S80 AND 1E90<sup>6</sup>**

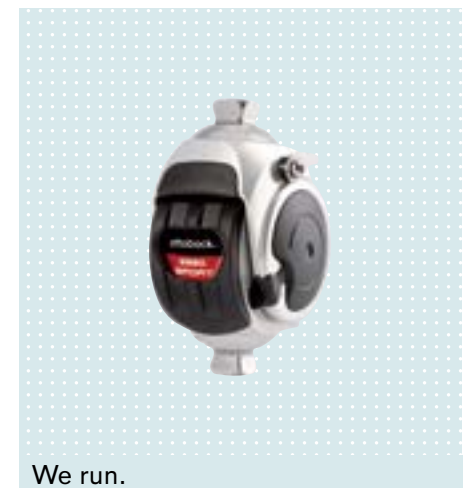
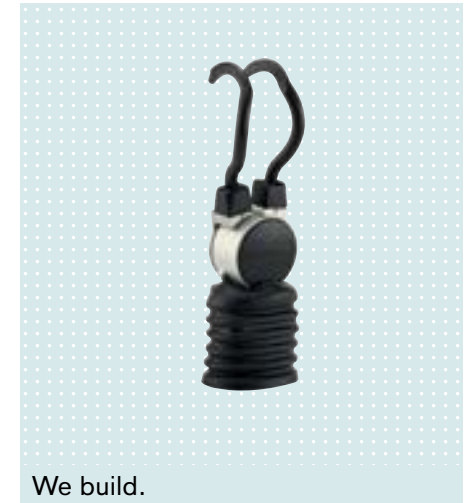


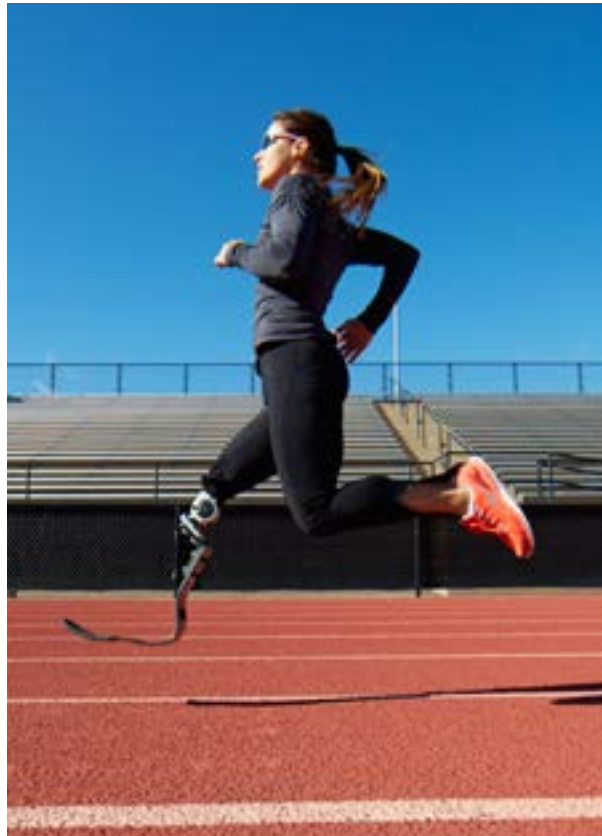
**3S80 AND 1E91**



**CHALLENGER**

# We're more than just running...





**Join the Fitness Revolution.**

Sign up for a free 2017 Fitness Revolution calendar and get updates about upcoming events at [professionals.ottobockus.com/fitness](http://professionals.ottobockus.com/fitness).

## Sources

1. Bragaru M, Dekker R, Geertzen J, Dijkstra P. Amputees and Sports: A Systematic Review. *Sports Med.* 2011;41(9):721-740.
2. Sporer ML, Fitzgerald SG, Dicianno BE, et al. Psychosocial impact of participation in the national veterans wheelchair games and winter sports clinic. *Disabil Rehabil* 2009; 31 (5): 410-8
3. Gailey R. "Review of secondary physical conditions associated with lower-limb amputation and long-term prosthesis use." *Journal of rehabilitation research and development* 45.1 (2008): 15.
4. Orthotics - Oliveria SA, Felson DT, Reed JI, Cirillo PA, Walker AM. Incidence of symptomatic hand, hip, and knee osteoarthritis among patients in a health maintenance organization. *Arthritis & Rheumatism* 1995; 38(8):1134-1141
5. Chin T, Sawamura S, Fujita H, et al. Physical fitness of lower limb amputees. *Am J Phys Med Rehabil* 2002; 81 (5): 321-5
6. All components pictures are sold separately and are shown with compatible Ottobock products which help ensure optimal performance. Practitioners need to select components based upon individual patient criteria.