



Get all the
clinical advantages
and benefits of the
**RAC (Rehabilitation
Adjustable Crank)**
from your existing
upright or recumbent
exercise bikes

What's unique about the RAC?

- Incrementally adjustable cranks accommodate patients with limited ROM
- Adjusts from as little as 15 degrees to full range
- Passive and active mobilization for hips, knees and ankles
- Isolated closed kinetic chain strengthening exercises for quads & hams
- Provides recordable, repeatable settings

Advantages & Benefits of the RAC upgrade kit

- Start therapeutic cycling earlier in the rehabilitation process
- Easily tracks outcomes and improvements
- Begin therapy earlier despite limitations in range of motion
- Exercise in the pain-free zones thereby reducing the patient's "fear factor"
- Patients with the following conditions will benefit:
 - Total knee replacements
 - Total hip replacements
 - ACL, MCL & PCL repairs
 - Ligamentous tears
 - Patella femoral conditions
 - Tibial stress injuries
 - Arthritic conditions
 - Neurological conditions
 - Muscular sprains
 - Tendonitis

SAFE AND EFFECTIVE EXERCISE



The RAC upgrade kit fits both upright and recumbent exercise bikes that have a 3 piece crank assembly. It simply replaces the existing bike crank with no need to remove the enclosure.

Once installed on your existing exercise bike, the RAC enables your patients to:

- Exercise safe and impact free
- Exercise pain free
- Begin riding the bike earlier in their treatment regimen than before installing the upgrade kit
- Incrementally adjust bike cranks to accommodate the patient's limited range of movement
- Exercise both actively and passively*
- Exercise safe in a "Closed Kinetic Chain"
- Reduce muscle atrophy

* Passive Arm

With the addition of the passive arm, a patient with insufficient strength may actually passively range the involved limb by pedaling with the uninvolved limb within his/her prescribed range-of-motion.

The passive arm swings free so no force can be applied by the patient. This is a functional option as opposed to using a CPM device.

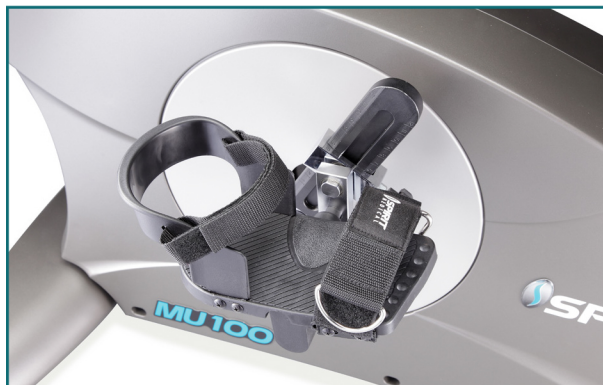


NOTE: The passive arm can also be installed on a standard crank arm.

LET THE
SPIRIT MEDICAL SYSTEMS
GROUP RAC UPGRADE KIT
CUSTOMIZE YOUR EXISTING
EXERCISE BIKE INTO A POWERFUL,
EFFECTIVE, AND VERSATILE
REHABILITATION TOOL.



Simply install the modularly configured upgrade kit in place of the existing bike cranks and your standard exercise bike becomes a more versatile and clinically effective rehabilitation tool in your arsenal to treat lower extremity injuries.



Neurological Pedal Set MA901

The Neurological Pedal Set from Spirit Medical Systems Group can be installed on a Spirit Medical rehabilitation bike (Upright – MUI00 or Recumbent – MRI00) or almost any other standard stationary bike with a 9/16" threaded crank.



Once installed, the **Neurological Pedal Set** enables patients with Neurological dysfunctions to exercise in a closed-kinetic chain environment. The user's foot is secured with the Velcro straps (shown below) to the pedal in both the heel cup and toe areas.



The pedal set (both left and right side) accommodates and allows patients with hemiparesis, patients with cerebral palsy, and people with other neurological disorders to exercise as their foot/feet is secured to the pedal. Motor learning, range of motion, strength exercise, and skill building are the result of hours of practice opportunities with this pedal set.