

# EN-Dynamic



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Enraf-Nonius proudly presents  
the true physical  
rehabilitation units:

***The NEW EN-Dynamics!***

# The new EN-Dynamic

## True physical rehabilitation units



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**Physical rehabilitation** restores and enhances the ability of people with **physical** impairments. Most of these impairments are injuries that affect joints, bones, spinal cord, muscles, ligaments, and nerves. The goal of this type of treatment is to improve patients' independence.

With the EN-Dynamics units you are ensured to have the safest and most effective units for physical rehabilitation. All pneumatically equipped for the upper and lower extremities and the trunk.

# EN-Dynamic

## Benefits

### Easy adjustable

Sixteen machines working with air pressure which are easily accessible, easy adjustable and can be used with or without the smart EN-Train software which enables the therapist and patient to keep track of the training settings and progress of an exercise programme. The EN-Dynamic units are developed in such a way that minimal steps in increasing the resistance is possible (so always the exact dosage) and it is possible to adjust from a very small to a very large resistance.

Based on the patient's physical disability, the EN-Dynamic units are making it possible to build up the therapy, improving physical and mental well-being. Not only the physical condition will improve, but also the patient's confidence to confront with and without the impairment, daily life.

With any of the EN-Dynamic units, in combination with EN-Train, it is possible to create a customized training plan or to make use of the pre-programmed parameters. With the help of the EN-Train software it is even easier to guide, track and involve patients! During the exercises, the settings can be adjusted if the therapist wants to. Intervention of the therapist is possible at all times. He has full control over the therapy and guides the patient during the recovery process and contributes to physical and mental improvement so the patient can resume life with confidence. Results of the training can be stored by EN-Train and can be discussed by therapist and patient, so progress is carefully tracked and steered if necessary!

### New new new

The new EN-Dynamics are equipped with a touch screen user interface and ergonomic improvements in a modern colour setting to match the demands of today's therapists. These features are developed with the input of professionals, users and industry. The result is a series of EN-Dynamic exercise units to be used in Medical Training Therapy (MTT), individually, in sports therapy or general physiotherapy, for patients or athletes.

The benefits of the new EN-Dynamic units are clear and simple:

### User-friendly touchscreen interface

- **NEW:** Now it is possible to record the correct motion, guided by the therapist. After the recording, the screen will help the patient to exercise with the (recorded) correct ROM and speed!
- Just turn the button to set the resistance and start exercising.
- Or program a simple training sequence (repetitions or training time, number of sets and pause time) in just a couple of seconds.
- It is even possible to prepare a complete training on a chip card with EN-Train software.





# EN-Dynamic

## Benefits



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### Pneumatics

- Settings can be done with the display, so without any hassle with stacks of weights.
- The use of EN-Train chip cards is possible because of the electronic steering.
- With pneumatic resistance a patient trains at a consistent level throughout a training. The controlled motion protects joint strain and overexertion that can lead to injury because there is no mass inertia. With pneumatic resistance, resistance is more consistent and controlled when compared to free weights or weight machines. With the precision of pneumatic resistance, peak forces will not occur, no overload. The safest and the best training can be offered to those who need the best care and cure.

### Strong - Robust - Reliable - Safe - Made by Enraf-Nonius

Top quality units for top performance on guaranteed safe, medical units.

### Medical Device so ergonomic and safe

Designed according to medical directives, so the most comfortable and safe units for physical rehabilitation.



### For each motion an EN-Dynamic unit

Each EN-Dynamic unit is developed to train one specific muscle group, the number of required settings is minimal and the user-friendliness optimal.

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# EN-Dynamic

All can benefit

## EN-Dynamics for all

With EN-Dynamics you can not only provide Medical Training Therapy or customized exercises to obese or overweight patients, but also improve muscular strength, endurance, stability and coordination or treat patients before and after surgery, after injuries and musculoskeletal problems. Seniors, young patients, adults or athletes, all can benefit. Injured athletes may even decide after physical rehabilitation with EN-Dynamics to continue training with EN-Cardio or EN-Strength units in order to improve endurance or power.

## EN-Dynamics, the core in the exercise room

The EN-Dynamics are designed for physical rehabilitation. Dynamic, safe, reliable and steered by modern technology, that is EN-Dynamics. Therapeutic units with air resistance for all who need rehabilitation or sports physiotherapy, that is what EN-Dynamics offers you. Together with EN-Train indispensable in the modern clinic, rehabilitation center, physiotherapy practice or health center, for the best performance.



# EN-Dynamic

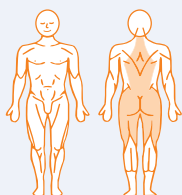
Trunk



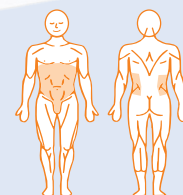
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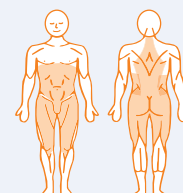
1455952 EN-Dynamic Back Trainer



1455954 EN-Dynamic Abdominal Trainer



1455966 EN-Dynamic Rotator



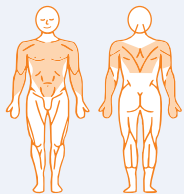


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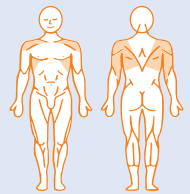
## Upper Extremity



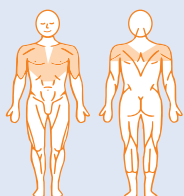
1455951 EN-Dynamic Chest Press



1455953 EN-Dynamic Pull Down



1455957 EN-Dynamic Shoulder Press



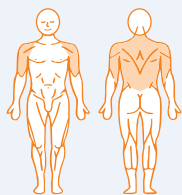
# EN-Dynamic

## Upper Extremity

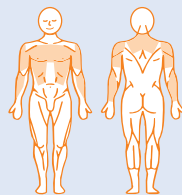


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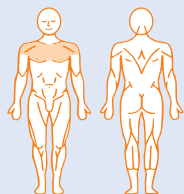
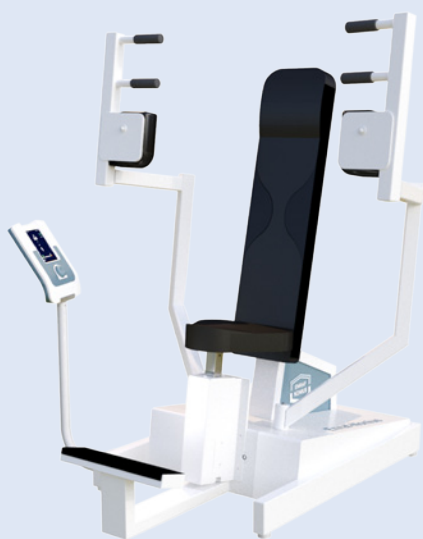
1455956 EN-Dynamic Rowing



1455964 EN-Dynamic Triceps Dips



1455960 EN-Dynamic Fly





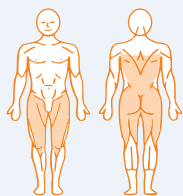
# EN-Dynamic

## Lower Extremity

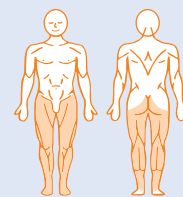


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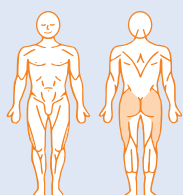
1455961 Total Hip



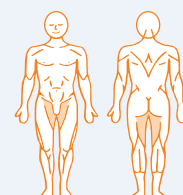
1455955 Leg Extension



1455959 Abduction



1455958 Adduction

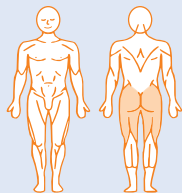


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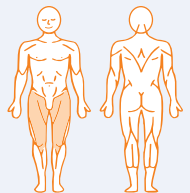
Lower Extremity



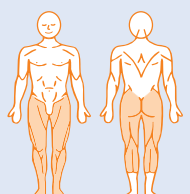
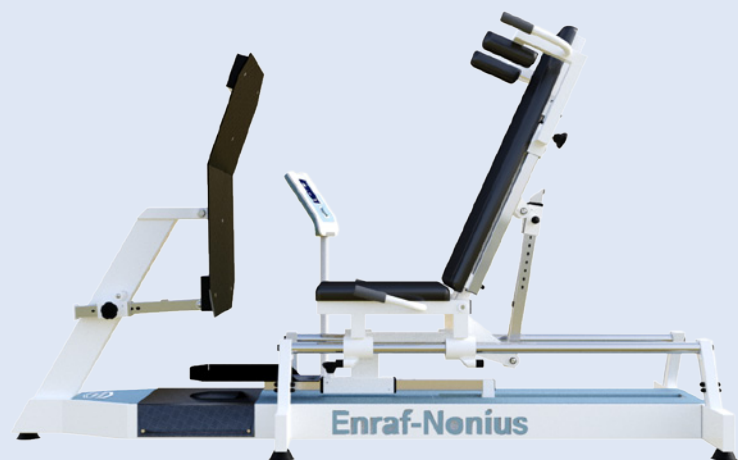
1455962 EN-Dynamic  
Seated Leg Curl



1455963 EN-Dynamic  
Seated Leg Press



1455965 EN-Dynamic Squat



# EN-Dynamic

## Characteristics



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**User friendly** touchscreen operation for

easy setting of:

- weight
- repetitions or training time
- series and pause time



Record the correct movement

(**Range Of Motion and speed**)

with the help of the therapist

**NEW  
feature ROM**

**Visual feedback** for correct execution

of the exercise by the patient



**Feedback**



# EN-Dynamic

## Characteristics

ENRAF-NONIUS



Manually **adjustable**, but also automatically adjustable using the EN-Train chipcard



Resistance based on **air pressure**

**No stacks** of weights



# EN-Dynamic

## Characteristics

ENRAF-NONIUS



There is **no mass inertia**, so resistance is consistent and controlled

**protect joints  
from strain  
and overexertion**



Minimal steps in increasing the resistance possible (so **exact** dosage)

**Noiseless**



# EN-Dynamic

## Characteristics



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Adjustable from very *small*  
to very *large* resistance



Very robust *design*

*Registered* medical device



Medical Device



# EN-Dynamic

## Order data



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### ORDER DATA AND TECHNICAL SPECIFICATIONS

Article number		Range	Dimensions	Weight	Upholstery
1455961	EN-Dynamic Total Hip	0-36x10 N (kgf)	110x115x170 cm	120 kg	black
1455955	EN-Dynamic Leg Extension	0-100x10 N (kgf)	140x90x140 cm	105 kg	black
1455962	EN-Dynamic Seated Leg Curl	0-70x10 N (kgf)	140x90x140 cm	105 kg	black
1455959	EN-Dynamic Abduction	0-60x10 N (kgf)	140x140x140 cm	85 kg	black
1455958	EN-Dynamic Adduction	0-60x10 N (kgf)	140x140x140 cm	85 kg	black
1455963	EN-Dynamic Seated Leg Press	0-200x10 N (kgf)	220x90x140 cm	105 kg	black
1455965	EN-Dynamic Squat	0-200x10 N (kgf)	250x80x150 cm	265 kg	black
1455951	EN-Dynamic Chest Press	0-120x10 N (kgf)	135x105x140 cm	100 kg	black
1455953	EN-Dynamic Pull Down	0-80x10 N (kgf)	140x120x180 cm	105 kg	black
1455957	EN-Dynamic Shoulder Press	0-60x10 N (kgf)	140x120x180 cm	135 kg	black
1455956	EN-Dynamic Rowing	0-100x10 N (kgf)	120x90x115 cm	100 kg	black
1455964	EN-Dynamic Triceps Dips	0-100x10 N (kgf)	130x72x140 cm	96 kg	black
1455960	EN-Dynamic Fly	0-65x10 N (kgf)	130x120x140 cm	100 kg	black
1455952	EN-Dynamic Back Trainer	0-80x10 N (kgf)	160x90x130 cm	120 kg	black
1455954	EN-Dynamic Abdominal Trainer	0-80x10 N (kgf)	160x90x140 cm	120 kg	black
1455966	EN-Dynamic Rotator	0-60x10 N (kgf)	135x95x108 cm	85 kg	black

### OPTIONAL ACCESSORIES

1411800	EN-Dynamics installation kit
3444668	Compressor for EN-Dynamic
1455940	Range of Motion limiter EN-Dynamic Squat



### OTHER PRODUCTS THAT MIGHT INTEREST YOU

#### EN-TRAIN

The EN-Train concept gives you full control over the active rehabilitation process, ensuring optimum treatment at all times. Training schemes can easily be compiled using the training recommendations already preprogrammed in the software.

#### ORDERING DATA

1411811	EN-Train installation kit
1455974	EN-Tree P, pneumatic Pulley

Also see the separate product leaflets at [WWW.ENRAF-NONIUS.COM](http://WWW.ENRAF-NONIUS.COM)

