



PRIMUS PRO Package

APPLICATIONS

- sports rehabilitation
- hand & upper extremity
- lower extremity
- orthopaedic
- functional capacity evaluation
- baseline testing

Enhance your functional applications with the Primus PRO Package



Developed with input from physical therapists and athletic trainers to the pros. The **PRO Package** for Primus will expand your treatment, testing and performance enhancing options.

Take your clients through the natural functional progression, from isolation to integration. Help them achieve optimal outcomes through a greater specificity of training.

The **PRO Package** paired with the PrimusRS and its advanced training modes are the perfect combination to get your clients back to competing, back to work or just back home.

- *Rehabilitation specificity*
- *Keep athletes motivated*
- *Keep them coming back*

PRIMUS PRO Package



Padded Harness

- Front and side lunges
- Squats
- Resisted gait training
- Single leg dead lift



Thigh Cinch Strap

- Gluteal strengthening
- Hamstring strengthening
- Quad strengthening
- Hip flexor strengthening
- Resisted gait training



Waist Belt Cinch Strap

- Front & side lunges
- Squats
- Resisted gait training
- Hip turn
- Drop step



Ankle Cinch Strap

- Lower extremity PNF patterns
- Knee flexion/extension
- Long lever hip strengthening
- Hip abductor/adductor work
- Balance/gait training



Padded Velcro Wrist Straps

- Football throw
- PNF patterns
- Shoulder stability
- Scapular stabilisation



Ankle Attachment

- Inversion/eversion
- Foot intrinsics
- Post-Op/injury CPM



AIREX® pad

- Proprioceptive and balance training
- Unstable surface for functional progression
- Enhanced core stabilisation activities



Chop / Lift Bar

- PNF trunk patterns
- Chop/lift motions
- Rowing
- Pulling / pushing



Cricket Ball or Baseball Handles

- Elbow flexion/extension
- Shoulder internal/external rotation
- Wrist flexion/extension (when used with platform attachment)

– 701 tool not included –



Cricket Ball or Baseball Attachment

- Pronation/supination
- Radial/ulnar deviation
- Functional grip strength
- Wrist flexion/extension



Cricket Ball, Baseball or Softball with Loop

- Simulate baseball, softball, cricket ball throw/pitch
- PNF diagonal patterns
- Triceps extension
- Scapular retraction/adduction



Cricket Ball or Baseball with Cable

- Internal/external rotation
- Scapular adduction
- PNF diagonals
- 90/90 rhythmic stabilisation
- Serratus anterior press



Swing Tools - Tennis, Golf, Cricket Ball or Baseball

- Simulate swings of tennis racquet, golf club, baseball or cricket bat
- Trunk rotation
- Lumbar stabilisation
- Elbow extension
- Forearm pronation/supination

• Warranty: 1 year parts and labour



To order, or for more information contact...
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www.iprsgroup.com