



Medical Fitness Solutions

Providing Solutions in Rehabilitation and Long Term Care



PERFORMANCE HEALTH®



About Medical Fitness Solutions

Our focus is, and has been since our inception developing and researching products safe and appropriate for rehabilitation and senior care utilization.

To wit, the best strength equipment for rehab may cost a bit more, but 1 pound increments, range limits, ingress/egress grab bars and accommodations, zero maintenance, proven biomechanical superiority, etc. may cost more than less expensive options, but amortized over the average 15 year life of these devices it is miniscule- and with a better resale value at the end of life it is about a push.

With cardio safety is key. For example, we offer treadmills with slow start speeds, safety rails, emergency stop lanyards, bariatric capability, low step up heights, wide decks, large displays, and preferably AC drive systems- which last longer and run cooler.

One of the hardest things for a treadmill to do is run slow, with a heavy individual, with an asymmetrical gait...and we make sure the models we recommend can perform.

With upper body ergometers, bikes and ellipticals ingress, egress, adjustability, low wattage start and increment setting, METs and Watts readings, and large displays are critical.

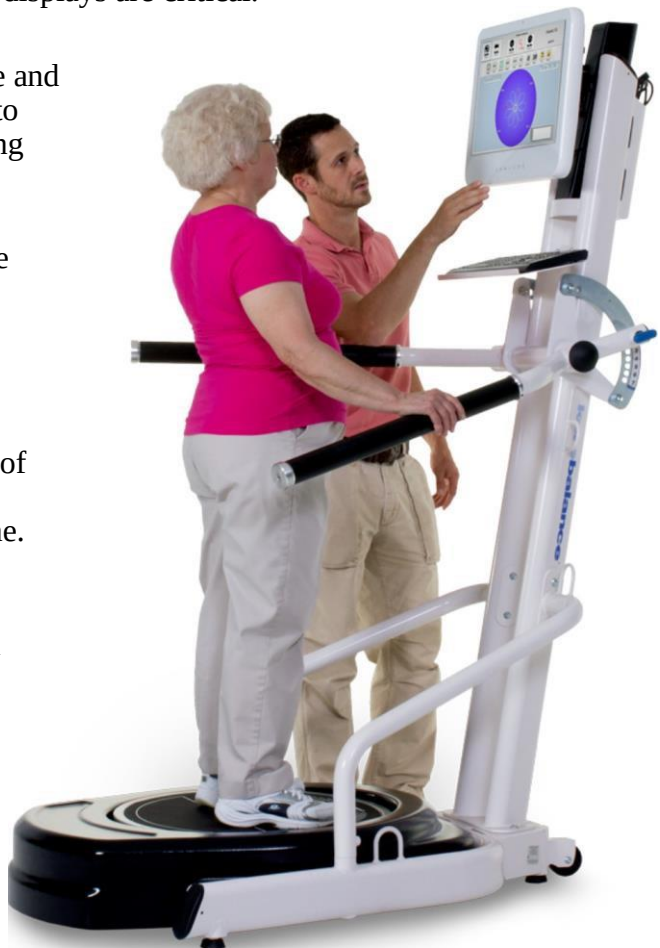
In the balance and training arena we have the most price and feature options, the only 3D games, and new upgrades to our software that make screenings and progress reporting easier and more accurate for your therapists.

We make sure the products we offer accommodate these demands- with features and benefits relative to our selections summarized in this Performance Health document.

Our Total Solutions program offers *proven* non pharmacological solutions to address the comorbidities of ageing including sarcopenia, osteoporosis, balance disorders, circulatory and pain issues, and mental decline.

Please take advantage of our 30+ years of experience in serving the rehab community- we do this full time for a living and believe we can help you find the right price/performance solutions!

We appreciate your consideration!



Now with improved training and reporting software!
Contact us for interactive sales and training webinars. There are more opportunities for computerized balance sales than ever before!

Korebalance® Receives Innovative Technology Designation from Novation

Designation recognizes the development of new solutions that benefit the health care industry

Patterson Medical's Korebalance® product has received Innovative Technology designation from Novation, the leading healthcare services company that serves the more than 100,000 members and affiliates of VHA Inc., UHC, Children's Hospital Association, and Provista. The designation was based on reviews of the Korebalance modality by hospital experts who attended Novation's Innovative Technology Expo in November. The annual event provides medical technology suppliers the opportunity to demonstrate their product and gain direct feedback from onsite clinical experts and health care providers on the impact their products may have on improving clinical care, safety, or benefits to organization's care and business models.

Dean Sbragia, CEO of Medical Fitness Solutions and inventor of the device stated:

“We are very pleased to receive this designation from Novation, and have the product distributed by Patterson Medical. Korebalance® provides an efficacious high-tech solution for a variety of medical challenges. The patent pending modality captures and retrains balance performance with reproducible and engaging software. Applications include fall reduction screening and rehabilitation, orthopedic rehabilitation, treatment of peripheral neuropathies, treatment and assessment of mTBI and cognition, and identification of symptom magnification. These applications span physical and occupational therapy, long term care and skilled nursing, athletic training, industrial medicine and neurology.

“Novation is committed to providing the members we serve with leading -edge technologies that deliver new clinical and operational benefits from what is currently available in the market today,” said Debbie Archer, director of procurement and leader of the Innovative Technology program for suppliers. After reviewing the Korebalance product at our annual Innovative Expo, the hospital experts who attended agreed the product offers unique and incremental benefit over other products available on the market today, and recommended it for the Innovative Technology designation.



Balance Assessment and Rehabilitation

Korebalance Premiere Performance Health #081707009
Korebalance Professional Performance Health #: 081619022
Medco #243793

- Individually adjustable handrails catering to the user's physical ability and height
- KB Premiere 22" medical grade touch screen monitor/computer (shown)
- KB Professional 19" touch screen monitor/computer
- New monitor mount improves range of adjustment, accommodating better for patient statures
- Exercise band attachment points to enhance training
- Medicare database, shows where in the spectrum an individual's score lies
- Interactive 3-D games for cognitive benefit with Variable Speed Reaction Training
- Optional Cognitive suite – Cognitive, mTBI and Parkinson's baseline testing and training modes
- Variable stability platform has 360° horizontal and 20° vertical range of movement
- Physical rehabilitation, neurological rehabilitation, sports medicine and senior fall reduction programs.
- Static and dynamic testing for baseline assessment and training
- mPale antimicrobial electrostatic treatment applied to all Korebalance Products
- Virtually unlimited patient data and reports
- Essential component to any rehabilitation program
- Stimulation of the neurosensory system to improve balance, stability, coordination, and posture.
- Improvement of agility, reaction time and motor control
- Patient Weight capacity: 500 lbs. (227 kg)
- Foot Print: 58L" X 44"W X 80H": Product weight 315 lbs.



Korebalance Standard - Performance Health #: 081619030

- KB19" touch screen monitor/computer
- Same spec as above with optional software upgrades
- Non-adjustable safety handrails
- Foot Print: 58L" X 44W" X 80H": Product weight 275 Lb.



Patterson Novation Innovation Award Winner 2015



KoreSway Kompact

KoreSway Kompact 19 Medco #7023625

KoreSway Kompact 22 Medco #7023626

19" or 22" touch screen monitor/computer combination with pre-installed software, blue tooth force plate, keyboard and adjustable computer stand. **White, powder coated safety frame included**

- Real time, visual biofeedback.
- Static and dynamic balance assessment.
- Center button for easy platform calibration
- Medicare database, shows where in the spectrum an individual's score lies
- Objective documentation - printed color reports
- Proven effective for a wide range of disorders including neurosensory disorders, fall reduction and orthopedic deficiencies. Rehabilitation and training also facilitate in fall reduction.
- Cognitive & Parkinson's suite available, Game package available**
- Compact and easily transported
- Footprint: 23" diameter (58,4 cm)
- Platform has 360° horizontal and 20° vertical movement capacity •
- Weight: Touch screen monitor/computer: 31 lbs. (14 kg) ; platform: 22 lbs. (10 kg)
- Patient weight capacity: 330 lbs. (150 kg)
- Warranty: one year
- Made in the USA



KoreSway Mobile

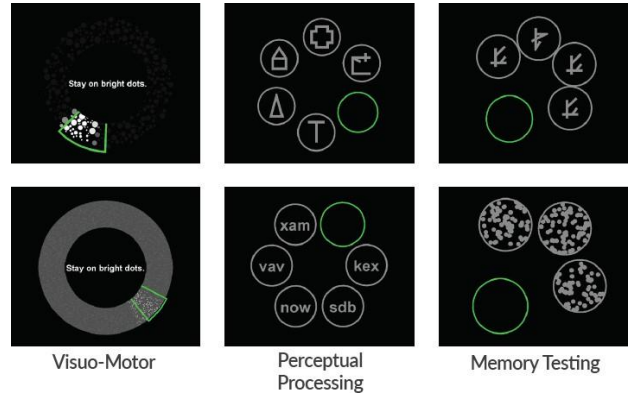
KoreSway Mobile Medco #7023624

- Includes: platform, hand pump, variable air pressure gauge, tilt sensor and laptop
- computer with installed Korebalance software
- Center button for easy platform calibration
- Medicare database, shows where in the spectrum an individual's score lies
- Provides 360° horizontal and 20° vertical range of movement
- Static and dynamic testing for baseline assessment
- Interactive 3-D games for cognitive benefit with Variable Speed Reaction Training
- Ability to store over a million patients data and reports
- Hand pump (no electricity required) offers total portability
- Weight capacity: 500 lbs. (150 kg)
- Physical rehabilitation, neurological rehabilitation, sports medicine and senior fall reduction programs.
- Orthopedic surgery and stroke recovery rehabilitation, concussion management
- Includes Laptop Stand and Carry Bag
- Made in the USA
- Footprint: 23" diameter; Product weight 22 lbs. (10 kg)
- Cognitive & Parkinson's suite not available, **Game package available**



Cognivue Clarity **Medco #: 7102852**

- Cognivue is the first DENOVO, FDA cleared computerized test of Cognitive function.
- Objectively, quantitatively and reliably identifies changes in cognitive function.
- Non invasive 10 minute test, made of 10 one minute “sub tests” that challenge key, cognitive domains
- Adaptive psychophysics algorithm – proprietary software adapts to user’s motor control and visual acuity
- Billing code support provided



Fightmaster **Performance Health #: 7102853**

- Many studies have shown that appropriate boxing training can slow the progression of Parkinson's Disease- with the added logical benefit of increased acuity based upon the engagement aspect of the program and correlation to proliferation of Brain Derived Neurotrophic Factors (BDNF).
- The Fightmaster's quantitative numerical pad system facilitates reproducible and random physical and cognitive challenges with 12 distinct targets.
- The Fightmaster's ergonomically designed targets absorb force axially, protecting wrists, shoulders and elbows.
- The Fightmaster is safer- for both the participant and the pad holder as the targets are positioned properly for every strike minimizing possibility of hyper-extension and pad holder shoulder injury.
- The Fightmaster is less labor intensive- one leader can supervise multiple participants.
- The Fightmaster is fun! Multiple target combination and challenges are motivational and enhance compliance.
- The Fightmaster program works- proven programming provides maximum benefit.
- The Fightmaster program can be quantified- by combining baseline balance and cognition testing and re-testing and training on the Korebalance modality.

- Product Weight: 141lbs
- Dimensions: 43"L x 39" W x 79" H
- Frame: 11 gauge steel Corrosion resistant powder coating
- 11 positioned and angled striking pads
- Height adjustable - for users 5'0" to 6'6"
- WARRANTY: For indoor use only. Rods and Assembly 2 years. Pads 1 year.



bioDensity (Osteoporosis) - **Performance Health #: N/A**

bioDensity V5 includes 5 year SaaS Cloud Based Data

Applications:

- Slow or Reverse Osteoporosis without drugs
- Prevent Osteoporosis with maintenance
- Improve A1C Diabetes Scores
- Active Aging
- Sports Performance

Benefits of bioDensity:

- Fits easily into any schedule 1 day / week 15 minutes
- Benefits users at all fitness levels
- Works with other exercise routines
- Combines easily with other therapies
- No need to change into gym clothes

Why?

- Loads created with bioDensity are greater and safer than loads used in conventional resistance training.
- Uses four precise exercises to target and stimulate all the major muscle groups and safely deliver intensity required to stimulate bone growth.
- Motivates Patients by providing a personalized progress report after each session.
- Data stored and manipulated by a SaaS cloud based program.



Power Plate

- Studies have shown that whole body vibration has been used to treat a broad range of medical conditions, speed recovery back to normal daily function, reduce falls, increase strength and range of motion, reduce visceral fat, improve circulation, increase HGH and lower cortisol, and is recognized as a EU Certified Medical Device. Plus- patients love it!
- The pro7HC is the first commercial machine designed specifically for medical facilities and treatment centers. With programs focused on neuromuscular rehabilitation and regeneration, the pro7HC features videos and activities depicted with an integrated touch screen.
- Heart Rate display and programmable multi-direction variable resistance pulleys.
- Power Plate® Whole Body Vibration technology uses a platform that creates a slight destabilization. By safely destabilizing the body, Power Plate triggers neurological responses eliciting a “tonic vibration reflex,” or involuntary muscle contractions, increasing the natural production of restorative growth hormones. Additionally, the use of Power Plate increases overall circulation, provides faster recovery, and improves sensory motor function.
- With over 200 evidence based research studies demonstrating the efficacy and validity of vibration technology, it can be implemented with confidence into any health care or rehabilitation training setting.
- The Power Plate vibration platforms offer easy access to the plate, meaning its benefits can be experienced by virtually everyone, from able bodied to wheelchair-bound.
- PrecisionWave™ technology emits vibration waves in total synchronicity for maximum muscle response and ultimate results.



(Health Care)
PRO7HC
Performance Health
#:081621150



PRO7
Performance Health
#:081617174
Medco #: 7002558



PRO5
Performance Health
Medco #: 597893



PRO5-HP
Medco #: 598028



Personal Power Plate
Performance Health
#: 081691294

Power Plate MOVE – Red

Power Plate MOVE



Performance Health#
7102856



Performance Health#
7102857



Power Plate® Targeted Vibration Products (TVPs)

Portable. Powerful. Perfect. - Featuring three unique products, the line of Targeted Vibration Products (TVPs) are the newest exciting solutions from Power Plate®, the global leader in whole body vibration, for over 20 years.



The Power Plate® Pulse is a powerful, yet whisper quiet, portable handheld massager that helps relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker.

Available in Red or Black

**Performance Health#:
7102858**



The Power Plate® DualSphere is perfect for effective, concentrated massage. Featuring a unique contoured shape, the DUAL SPHERE is ideal for targeting hard to reach areas including feet, neck and back to help relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker.

**Performance Health#:
7102860**



The Power Plate® Roller is a portable massager that helps relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker.

**Performance Health#:
7102859**

ONEstrength®

Medical / Rehab / Senior

ONEstrength® Medical Selectorized Strength Equipment

Nothing like it! The patented dial technology eliminates weight stacks, pins and lanyards without compromising the concentric/eccentric loads essential to effective strength training.

The Future is One

Introducing the ONEstrength® line, the next generation of single-station strength. ONEstrength® equipment combines a revolutionary new weight stack technology with the most intuitive and user-friendly selection method ever created: a dial. The result is a line of equipment that finally brings single-station training into the 21st century.

It's All About the Dial

Reliable and effective equipment that produces results. The ONEstrength® line builds on the brand's heritage of superior biomechanics through the use of unique cam designs and four-bar linkage technology combined with a

revolutionary new weight engine that eliminates the friction of guide-rods and pins for smooth, plate-loaded experience.

Ease of use

The ONEstrength® line incorporates numerous features, like the "Click-N-Go" weight adjustment dial, hydraulic seats, range of motion limiters, low profile weight towers, non language based instruction placards, easy to see axis indicators, and entry/exit handles, making the equipment non-intimidating and extremely easy to use.

Range Limiters

Starting range-of motion limiters are available on all ONEstrength® machines.

Reduce Your Maintenance Costs

What if we told you that not only is ONEstrength® equipment superior in look and feel, but it's also easier to maintain? There's no guide rods to lubricate and no weight stack pins to bend or get lost, reducing total cost of ownership. ONEstrength® equipment also features marine grade upholstery that is exceptionally durable.



ONEstrength®

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Range Limiters

Starting range-of-motion limiters are available on all ONEstrength® machines. These ROM limiters are an excellent option for those environments where the user may not have the flexibility to stretch to the normal starting position due to injury, recent surgery, deconditioning, or age. Leg Press offers a terminal Range of motion limiter.

- Unique coupling design allows adjustment of the stretch position of the machine while maintaining the correct strength curve of the movement. Unlike our competitors who merely uncouple the movement arm from the cam, range limiters have always insured the movement arm is synchronized with the intended strength curve.



- Easy access to adjustment lever from users position or by an attending clinician.
- Adjustment resolution leads the industry in precision. This is accomplished by an innovative, gear based, hi-resolution mechanism instead of a pop pin system utilized by other manufacturers.
- Easy to read range indicator (Goniometer) for accurate repeatability.
- Machine aesthetics are preserved by incorporating the ROM mechanism into the shielded weight tower.



ONEstrength®

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Onestrength® Leg Press Features:

- Builds leg strength for walking, fall prevention, and general stability
- Six hip rotation and 13 knee flexion adjustments
- Maximum muscle involvement with minimum knee and back stress in a small footprint
- Four-bar linkage technology controls position and angle of foot platform, providing optimal biomechanics
- Low height and integrated handle on platform to aid entry/exit
- Extra wide platform allows varying foot placement
- Overstuffed, adjustable contoured back pad for comfort, with ratcheting adjustment for stability
- Adjustable in five pound increments to a total of 425 Pounds.
- Dimensions: 49"H x 75"L x 51"W

Performance Health #: 081431121



Onestrength® Low Back Features:

- Builds core strength for stability, posture, balance, and reduced pain
- The only full range lumbar isolated machine that emulates the function of rotation around multiple vertebrae
- Contoured lower back pad for safe and proper extension
- Optional range of motion control device to easily vary starting position
- Lighter starting weight and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 49"H x 52"L x 50"W

Performance Health #: 081431105

ONEstrength®

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ONEstrength® Mid Row Features:

- Builds arm strength and helps retract shoulders for improved breathing, posture, and balance
- Smart Arm linkage for multiple, user-defined movement paths
- Rotating Ergo Grip handles for natural hand supination and pronation
- Optional Locking handle option
- Optional handle extender
- Foot pads and adjustable chest pad provide user stabilization
- Easy entry and exit
- Optional range of motion control device to easily vary starting position
- Range of motion can be varied through seat adjustment
- Lighter starting weight and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 50"H x 62"L x 54"W

Performance Health #: 081431022



ONEstrength® Tricep Press Features:

- Builds arm and shoulder strength for getting out of chairs, picking things up, and carrying items
- Smart Arm linkage for multiple, user-defined movement paths
- Rotating Ergo Grip handles for natural hand supination and pronation
- Optional Locking handle option
- Foot pads and adjustable chest pad provide user stabilization
- Easy entry and exit
- Range of motion can be varied through seat adjustment
- Lighter starting weight and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 50"H x 67"L x 49"W

Performance Health #: n/a

Medco#: 7012127

ONEstrength®

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ONEstrength® Abdominal Features:

- Builds core strength for stability, posture, balance, and reduced pain
- The only TRUE abdominal crunch machine!
- Combination of upper and lower movement arms reinvents the original abdominal crunch (the 'clamshell') with modern-day technology
- Four-bar linkage on upper movement arm provides a moving axis of rotation around the thoracic region of the spine for ideal rectus abdominus isolation
- Optional range of motion control device to easily vary starting position
- Lighter starting weight and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 59"H x 54"L x 56"W

Performance Health #: 081431097



ONEstrength® Shoulder Press Features:

- Builds arm and shoulder strength for getting out of chairs, picking things up, and carrying items
- Front press movement with converging arms minimizes shoulder impingement
- Multiple grips provide hand position options
- Optional counterbalance arm weight kit (18 lbs off weight)
- Range of motion can be varied through seat adjustment
- Lighter starting weight and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 63"H x 63"L x 64"W

Performance Health #: 081431063

ONEstrength®

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ONEstrength® Four Way Neck Features:

- The forehead pad is made of visco-elastic foam that forms to your forehead; this eliminates the pressure on your face.
- Strengthening the neck is essential in reducing injuries for athletes, while seniors can greatly improve their breathing, speech, posture and chewing capabilities.
- Optional range of motion control device to easily vary starting position
- Starting weight at one pound and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 57"H x 46"L x 64"W

Medco #: 240584



ONEstrength® Leg Extension Features:

- Maximum range extension while maintaining proper knee alignment
- Leg pad adjustment accessible from seated position for easy adjustment
- Reclined seat angle promotes full range quadriceps contraction
- Range of motion can be varied through seat adjustment
- Optional range of motion control device to easily vary starting position
- Lighter starting weight and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 63"H x 63"L x 64"W

Performance Health #: 081431113

ONEstrength®

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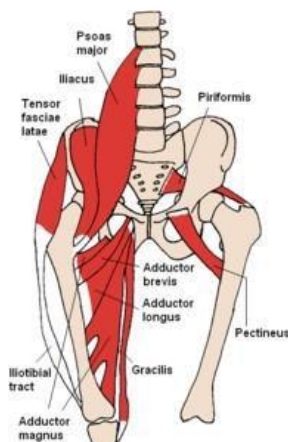
ONEstrength® Hip Abduction/Adduction Features:

- Builds leg strength for walking, fall prevention, and general stability
- Two biomechanically correct movements in one machine, each with individual strength curve
- Weight tower position provides user privacy and easy accessibility
- Removable thigh pads for easy access
- Adjustable range of motion for customization to individual user needs
- Lighter starting weight and adjustable in one pound increments to a total of 255 pounds
- Dimensions: 53"Hx40"Lx70"W

Performance Health #: 081431139



Strengthening adductor muscles has been correlated with improving bladder and bowel control in the elderly, increasing stability and lateral movement, and recovery of muscular strength.



The new removable thigh pad feature reduces the amount of hip flexor and knee flexion required to enter and exit the exercise position. This facilitates use by a greater spectrum of the population and reduces caregiver effort and injury risk.

Added to the safety of an enclosed weight mechanism, one pound increments, and superior bio-mechanics, the ONEstrength® hip ab/ad (Model S6AA) is the perfect solution for all long term care and rehabilitation facilities.

ONEstrength



LAT PULLDOWN S6LATP

- Smart Arm linkage for multiple, user-defined movement paths
- Rigid arm design eliminates need for patient to crane forward to achieve full ROM of latissimus.
- Strength curve discourages ballistic movements at exercise initiation
- Rotating Ergo Grip handles for natural hand supination and pronation
- Dimensions: 72" l x 59" w x 88" h

Performance Health #: 081431014



BICEPS CURL S6BC

- Front, open entry for easy entrance/ exit for users of all conditioning levels
- Pivoting Ergo Handles accommodate varying user sizes
- Independent, pivoting movement arms allow user to curl towards the centerline of the body for more complete contraction
- Dimensions: 42" l x 65" w x 55" h

Performance Health #: 081431071



ROTARY TORSO S6RT

- The Rotary Torso new seat design includes an exerciser stabilization system that isolates the obliques and rotational musculature without being limited by hip adductor strength. Stress on the adductor muscles is also reduced.
- Offers an amazing workout for the external and internal obliques.
- Dimensions: 71" l x 41" w x 47" h

Performance Health #: n/a

ONEstrength®



CHEST PRESS S6CP

- Converging movement arms with multiple hand position options for a variety of movement options
- Dimensions: 60" l x 60" w x 75" h

Performance Health #: 081431030



SEATED LEG CURL S6LC

- Advanced coupled movement arm technology creates the first seated leg
- curl machine to enable proper knee axis alignment throughout movement
- Knee and tibia pad adjustment handles accessible from seated position
- for easy set-up
- Dimensions: 65" l x 53" w x 50" h

Performance Health #: 081431147

Nautilus® Instinct Selectorized Strength Line

The Instinct® Strength line welcomes users of all levels with quick and easy adjustments for efficient workouts. Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. The modern streamlined design minimizes floor space requirements with the ability to closely arrange machines, making this line of strength equipment perfect for facilities with limited spaces. Nautilus® Instinct delivers maximum results without sacrificing quality, and offers facilities with limited resources the opportunity to maximize their investment.

Nautilus® Instinct

- Small footprint, lowest priced Nautilus line
- Full commercial warranty
- 9 Dual function machines and 10 single function machines available
- Fully enclosed weight stacks with accessory trays
- Simple intuitive placard
- Kevlar transmission belt for extended life and easy replacement
- Instinct also offers the revolutionary Lock N Load® patented weight selection system.
- Rubber feet for floor protection
- Removable wear sleeve for extended upholstery life



FRAME SHOWN IN -60°

NAUTILUS INST SEATED LEG CURL

Medco #: 597894	NAUTILUS INST ABD/LOWBACK	Medco #: 597903	NAUTILUS INST SEATED LEG CURL
Medco #: 597895	NAUTILUS INST BICEP/TRICEP EXT	Medco #: 597904	NAUTILUS INST GLUTE MACHINE
Medco #: 597896	NAUTILUS INST INNER/OUT THIGH	Medco #: 597905	NAUTILUS INST VERT CHEST PRESS
Medco #: 597897	NAUTILUS INST LAT PULL/ROW	Medco #: 597906	NAUTILUS INST LAT PULLDOWN
Medco #: 597898	NAUTILUS INST LEG EXT/LEG CURL	Medco #: 597907	NAUTILUS INST VERTICAL ROW
Medco #: 597899	NAUTILUS INST LEG PR/CALF RAISE	Medco #: 597908	NAUTILUS INST SHOULDER PRESS
Medco #: 597900	NAUTILUS INST DUAL MULTI-PRESS	Medco #: 597909	NAUTILUS INST BICEPS CURL
Medco #: 597901	NAUTILUS INST PEC FLY/REAR DELT	Medco #: 597910	NAUTILUS INST TRICEPS EXTENSION
Medco #: 597902	NAUTILUS INST LEG EXT, SIDE MT	Medco #: 597911	NAUTILUS INST ROTARY TORSO

Products commonly used in Long Term Care and Rehab:

Hip Ab/Ad

4 Way Neck

Lower Back

Single Stack Freedom Trainer

Adjustable Single Pulley

Compound (Mid) Row

Leg Press

Seated Dip (Triceps Press)

Dual Stack Freedom Trainer

Pulleys and Functional Trainers

Nautilus Freedom Trainer™ ADA Compliant- Wheelchair accessible

HSFT3 - Dual Stack Freedom Trainer -
Performance Health #: Medco #: 7020372

- Horizontal and vertically adjustable pulley system
- Integrated Grab Bar
- Adjustable D-handles can be positioned over ankles, elbows, wrists,
- Standard foot/ankle harness allows complex hip/knee patterns
- Wheelchair accessible adjustment levers and grip strength impairment accommodating handles facilitate disabled access
- 3 to 1 cabling allows sports specific emulation.
- Nearly twenty feet of cable travel
 1. HSFT3 medical weight stacks lower starting resistance to 3lb. Max resistance 80lbs.
 2. Includes an iliac crest belt, 42" rotating aluminum bilateral bar, and foot/ankle harness which TRIPLES the versatility of the machine
 3. New "switch" selector system eliminates pull pin issues



Nautilus Inspiration Dual Adjustable Pulley Model D9302

- Ability for two individuals to work out at the same time
- Dual pulleys allow unilateral or bilateral exercise
- Unlimited high-low cable positioning combinations
- All steel adjustable pulleys with single hand adjustment design
- Lock N Load® weight selection system allows for safer and more durable operation.
- Integrated pull up bar with multi-grip hand positioning
- 4 to 1 lifting ratio for smooth low inertia operation
- Extended cable travel for a variety of exercises
- Fixed footprint for optimal floor planning and placement
- 5 lbs. user increments
- 46"L x 62 "W x 91"H
- Stack Weight: 2 x 100 lbs.
- Product Weight: 1,439 lbs.



FRAME SHOWN IN -26°

Nautilus Instinct Dual Adjustable Pulley Model D2002

- 5 lbs. (2 kg) user increments
- (2) Weight stacks of 200lbs. Effective resistance for the user of 100 lbs
- Simple, intuitive placard
- Multi-position pull-up bars
- Accessory rack for multiple pulley attachments: – Stirrup grips (2) – Ankle strap – Long bar – Triceps/Biceps curl bar
- Rubber feet for floor protection
- Featuring the patented Lock N Load® weight selection system
- 66" L x 36" W x 81" H
- Total weight of 849lbs



True Fitness Paramount Adjustable Single Cable Functional Trainer Model FS-70R **Medco #: 7005823**

- Adjustable Dual Pulley
- Choice of 15 Vertical Positions from 11.5" to 73"
- Space conscious design made suitable for smaller facilities
- Weight stack options of 170lbs and 250lbs.
- Increments of 2.5lbs (170lb stack) to 3.75lbs (250lb stack)
- Exercise Guide of 10 Primary Exercises
- Product Dimensions: 53"L x 56"W x 83"H
- Machine Weight 445 lbs. (minimum) and 525lbs (max)
- Floor Load 23.9lb/sq ft and 28.2lb/sq ft



MFS ALSO OFFERS A COMPLETE LINE OF FREE WEIGHT BENCHES, RACKS, SMITH MACHINES, JUNGLE CABLES, ETC. PLEASE SEE WEBSITE WWW.MEDICALFITSOLUTIONS.COM.

WE ALSO CARRY THE COMPLETE STAR TRAC AND STAIRMASTER LINE OF PRODUCTS. CONTACT OUR OFFICE FOR DETAILS

TRUE Fitness Palladium Strength Series

True Fitness Chest Press **Performance Health # 7102868**

- 8 Position Seat Back adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- Unilateral press arms converge at 25 degrees in front of the user resulting in full articulation of the shoulder complex
- Unique 4 position adjustable seat back allows users to select range of motion
- Overhead pivot design allows handles to travel in slight natural upward arc for maximum muscle recruitment



True Fitness Pec Fly/Rear Delt **Performance Health # 7102869**

- 8 position seat adjustable while seated or standing, uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- 8 position dual cams include 4 positions for Rear Deltoid and 4 positions for Pec Fly
- Dual grip handles are ergonomically designed to accommodate pec fly and rear delt exercises
- Weight stack offset from main frame to allow easy access to selector pin



True Fitness Shoulder Press **Performance Health # 7102867**

- 8 position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- Unique 4 position adjustable seat back allows users to change horizontal handle position with respect to the shoulder
- Unilateral press arms converge at 20 degrees per side above and forward of the shoulder allowing full range of motion without impingement
- Dual grip design allows users to choose standard or neutral grip hand position



True Fitness Lat Pull Down **Performance Health # 7102870**

- 8 position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- 20 degrees fixed angle contoured back pad provides support and proper alignment during exercise
- Ergonomically designed rotating handles accommodate neutral and pronated grip positions



True Fitness Biceps Curl Performance Health # 7102866

- 8 position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- Dual cam design allows each arm to operate independently for bilateral or unilateral training
- Handles swivel to accommodate wide range of users without need for additional adjustments
- Elbow pads and handle assemblies angled to maximize biceps activation while maintaining neutral shoulder position



True Fitness Triceps Pushdown Performance Health # 7102865

- 8 position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- 20 degrees fixed angle contoured back pad provides support and proper alignment during exercise
- Ergonomically designed rotating handles accommodate neutral and pronated grip positions



True Fitness Seated Row Performance Health # 7102871

- 8 position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- Unilateral arms diverge at 11 degrees resulting in full articulation of the shoulder complex
- Unique rotating grips allow supination and pronation throughout the movement while keeping the wrist neutral in radial and ulnar deviation
- Trailing link handle assemblies allow user defined path of motion
- 9 position chest pad accommodates wide range of users
- Center post provides stability during one arm row



True Fitness Seated Leg Curl Performance Health # 7102863

- 8 position seat back adjustable while seated or standing uses premium grade linear bearings and gas cylinder assists for stable, low-friction adjustments
- 8 position curved shin pad adjustable from the seated position provides proper support and comfort throughout the entire range of motion
- 8 position thigh pad accommodates wide range of users
- 10 position start range limiter allows users to choose the range of motion best suited to their individual needs
- + Ergonomically designed handles positioned to encourage proper user support and alignment during exercise



True Fitness Seated Leg Extension Performance Health # 7102862

- 8 position seat back adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- 8 position curved shin pad adjustable from the seated position provides proper support and comfort throughout the entire range of motion
- 10 position start range limiter allows users to choose the range of motion best suited to their individual needs



True Fitness Leg Press Performance Health # 7102864

- 9 position seat assembly travels at 20 degrees and adjusts easily from the seated position
- 5 position back pad with gas cylinder assist adjusts through 20 degrees allowing users to determine range of motion best suited to their individual needs
- 4 position oversized foot plate adjusts through 15 degrees allowing for a variety of foot placements while maintaining neutral ankle position



Treadmills

True Fitness Gravity Plus Treadmill –

Performance Health#: 7031145

Performance Health#: 7031146

- 5 HP AC drive system
- .5-12.5 MPH
- 60" x 22" surface
- 0-15% elevation in 1% increments
- 24-25 total workouts with HRC programs
- Contact and telemetric HR monitoring
- Emergency stop button
- 500 pound patient capacity
- 8.5" step up height
- Time, distance, speed, calories, incline display
- 3 year parts/2 years labor
(see spec for full commercial warranty- non paying dues facilities)



True Fitness Gravity Treadmill –

Performance Health#: 7031138

Performance Health#: 7031139

- 5 HP AC drive system
- .5-12.5 MPH
- 60" x 22" surface
- 0-15% elevation in 1% increments
- 24-25 total workouts with HRC programs
- Contact and telemetric HR monitoring
- Emergency stop button
- 400 pound patient capacity
- 6.5" step up height
- Time, distance, speed, calories, incline display
- 3 year parts/2 years labor
(see spec for full commercial warranty- non paying dues facilities)



True Fitness Launch Treadmill –

Performance Health#: 7031129

Performance Health#: 7031130

- 3 HP DC drive system
- .5-12.5 MPH
- 60" x 22" surface
- 0-15% elevation in 1% increments
- 24-25 total workouts with HRC programs
- Contact and telemetric HR monitoring
- Emergency stop button
- 400 pound patient capacity
- 6.5" step up height
- Time, distance, speed, calories, incline display
- 3 year parts/1 years labor
(see spec for full commercial warranty- non paying dues facilities)



StarTrac S-TRc Treadmill - **Performance Health #: 081695287**

- 5 HP AC Motor
- 60" x 21.5" running surface
- 110 volt, dedicated NEMA 5-20 cord (220 volt optional)
- Incline range: 0 to 15% in 0.5% increments
- Speed range: 0.5 to 12.5 mph in 0.1 mph increments
- HR Monitoring: Polar Telemetry and Contact Heart rate
- Large 8-character message window; Dedicated: Time, distance, incline, speed, heart rate, 1/4 mile motivational track, profile; Scrolling: calories, METs, course profile
- 7" step-up height
- 13 programs and personal cooling fan
- User weight capacity of 500 lbs.
- 32" w x 81" l x 58" h 533lbs
- Certification: UL/CSA, CE, FCC, or CISPR
- Commercial warranty: Limited 10 year warranty on structural frame not including coatings, motor and MCB 5 years parts and labor, all other components warranted for 2 years parts and 1 year labor, wear items 1 year parts and labor



StarTrac S-TRx Treadmill - **Performance Health #: 081695279**

- 3 HP DC Motor
- 60" x 21.5" running surface
- 110 volt, dedicated NEMA 5-20 cord (220 volt optional)
- Incline range: 0 to 15% in 0.5% increments
- Speed range: 0.5 to 12.5 mph in 0.1 mph increments
- HR Monitoring: Polar Telemetry and Contact Heart rate
- Large 4-character message window; Dedicated: Time, distance, incline, speed, heart rate, 1/4 mile motivational track, profile, Scrolling: calories, METs, course, profile
- 7" step-up height
- 13 programs and personal cooling fan
- User weight capacity of 350 lbs.
- 32" w x 81" l x 58" h 514 lbs.
- Certification: UL/CSA, CE, FCC, or CISPR
- Light Commercial Warranty Only: Limited 10 year warranty on structural frame not including coatings, motor and MCB 5 years parts and labor, all other components warranted for 3 years parts and 3 years labor, wear items 1 year parts and labor



True Fitness TPS1000 Treadmill – Performance Health#: 7031203

- 3 HP DC drive system
- .5-12.5 MPH
- 60" x 22" surface
- 0-15% elevation in 1% increments
- 24-25 total workouts with HRC programs
- Contact and telemetric HR monitoring
- Emergency stop button
- 500 pound patient capacity
- 8.5" step up height
- Time, distance, speed, calories, incline display
- 3 year parts/2 years labor
(see spec for full commercial warranty- non paying dues facilities)



InFlight Fitness M6 Treadmill – Light Commercial

- **0.3 – 15.5 mph** with 3.5 HP AC motor **M6-AC Performance Health #: 7100450 Medco #: 7001881**
- **0.5 – 12.5 mph** with 4.25HP DC motor **M6-DC Medco #: 7100451**
- AC motor with NextGen III Eco-Drive System™, NEMA Premium IE3, maintenance free, rated for 450lbs. user weight capacity
- DC motor, rated for 450 lb. user weight capacity
- Lubricant-infused, 25,000 mile maintenance-free running belt and deck
- Urethane air suspension
- 20" x 60" running surface on a small frame
- Oversized Elevation Frame & **1,000 lbs.** thrust motor
- **0 – 15%** incline
- Low **6.7"** step-up height
- Intuitive new display design
- Contact and telemetric heart sensors
- Built-in USB charger
- Oversized self-pivoting rear feet
- Emergency Stop Lanyard



Ellipticals

TRUE Fitness Vapor Spectrum -

Performance Health #: Coming Soon

Performance Health #: Coming Soon

- Stepper, Elliptical and runner in one machine
- 1" Stride adjustments from 13" to 30"
- 110 volts (220 volt optional)
- Total body with upper and lower body isolation capabilities
- 78" L x 36" W (active footprint 85" L x 36" W) 425 lbs.
- 5" step-up height
- 400 lbs. maximum user weight
- Warranty: 3 years parts, 2 years labor



TRUE Fitness Gravity Elliptical –

Performance Health #: 7031147

Performance Health #: 7031148

- Patented, centered core drive
- 8" step up height *21" stride
- extended safety rails
- Three zone targeted training mode
- 450 watts, 30 Resistance Levels & HR Control programs
- Soft Step cushioned foot pads
- Upper, lower, or upper and lower operation
- Time, distance, work level, heart rate, calories. Touch and telemetric HR
- 400 pound patient capacity
- 3 years Parts, 1 years Labor Warranty
- 63" L x 32" W, (Active 74" L x 32" W) 336 lbs.



TRUE Fitness Launch Elliptical –

Performance Health #: 7031131

Performance Health #: 7031132

- Patented, centered core drive
- 9" step up height *21" stride
- extended safety rails
- Three zone targeted training mode
- 450 watts, 30 Resistance Levels & HR Control programs
- Molded Anti-slip with Textured Pattern foot pads
- Upper, lower, or upper and lower operation
- Time, distance, work level, heart rate, calories. Touch and telemetric HR
- 300 pound patient capacity
- 3 years Parts, 1 years Labor
- 42" L x 30" W, (Active 70" L x 30" W) 280 lbs.



StarTrac S-CTx Cross Trainer - Performance Health #: 081695295

- Self Contained Power supply, no external power needed
- 7" Step-Up Height
- 20 Levels of Resistance; 10 Workout Programs
- Polar Telemetry and Contact Heart Rate System
- 4-character message window, Dedicated: Time, Heart Rate, Motivational Track, Profile Scrolling: Calories, Watts, Distance, Speed, METs
- 30"w x 76"l x 72"h. Machine weight 483 lbs.
- Certification: UL/CSA/CE, FCC, or CISPR
- Commercial Warranty: 10 yr frame, 2 y parts, 1 year labor



InFlight Fitness E6 Elliptical – Light Commercial Performance Health #: 7100452

- Light commercial machine with full commercial components and upgraded frame (similar to the E7 Circle Fitness Elliptical)
- Cordless – self powered
- Ergonomic, over-sized footplates
- Intuitive LED console with METs and Watts
- Maintenance-free drive system
- Convenient reading rack/tablet holder
- Low step-up height
- Safe rear entry machine entry, 20" natural stride
- Contact and telemetric heart rate sensors
- Easy to move dual front mounted transport wheels
- Rated for 400lbs. User weight capacity



AirBike

Throwdown HIIT BIKE

Medco #: 596548

- Feature-rich console incorporates the most popular tools for user feedback time, RPM, heartrate, watts, METs, calories and distance
- Max user weight 350 lbs.
- Self generating bike
- Robust heavy-gauge welded steel construction
- New console position & redesigned handle bars for improved console access
- New redesigned pedals
- User compatible size range typically 4'11" to 6'8"
- 51" L x 29" W x 58" H, 124 lbs.
- Warranty 15 years frame, 2 years parts, 1 year labor



Upper and Total Body Cardio:

Throwdown HIIT UBE - Performance Health #: 081695261

Medco #: 597017

- Air Resistance
- Integrated bench for seated workouts can be removed to accommodate standing or Wheelchair workouts
- Adjustable crank arms for varied range of motion and bilateral or unilateral motions
- Adjustable tower accommodates a wide variety of workouts & user sizes
- Wheelchair accessible ramp option allows wheelchair access and meets ADA criteria. The removable ramp's unique mounting system adds 22" to the total length of the machine
- Easy to read LED console provides user feedback of Time, RPM,HR, Watts, METs, Calories, Distance
- New water bottle holder added to frame
- Weight 320 lbs, 36.2"w x 70" l x 73"h, Max User weight 350 pounds
- Warranty: 2 years parts, 1 year labor



Recumbent Bikes:

Cyber Cycle Recumbent Bike/Cognitive Trainer - **Performance Health #: 081663574**

- New 26.5" HD monitor with large button user console
- Premium computer w/wired or wireless internet **option**
- Over 40 stunning virtual worlds to ride in, games, and social exercising workouts.
- Client reporting/Analytics
- Cyber cyclist experienced a 23% reduction in progression to mild cognitive impairment compared to traditional exercisers.
- Polar heart rate sensors
- Ergonomic seat with non-slip pedals w/heel cup
- safe walk-through design
- Steering and shift controls
- Wireless: Wifi 802.11+ WiredL Gigabit LAN+
- 3 years part, labor and computer



TRUE Fitness Apex Recumbent Bike –

Performance Health #: 7031140

Performance Health #: 7031141

- Step through design
- Self-Generating (110V required with non-LED consoles)
- Single Stage Drive System with Poly-V Belts
- 30 levels of resistance *40-600 watts
- Pre-programmed workouts: manual, quick start, random, cardio
- Fat burn and hills provide a variety of training options for users
- Time, work level, distance, Watts, RPM, METs, HR, calories
- Polar compatible Wireless Heart Rate Monitoring
- 400 lbs. user weight limit
- 3 year part, 2 year labor warranty
- 58" L x 26" W, 181 lbs.



TRUE Fitness Gravity Recumbent Bike –

Performance Health #: 7031151

Performance Health #: 7031152

- 9" Color Active Matrix LCD console
- Step through design, Self-Generating bike
- Dual Stage Drive System with Poly-V Belts
- 30 levels of resistance *20-450 watts
- Adjustable reclining seat optimizes range of motion
- Pre-programmed workouts: manual, quick start, random, cardio,
- Fat burn and hills provide a variety of training options for users.
- Time, work level, distance, Watts, RPM, METs, HR, calories
- Polar compatible Wireless Heart Rate Monitoring
- 400 lbs. user weight limit
- 5 year part, 2 year labor warranty 90 days headphone jack
- 65"l x 30"w, 165 pounds



TRUE Fitness Launch Recumbent Bike –

Performance Health #: 7031153

Performance Health #: 7031154

- Step through design
- Adjustable reclining back seat
- Dual Stage Drive System with Poly-V Belts
- Self generating drive with LED console
- 30 resistance levels and 450 watts
- Time, work level, distance,
- Watts, RPM, METs, HR, calories
- Contact and telemetric HR
- 350 lbs. user weight limit
- 3 year parts, 1 year labor warranty
- 164 lbs.



InFlight Fitness R6 Recumbent Bike– Light Commercial

Performance Health #: 7100453

- Light commercial machine with full commercial components and frame
- Cordless – self powered
- Intuitive LED console with METs and Watts
- Maintenance-free drive system
- Convenient reading rack/tablet holder
- Walk-thru design
- 15 watt starting resistance
- Ergonomic, over-sized pedals and adjustable straps
- Contact and telemetric heart rate sensors
- Easy to move dual front mounted transport wheels
- 400lbs. user weight capacity
- Zinc dip anti-corrosion coating for superior rust protection



SPIRIT XBR95 Recumbent Bike - Performance Health #: 081394469

- Durable, comfortable, and smooth are all qualities of the Spirit Fitness XBR95 semi-recumbent bike.
- A bright blue backlit LCD console offers a multitude of feedback data
- Generator power system eliminates the need for electricity
- Included wireless telemetric heart rate chest strap is ideal for monitoring exercise intensity
- Convenient squeeze-grip handles adjust fore/aft seat & reclining backrest positions
- Adjustable cooling fan
- 30 lbs. flywheel
- 40 levels of resistance
- Comfortable & breathable mesh seat back
- Biofeedback shown on display is Time, Speed, RPM's, Distance, Calories, HR, Watts, Level
- Length: 57, Height: 50", Width: 30" 133 lbs.
- Max User Weight: 350 lbs.



Recumbent Elliptical:

TRUE Fitness Apex Recumbent Elliptical –

Performance Health #: 7031149

Performance Health #: 7031150

- Step through design
- Upper and Lower body isolation
- Front Drive System
- Self generating Drive (110-220V required with non-LED consoles)
- 30 resistance levels and 40-600 watts
- Time, work level, distance,
- Watts, RPM, METs, HR, calories
- Contact and telemetric HR
- 400 lbs. user weight limit
- 3 year parts, 2 year labor warranty
- 72" W x 39" L 339 lbs.



Upright Bikes

TRUE Fitness Apex Upright Bike –

Performance Health #: 7031136

Performance Health #: 7031137

- Self-Generating Capability (110V required with non-LED consoles)
- Single Stage Drive System with Poly-V Belts
- 40-600 watts, 30 levels resistance
- 15 position ergonomic seat
- Polar® Compatible Wireless Heart Rate Monitoring
- 400 lbs. user capacity
- 3-Piece Crank System for easier maintenance
- 3 year parts, 2 year labor
- 44" L x 24" W 143 lbs.



TRUE Gravity Upright Bike –

Performance Health #: 7031155

Performance Health #: 7031156

- Self-Generating Capability (110V required with non-LED consoles)
- Single Stage Drive System with Poly-V Belts
- 3-Piece Forged Steel Crank System with Sealed Bearings
- 40-450 watts, 30 levels resistance
- 15 position ergonomic seat
- 400 lbs. user capacity
- 3 year parts, 1 year labor
- 44" L x 24" W 146 lbs.



TRUE Fitness Launch Upright Bike –

Performance Health #: 7031133

Performance Health #: 7031134

- Self-Generating Capability (110V required with non-LED consoles)
- Dual Stage Drive System with Poly-V Belts
- 40-400 watts, 30 levels resistance
- 15 position ergonomic seat
- Polar® Compatible Wireless Heart Rate Monitoring
- 350 lbs. user capacity
- 1-Piece Forged Steel Crank System
- 3 year parts, 1 year labor
- 42" L x 25" W 138 lbs.



Indoor Cycles

IC Classic Bike **Medco #:7201145**

AC Sport Bike **Medco #:7201144**

Schwinn Indoor Cycling bikes

- Max user weight 350lbs
- Self generating bike
- AC Sport- Echelon & Cadence Pro Console Options
- AC Sport- Carbon Blue Belt Drive System -43.5"L x 20" W x 50" H 115 lbs
- IC Classic- Cadence Pro Console Option
- IC Classic- Chain Drive System -43.5"L x 20" W x 46" H 114 lbs
- Warranty 10 years frame, 2 years parts, 1 year labor, 6 months wear items



Multi-Gyms:

TRUE Paramount MP Series Multi-Gyms

- Seated leg extension and bilateral leg curl with easy ingress/egress
- Leg press features full back support and multiple knee flexion angles
- Dual, adjustable pulley system
- Fully enclosed weight stacks with instruction placards
- Color coded ROM adjustments facilitate reproducible patient positioning
- Gas strut assisted seat and ROM adjustments ease effort of repositioning
- Optional upgraded weight stacks for more robust populations
- Four stack models occupies only 65 sq. feet- workable in a 100 sq. foot space.

MP4.0 4 STACK GYM, 5 STATIONS
170 LB WEIGHT STACKS
Leg Ext/Curl; Upper Body; Low Pulley; Adj. Cable
Column; Leg Press

Medco #: 7100238

MP3.5 3 STACK GYM, 4 STATIONS
170 LB WEIGHT STACKS
Leg Ext/Curl; Upper Body; Low Pulley; Leg
Press

Medco #: 7100239

MP2.5 2 STACK GYM, 4 STATIONS
170 LB WEIGHT STACKS
Leg Ext/Curl; Upper Body; Low Pulley; Leg
Press

Medco #: 7002700



STROM™

- Start and Terminal Range of Motion
- NEW patent pending range limiting devices
- differentiate Medical Fitness Solutions dealer offerings from other strength manufacturers
- may be used on TRUE Paramount MP Series multi-station machines
- allows therapist to control start point and terminal ROM
- two price point/featured models
- deluxe model features audible tone and mechanical stop for terminal limits



True Stretch 800SSCLUB - **Performance Health #: 081431246**

- TRUE Stretch provides a dedicated, self-contained stretching area that allows users a safe platform for comprehensive stretching to increase flexibility and reduce the risk of injury.
- TRUE Stretch eliminates the need for floor-based stretching or leaning uncomfortably over other equipment or an exercise ball.
- TRUE Stretch comes with an easy-to-follow exercise placard that is displayed.
- TRUE Stretch effectively stretches the body in all three planes of motion (front to back, side to side, and rotational) while keeping the user in natural upright positions with four points of contact (both hands and both feet) for proper body alignment, stability and safety.
- Footprint 87"H x 60"D x 48"W (221cm x 153cm x 122cm)
- Maximum User Weight 500 lbs. (227kg)
- Warranty Parts - 1 Year; Labor - 1 Year



Body Composition Scale

- Medical grade four quadrant scale
- Accurate to 99.1% of hydrostatic
- 700 pound weight capacity
- Can be programmed for athletes and bodybuilders through display
- Custom printouts available
- Includes body fat, lean body weight, BMI, hydration levels, basal and activity based metabolic rates specific to individuals, guidelines for body composition by age and gender and accurate weight.
- Printer Not Included



Functional Medical Nutrition

augmenting physiological adaption in rehab and senior care.

We have spent years developing and congealing evidence-based programming to combat the comorbidities of aging. We understand how specific challenges can create positive anabolic, osteoblastic, proprioceptive, and neurogenic adaptation and that proper perioperative strengthening and nutrition can enhance outcomes and reduce recidivism.

The missing link has been the appropriate nutritional augmentation. And not broad-brush formulas that are advertised in drug store flyers and unchecked below the FDA radar, but researched specific nutritional complements to our programming. We believe MEND nutrition can enhance programming and produce better outcomes by addressing increased demand for critical elements during acute and chronic phases of rehabilitation and health maintenance programming.

There is nothing arbitrary here- each formula lists ingredients with the proven effect of the benefit explained and applicable studies referenced.

The MEND advisory board is comprised of physicians, researchers, and rehab professionals who have had a hand in development and use the product to improve their own patient outcomes

MEND Orthopedic Formula (Repair & Recover)

Medco# 7201104



MEND Regenerate Medco# 7201103





Balance & Cognition Testing and Training Script

“Were you aware of the additional referral and income potential available with balance testing and programming? The potential exists to double Medicare reimbursement with older patients.

With Korebalance, you can perform balance and cognitive assessments and training with the same, FDA recognized and patented modality-

May I send a PDF overview that explains in broad terms how it works?

If interested, we can also arrange for an interactive, individualized webinar to describe and demonstrate the components of the program.

We appreciate the consideration.”





Formerly
Patterson Medical



LTC/SNF/Rehab fall reduction program Script

“Did you know we now offer a comprehensive program to battle many health issues associated with aging- without drugs? And an innovative new ***fracture reduction program*** incorporating balance, muscular strength and bone density improvement?

Our program has great scientific backing, proven positive outcomes, and an attractive ROI- in addition to bolstering your marketing efforts and referrals.

ALSO- we offer a FREE Fall and Fracture reduction certificate when working with us!

May I send a PDF overview? Although comprehensive, we realize you may already have programming to address some of these issues- so we can discuss individual aspects of the program at your convenience.

If interested, we can also arrange for an interactive, individualized webinar to describe and demonstrate the components of the program.

We appreciate the consideration.”





Formerly
Patterson Medical



Parkinson's boxing program

"Were you aware of the recent developments linking boxing training and it's benefits for Parkinson's patients?

Combining a new modality, the Boxmaster, with the Korebalance PD baseline testing and balance training module allows you to assess and report the effectiveness of your programming.

This new menu item is cash based and can create additional revenue for your facility- plus patients love it!

May I send a PDF overview that explains in broad terms how it works?

If interested, we can also arrange for an interactive, individualized webinar to describe and demonstrate the components of the program.

We appreciate the consideration."





Formerly
Patterson Medical



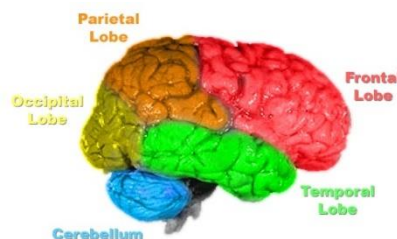
Concussion management- mTBI

“Were you aware of the additional referral and income potential available with concussion management baseline testing and programming? There is an enormous amount of concern in the athletic community spanning a wide variety of sports.

May I send a PDF overview that explains in broad terms how it works?

If interested, we can also arrange for an interactive, individualized webinar to describe and demonstrate the components of the program.

We appreciate the consideration.”





Medical Fitness Solutions
800.831.7665
info@medicalfitsolutions.com
www.medicalfitsolutions.com

Medical Fitness Solutions is a minority woman owned small business