



**Rehabilitations  
Products Catalog**

# Pulley Apparatus

This highly functional training apparatus has almost unlimited areas of use, and may easily be combined with other pieces of equipment. In co-operation with MET specialists, a number of accessories have been developed to further increase its areas of use. This is a continual process. Special consideration has been taken in order to make new accessories also fit earlier pulley models. The resistance can be adjusted from 0,5 to 15,75 kg eventually 23,75 kg. For finer adjustments, smaller loose weight accessories are available. By using a reliable spring release peg system, the rope length and direction of pull is regulated quickly and simply with one hand only. The adjusted height can easily be read from the scale on the front of the apparatus. The handle and four loose 0,5 and 0,25 kg top weights are included in the standard version. As well as being extremely silent, this pulley apparatus has, for many years proved to be the most functional and reliable of its type.

It can be mounted to wall or module. In a normal setting for MET use, normally two pulleys are combined.

Ask our consultants for information and guidance when mounting in order to achieve



## No. T 14-1

Pulley apparatus Model Steens Physical with standard handle and 15,75 kg load.

## No. T 22-1

Pulley apparatus Model Steens Physical with standard handle and 23,75 kg load.

## No. T 30-1

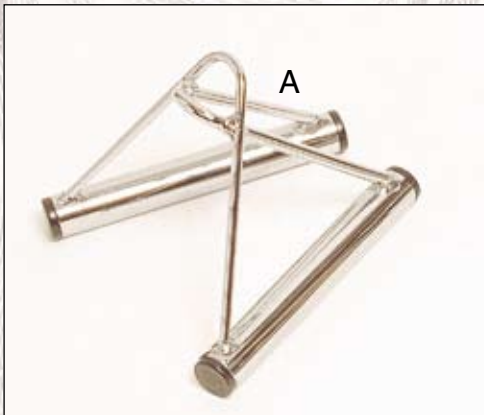
Pulley apparatus Model Steens Physical with standard handle and 30 kg load.

## Dimensions:

Total height: 215 cm

# Accessories

## for Pulley Apparatus



**No. T 00-12** Lat Pull Handle for standard pulley system max 30 kg. (U)

**No. T 00-13** Lat Pull Gallows for standard pulley system. (T)

**No. 180 875-10** Handgrip for rowing. (A)

**No. T 00-03** Back/hand support with padding for back. (B)

**No. 180 888-10** Triceps handgrip, curved. (C)

**No. 180 888** Triceps handgrip, straight. (D)

**No. T 00-09** Triceps handgrip, straight, rotating. (E)

**No. 180121-10** Pro-supination handgrip. (F)

**No. 180 142** Couterweight set. (G)

**No. T 00-05** Stop pulley for concentric work. (H)

**No. T 00-02** Hook, removeable, for leather strap. (I)

**No. 180 139** Strap 150 cm long, 8 cm wide. (L)

**No. 180 138** Strap 100 cm long, 8 cm wide. (M)

**No. 180 135** Ankle strap – 65 cm long, 5 cm wide. (N)

**No. 180 136** Wrist strap – 35 cm long, 5 cm wide. (O)

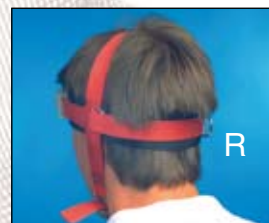
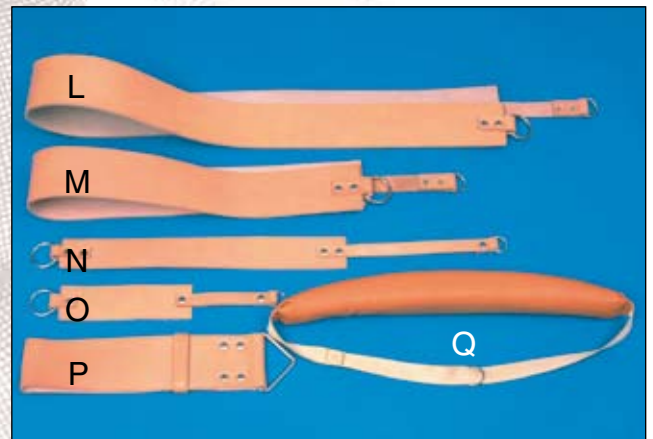
**No. 180 137** Shoulder strap. (P)

**No. 62011** Banana sling – model Viking. (Q)

**No. 180 887-10** Head strap. (R)

**No. 10050** Grip glove. (S)

**No. T 00-15** Additional Weight set for Pulley System. (V)



# Bilateral Pulley System

## **No. T 23-1 – Bilateral Pulley System, 22 kg**

With this bilateral pulley system, you have the most multifunctional pulley system available.

You may use it as a double – or a single pulley.

However, being equipped with a more advanced rope system, this pulley can also be used as a speed pulley for medical purpose.

This rope system will also make it much easier for tall users that have to do more special exercises.

Our bilateral pulley system is only available with a 22 kg weight stack.

## **No. T 00-20 – Stands, Pulley System**

You have with this unique freestanding stand an opportunity to choose the exact location for your pulley.

The stand is very stable, and easy to move from one position to another within your training room.

With this stand you will make your training room much more flexible.



This photo will show you our bilateral pulley system in use mounted to our freestanding stand.



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# The New Pulley

*with conventional lift ratio system*

**No. T 14-2, 14 kg**

**No. T 22-2, 22 kg**

**No. T 22-12, Blå**

**No. T 14-12, Blå**

The new Steens Pulley design has all the great features of the older model but the weight tabs have been replaced with a pin to provide greater durability. The dimensions and the material are the same.

The only difference is that you adjust the lift ratios by the conventional system with a plastic rod and a weight pin. Colour is black.



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# Speed Pulley System

**No. T 60 – Speed Pulley System, 60 kg**

**No. T 80 – Speed Pulley System, 80 kg**

This is a pulley system with a lot of training opportunities within fitness, rehabilitation and explosive sport.

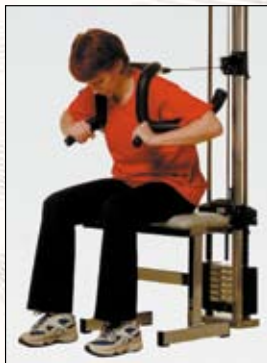
The Speed Pulley is equipped with 10 cm Ø quality pulleys with ball bearings that will perform the best possible mechanical function.

The Speed Pulley is bilateral which gives you the possibility to choose single or double training. Alternatively two people can train single on the same unit.

The Speed Pulley may be mounted on the wall, to Steens module or on the freestanding stand.

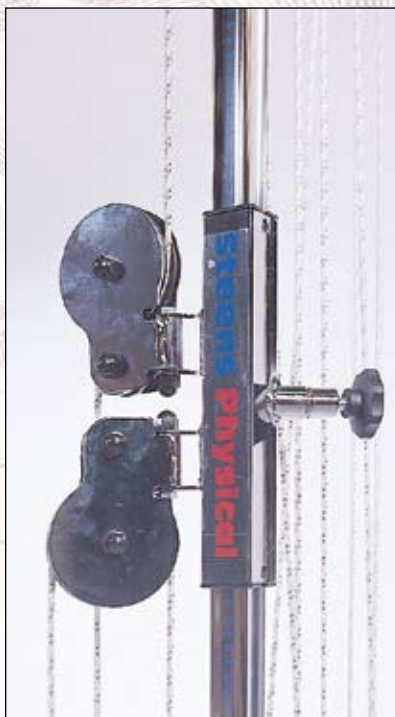
T 60 Weight stack inclusive extra 2,5 kg weight gives you totally 62,5 kg

T 80 Weight stack inclusive extra 2,5 kg weight gives you totally 82,5 kg



**No. T00-14 Universal bar for Pulley training.**

This product fits nicely together with all pulley systems. You can do various movements related to trunk and back training.



# Pulley Apparatus

Steens Physical

Chromed sliding tubes secure excellent performance.

Sliding tubes with wall thickness of 2,5 mm secure stable function.

Specially made cable runs without friction.

Precise reading of height from scale.

Very quiet operation of artificial fibre cable pulleys.

Extra weights, removable.

Large hand-grips are easy to use.

Load regulation without separate weight locking pin.

Cable pulleys are adjustable using one hand only.

Beginning at 0,5 kg only.

Long guide tubes for the weights ensure accurate operations.

Scale 1 – 200 cm.

Perfect sound absorption.

Weight stacks: 15,23 and 30 kgs.

Storage for extra top weights.

Shock absorbing springs.

# Pully Apparatus Transportable

**No. T 14-01**

This pulley apparatus may be attached to treatment benches, beds etc., and is particularly useful in clinics with little space, or when treatment must take place in different rooms.

Features of this transportable pulley includes four castors and fastening bracket. Although similar to model T14-1 with 14 kg weight load, the total height is reduced by 40 cm in order to obtain the necessary stability.



**Dimensions:**  
Total height: 180 cm



Supine knee extension with support.



Side lying shoulder retraction.



Supine knee swing out – oblique abdominal muscles.



# Lat Pulley

**No. 180 110-10**

Lat pulley with handgrip bar – 50 kg load.

**No. 180 110-20**

Lat pulley with handgrip bar – 80 kg load.

This apparatus is an efficient and adaptable aid for training the back, stomach, shoulder and arm muscles. As it is also suitable for exercises with negative weight, this lat pulley enables early training of weight bearing structures. Consequently, this apparatus permits new training possibilities for a large group of patients. The pull up accessory is especially suited for exercising lifting techniques.

The weightstack consist of 5 kg chrome bars and are extremely quiet in use. An extra 2,5 kg weight is available as accessory.

The lat pulley can be mounted to wall or module and all mounting equipment is included.

The various handles are easily interchanged by spring clips, and the rope length is adjusted simply by using a rope shortener.



**Dimensions:**

Height min: 235 cm  
 max: 255 cm  
 Depth: 70 cm



Sitting trunk bend forward.



Lifting technique.

**Accessories:**

**No. 180 113**

Step stool. (A)

**No. 180 115-10**

Pull up bar with lengthening rope and clip. (H)

**No. 180 115-50**

Deloading device. (B)

**No. 180 115-60**

Axilla bar, padded. (C)

**No. 180 875-10**

Handgrip for rowing. (F)

**No. 180 888**

Triceps handgrip – straight. (E)

**No. T 00-09**

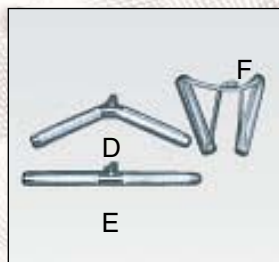
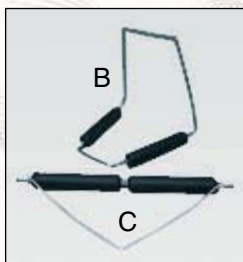
Triceps handgrip – straight rotating. (not shown)

**No. 180 888-10**

Triceps handgrip – curved. (D)

**No. 180 119-10**

2,5 kg weight. (G)



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# Multipurpose Training Bench with Narrow Back and Head Support

## No. 180 251

This new multipurpose bench with 10 cm narrower back support and head rest, makes it easier to exercise the upper extremities and the thoracic spine moving both scapulas freely. With the head support the head and neck can be supported during upper extremity and neck exercises. Because the back support is height adjustable and narrow, specific mobilisation of the whole thoracic spine, including the different interscapular area, is now possible against the top edge of the back support.

When you have both multipurpose bench 180 252 and this new bench available in your clinic, you obtain the maximum results when treating your patients with MET.



### Dimensions:

Height: 46 cm  
Depth: 33 cm  
Length: 104 cm  
Weight: 20 kg

# Multipurpose Training Bench with Shoulder Rotation Trainer

## Multipurpose Training Bench std. - No. 180 252

This is the basic apparatus for

### Dimensions:

Height:	46 cm
Depth:	33 cm
Length:	104 cm
Weight:	20 kg

## Shoulder Rotation Trainer No. T 00-01

This is the basic apparatus for treating the shoulder girdle where the symptoms present as instability, hypomobility and inflammation. A functionally sound shoulder is one in which biomechanical conditions allows the pivot to rotate freely in three directions. This means that the head of the humerus is centered in the glenoid cavity where minimal sliding/rolling is taking place. The muscles responsible for this are those of the rotator cuff, and this particular muscle synergy must therefore be taken into consideration. The shoulder rotation apparatus is constructed so as to encourage and maintain this function. It is used in combination with MET training bench and MET pulley apparatus. It can be adjusted to different degrees of abduction and internal/external rotation to achieve the direction and range of movement needed.

This MET shoulder rotation trainer will fit all MET training benches (180252) manufactured by us all these years.



Sitting shoulder rotation – abduction internal.



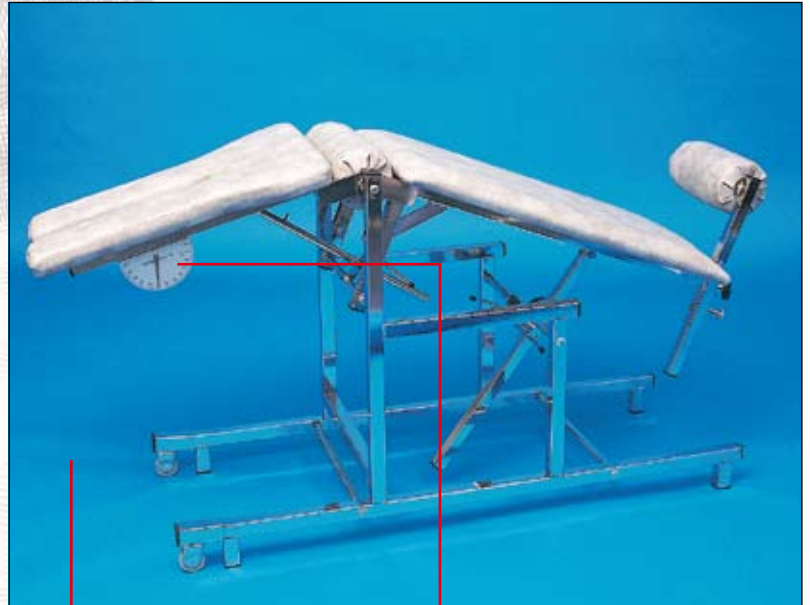
Sitting shoulder rotation – abduction external.

# Angle Bench

## No. 180 175

This training bench is very useful due to its height and flexibility of starting positions, from which the patient may work against a given resistance. The two sections can be angled in rotation to each other.

The front section with face opening may be adjusted 30° over and 90° under the horizontal position. The back section with fastening for the round bolster can be adjusted to 20° over and 30° under the horizontal position. The bolster is adjusted by spring release peg and fastening screw. Although the angle bench is used on its own, it can also be very beneficial when utilized in exercises with the pulley apparatus. The castors mounted in the front of the bench, are standard equipment.



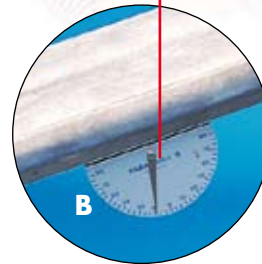
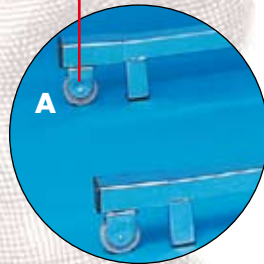
## Accessories:

### No. 180 175-10

Weelset, fit all Steens Physical angle benches, including earlier models. (A)

### No. 180 260

Angle measurement (protractor) for MET silk-printed, magnet. (B)



## Dimensions:

Length: 215 cm  
 Width: 42 cm  
 Height: 80 cm  
 Weight: 35 kg



Prone, armlift – 15°/15°.



Prone, double leg raise – 25°/45°.



Sidelying trunklift – 25°/15°.



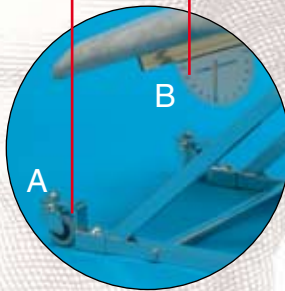
# Mobilizing Bench

## No. 180 173

This extremely versatile bench allows the therapist a broad range of starting positions for both mobilizing and other exercises. The adjustable section can be angled 45° over and under the horizontal position. Both the round bolsters may be adjusted in height, and locked by silent spring release pegs and fastening screws. A hinged additional plate next to the main seat, may be lowered when necessary.

### Dimensions:

Length:	160 cm
Width:	43 cm
Height, min:	50 cm
max:	95 cm
Weight:	40 kg



### Accessories:

#### No. 180 173-10

Wheel set, fits all Steens Physical mobilizing benches. (A)

#### No. 180 260

Angle measurement (protractor) for MET. (B)



Sitting side bending – mobilize thoraco/lumbar junction.



Sitting trunk extension backup mobilize lower thoracic spine.



Crook sitting trunk extension mobilize lower thoracic spine.

# The MET Back Extensor



## No. 190 172

As you will see from the picture, back extension in prone is a very useful exercise, that has been used for a long time.

The exercise takes place in a kneeling position, and it is the angle of the hipjoint that will decide the movement of the back.

When the angle is small, the movement is small, and the opposite take place with larger angle. As the back extensor is height adjustable, you can decide your starting position and through that localize the effect on joint and muscle.

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### Dimension:

Height adjustable: 40 – 50 cm

# Incline Board with vertical Bar

## No. 180 102

The incline board is probably best known in connection when training sit-ups. On this new MET incline board the fixation possibilities for the lower extremities are removed, and replaced with foot supports/hand grip combination. This gives you the opportunity to define objectively negative or positive grading of the resistance in either a cephalocaudal or caudalcranio direction of the exercise.



In addition to exercising the abdominal region, this MET incline board can be used to mobilize neck and shoulders.



The adjustable shoulder supports makes the negative position more convenient for your patients.



The new incline board is delivered with a vertical bar, that can be mounted to the wall or to the Steens Physical Modul. The vertical bar makes it possible to height adjust the incline board pr. grade. The T-bar is removable.



# Wall Bar

## No. 180 400-10

This is a solid, chrome-plated wall bar with plastic covering. The distance between each bar is 16 cm, and the distance from the wall is 4,5 cm. This wall bar may, according to need, be wallmounted or mounted to our module.



Supine arm swing out.



## No. 180 400-2

### BAR STOOL

The bar stool can easily be attached to the wall bar.

### Dimensions:

Width: 66 cm  
Height: 215 cm



# Training Therapy shoe

## No. 180 600

### MET - training therapy shoe

This product is a good example of how the MET criteria have influenced the product development. This shoe is constructed for patients with peripheral weakness from the segments L4-L5, L5-S1 and S1-S2. The shoe can also be used for training muscles, both inversion/eversion, of the ankle. The direction of the force and the load are adjustable. An extra arm can be attached to the rear of the shoe for deloading. Thereby a load equivalent to less than 3 on the manual test scale can be used. The axis for motion is also adjustable.

Standard weights supplied with the shoe are:  
0,25 - 0,5 - 1 - 2 kg.

### Accessories:

## No. 180 601

Weight 3 kg



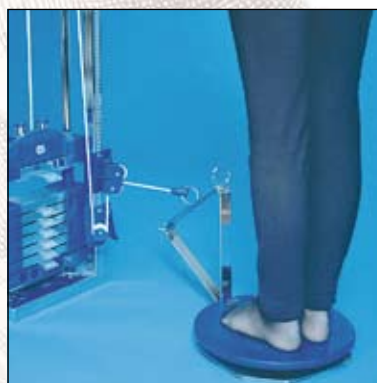
# The Rotation Plate

## No. 190 853

As you will have noted several times when studying and using MET, rotation is used to a very large extent. This is also why so many of our MET products and accessories have been developed just for that important fact.

The rotation plate will offer you the possibility of training rotation in a standing, and consequently a weight bearing, position.

The rotation plate must be connected to our pulley apparatus, and consequently this gives you the possibility to train with a fine graded resistance.



# Cushions and Bolsters



These very useful aids can be used alone or in combination with other training apparatuses. Size, shape and consistency are vital to achieve the desired effect.

## **No. 181 125**

Bolster no. 1, small, 10 cm in diameter, length 50 cm, hard. (D)

## **No. 181 126**

Bolster no. 2, medium, 15 cm in diameter, length 50 cm, hard. (C)

## **No. 181 127**

Bolster no. 3, large, 20 cm in diameter, length 50 cm, hard. (B)

## **No. 181 128**

Triangular cushion no. 4, for neck, length 50 cm, width 10 cm, soft. (E)

## **No. 181 128-1**

Triangular cushion no. 4, for neck, length 50 cm, width 12 cm, soft. (Not shown.)

## **No. 181 129**

Neck cushion no. 5, curved, length 50 cm, width 13 cm, soft. (F)

## **No. 181 139**

Knee cushion no. 11, width 43 cm, length 56 cm, height 28 cm. 3 sides are hard, 3 sides padded. (A)

## **No. 181 140**

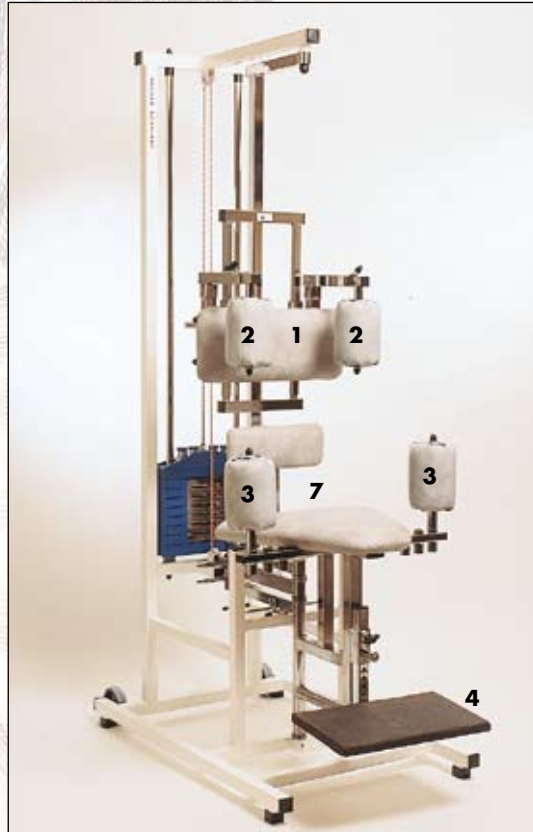
Half-circle cushion no. 12, width 43 cm, length 84 cm, height 43 cm. The curve is tapered in order to increase area of use. (G)



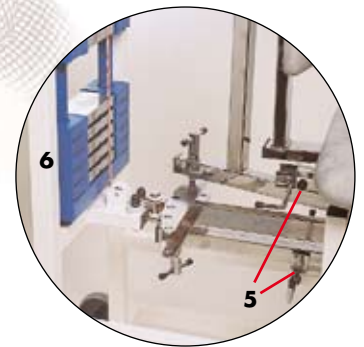
# Rotation Trainer

## No. 180 161

This has been developed in close co-operation with leading physiotherapists. The object is to train the deeper muscles, which have a special effect on the intra-abdominal pressure and the stability of the back. The axis of movement of the rotation trainer, follows a straight line through the spine. The effect can therefore take place both in a cranio/caudal or a caudio/cranial direction. The resistance can be adjusted by using the well known weight stack.



1. Back rest adjustable in height by spring release pegs.
2. Support and fixation bolsters for the upper body.
3. Support and fixation bolsters for the thighs, adjustable in width.
4. Footrest adjustable in height.
5. Lever arms upper or to fix lower body.
6. Weight stack.
7. Fixation belt (not shown).



Training of trunk muscles in cranio/caudal direction.



Training of oblique abdominal muscles in caudio/cranial direction (fixing of upper trunk).



Training of oblique abdominal muscles in cranial/caudal direction. (Fixing on pelvis).

### Dimensions:

Height: 185 cm  
 Width: 60 cm  
 Depth: 105 cm  
 Weight stack: 15,25 kg



## No. 190 852 - MET - Combitrainer

This is a development based on the old «Quadriceps-trainer». «Open chain» exercises in knee rehabilitation can be used when treating contracture of the knee and when there is established a severe lack of strength. The Combitrainer has a mechanism for limiting the range of motion. With the use of lever arms, the load can be varied to be suitable for the function in question. The Combitrainer is suitable for graded exercises for the knee, the hip, the shoulder, and the neck.

The backsupport is standard, and is adjustable to fit the individual patient. The back support may also be used as a head support in laying position.



### Dimensions:

Height:	76 cm
Width:	110 cm
Depth:	150 cm
Weight:	55 kg

# Thigh Trainer

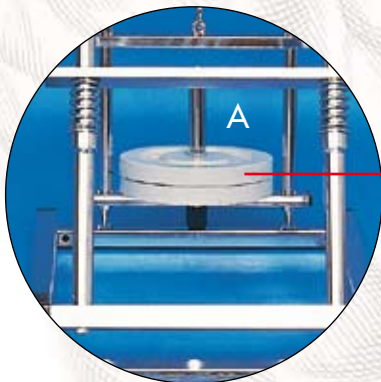
## No. 180 141

An effective and functional apparatus for training the quadriceps in a weight bearing position. The work load is applied by placing weight discs on the weight rod.

If there is a need for training with less load than the body weight, this can be achieved through a counterbalance device. The range of motion is adjustable with a springloaded system, and the angle of the foot can be adjusted to achieve the optimal starting position. This thigh trainer may be mounted to a standard wall bar, or a single bar may be purchased to wallmount at a fixed height.

### Dimensions:

Height: 165 cm  
Width excl. weight rod: 40 cm  
Depth incl. counterbalance: 100 cm



### Accessories:

#### No. 180 143

Counterbalance device. (A)

#### No. 180 145

Single bar for mounting of the thigh trainer. (B)

Weight discs must be ordered according to need.

# The Neck Exerciser

**No. 180 635**

## **Introduction**

Comprehensive care for neck pain and whiplash patients is dependent upon the normalisation of neck muscle values for strength, endurance and co-ordination. Recently published research has shown that patients suffering from chronic neck pain have reduced strength and endurance levels compared to age and gender-matched healthy individuals. Additionally, imaging studies have shown that both the segmental and regional muscles have atrophied to the extent that cross-sectional area measurements are markedly decreased in patient populations. Fatty infiltration of the neck muscles is also present in these patients.

It has been demonstrated that the most successful rehabilitative protocols are dependent upon sufficient resistance. Traditional stretching exercises and low-resistance neck exercises are of questionable clinical value.

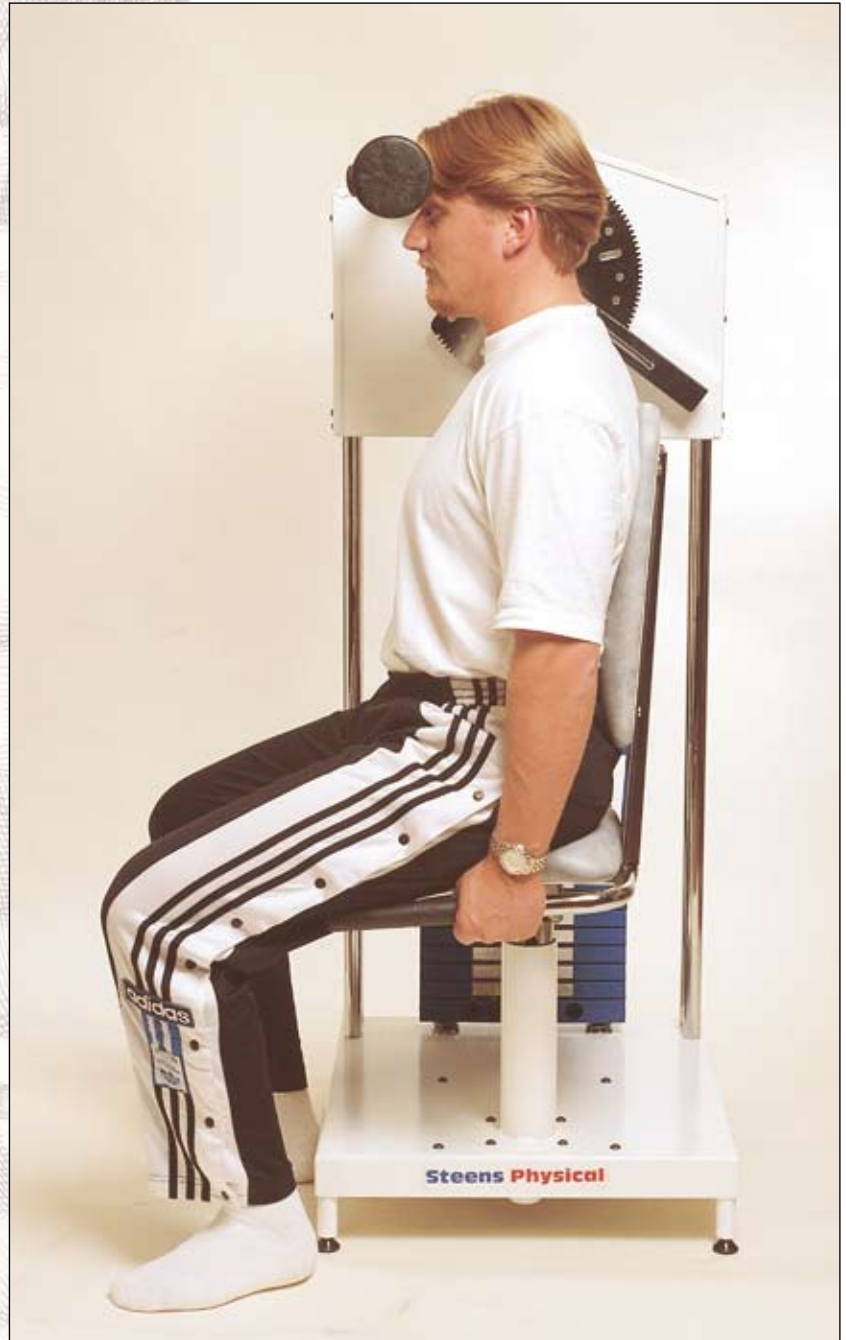
Leading research centres, hospital departments and clinics have therefore incorporated rehabilitative procedures in order to address these issues.

Steen's Physical is pleased to introduce the neck exerciser which has been developed by a leading research team from Denmark.

The extensors of the cervical spine are the strongest of all neck muscle groups. They are (relative to the body weight) almost twice as strong as the extensors of the low-back. That is why considerable resistance may be necessary for the rehabilitation of these muscles.

The neck exerciser has weight stacks which can provide up to 20 kg of resistance. It is the extensor muscles of the neck which demonstrate the relatively greatest strength reductions in chronic neck pain patient groups and several clinical trials have demonstrated excellent results after the rehabilitation of these muscles.

Dosages can be determined with strength measurements and progress monitored throughout the rehabilitation period.



## **Dimensions:**

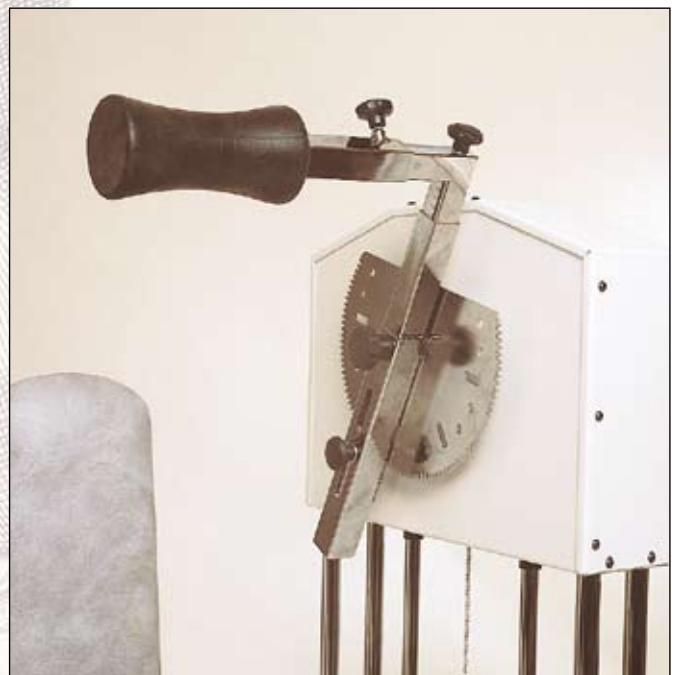
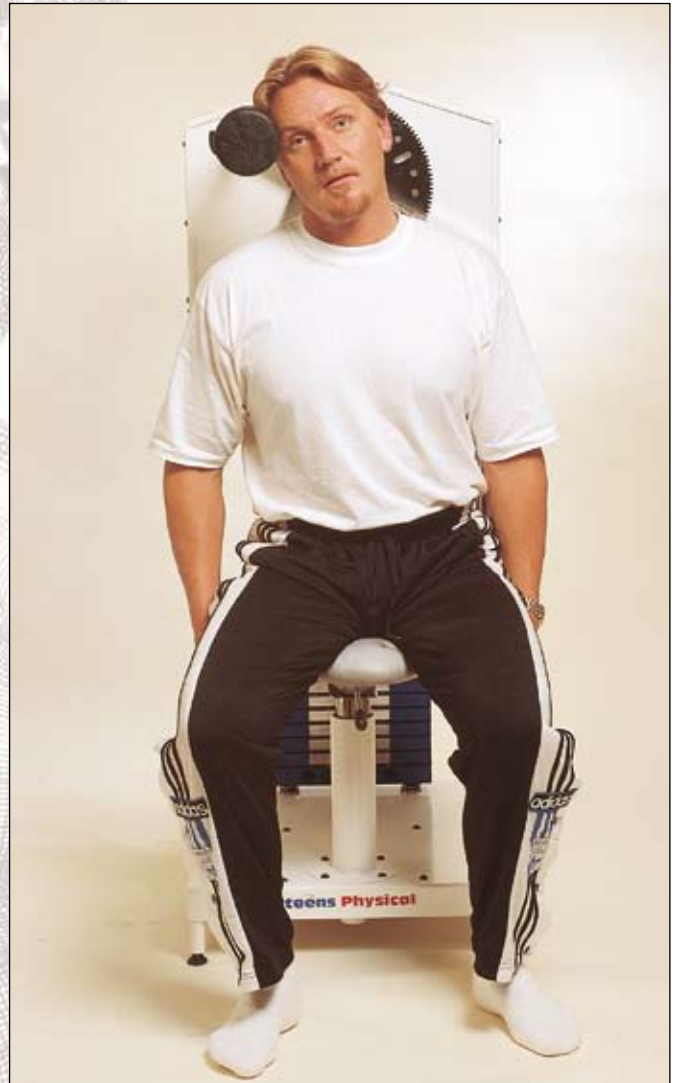
Height:	140 cm
Width:	52 cm
Length:	86 cm
Weight:	70 kg

The lateral flexors of the neck follow the extensors in terms of the hierarchy of strength values. Lateral flexion is a coupled motion involving elements of rotation as well as extension. That is why it is so important to train in a controlled fashion. Patients will frequently demonstrate great differences in lateral flexion from one side to the other after injury. It is imperative that these differences become normalised in order to restore proper neck muscle function. A simple turn of the switch of the weight arm changes the direction of resistance in a matter of seconds. Progress can be monitored and differences from left to right registered with the strain gauge device.

The neck exerciser includes many features based upon years of development. The design of the machine has focused on patient safety and scientific documentation. Rehabilitation of the neck muscles in flexion, extension, and left and right lateral flexion can all be carried out on the same machine in a simple and user friendly manner. A simple turn of the switch on the seat and the weight arm is all that is necessary to change the direction of resistance. All adjustable parts are numbered so that patients can train in identical starting positions at each training session.

There is a built-in strain gauge device for maximal isometric strength measurements in four directions. The device has been tested for reliability and maximal strength. Values for the normal population are provided in the user manual. The ratios of flexion and extension are also provided for all age groups.

Research has shown that whiplash patients in particular, demonstrate decreased strength values of the flexors of the cervical spine. These patients will most often begin with very small resistance loads, and the neck exerciser includes weight stacks with very small increases in order to ensure patient safety. The neck exerciser allows training within pre-determined ranges in a controlled fashion.



### Conclusion:

There is widespread agreement among all health professionals that the early activation of patients as well as the restoration of functional values are of primary importance for successful treatment outcomes. Steen's neck exerciser has been developed after years of research activity. It can be found in many rehabilitation centres in Denmark, England and North America. The manual provided is comprehensive and easily understandable. The apparatus takes up little space, it is moveable and very durable.



# Closed Chain System Incline Board

## No. 180 106

Functional, gradable exercises have been the cornerstone for Steens Physical since they created the first Steens pulley nearly 30 years ago. The new CCS's smooth operation enables early weight-bearing exercises for both post-surgical and post-injury rehabilitation. As the patient progresses, simply increase the angle of the CCS to increase the percentage of patients own body weight that they perceive as resistance. Versatile and space-efficient, the CCS will be an integral part of your rehabilitation program.

### Specifications:

- Supports more than 400 lbs even in the lowest position
- Load adjustable from 5 – 85 % of body weight
- Requires Wall Bar which can be mounted to wall or Steens module
- Includes calf-raise bar and ankle attachment
- 5-years frame warranty

### Features:

- Wide, cushioned seat provides safety, stability and comfort
- Large kickplate enables a wide variety of exercise options
- Greater height adjustment provides greater load range
- Quality and performance you expect from Steens Physical

### Dimensions:

Height:	216 cm
Width:	56 cm
Depth:	78 cm
Weight:	32 kg





# Leg Press

*Sitting/Laying*

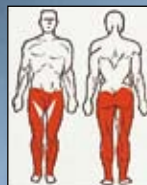
## **Leg Press, sitting – No. 190 849**

With this apparatus you strengthen the knee- and hipjointextensors as well as the plantarflexors. The feet use the footplate as a fixation. Through the flexion- and extension movement of the kneejoint, the seat moves forward and backwards. This enables you to really exercise in a functional way. The apparatus is equipped with 2 footplates, and enables you to change startingposition for the knee- and hipjoints. Your back is protected by a solid and wellupholstered backrest. The resistance is adjustable from 10 – 200 kg.



## **Leg Press, laying – No. 190 850**

With this apparatus, you can exercise the lower extremities in the important closed muscle chain. You may also exercise both extremities separately. During the later rehabilitationphase of athlets, you may exercise jumping and landing on one or both feet. The resistance is adjustable from 10 – 200 kg.



### **Dimensions:**

Length: 185 cm  
Width: 85 cm  
Height: 186 cm

A plexiglasscover is available for the weightstack.

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# Pulldown & Dips

## No. 190 830

A produkt for training back, triceps and upper chest. The apparatus offers many possibilities for the variation of grip giving you the opportunity to train a large number of selcted muscles. Having a simple and effective method of choosing the level of resitance. The product is designed and developed to allow both wheelchair and non-wheelchair users to be able to participate in effective training.



### Dimensions:

Height: 170 cm  
Width: 90 cm  
Depth: 90 cm  
Weight: 10 kg

# Manuped

*Combined arm and leg trainer*

## **No. 373100**

This new product from Steens Physical is an upper- and under extremity trainer. It is a typical product for senior training. In all the Scandinavian countries, most of the rehab centres have a long tradition from use of this product among the elderly.

### **Features:**

- Easy to adjust angle and height
- Easy to adjust radius for arm and leg exercise
- Casters makes the item easy to move
- Straps to fix feet to pedal with velcro



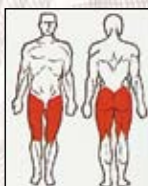
- Stepless adjustable resistance
- Counter device for repetitions

CE

# Leg curl Combi Leg Extension

## Leg curl Combi – No. 190 844

With this apparatus you can exercise both M. quadriceps and hamstrings. The legcushions are heightadjustable to fit every leglength. A faceopening in the plate gives you a comfortable layingposition.



### Dimensions:

Length: 180 cm  
Width: 83 cm  
Height: 185 cm  
Weight: 130 kg  
Weightstack: 80 kg



## Leg Extension – No. 190 845

With this apparatus you can exercise M. quadriceps. The backsupport is heightadjustable, and the legcushions are adjustable to fit all leg lengths.



### Dimensions:

Length: 110 cm  
Width: 85 cm  
Height: 185 cm  
Weightstack: 80 kg



### Sitting position:

Exercising M. quadriceps.

### Abdominal position:

Exercising M. hamstrings

# Abdominal- and Backtrainer



## Backtrainer – No. 190 834

The back- and glutemuscles are being exercised with this apparatus. The resistance is adjustable by angling the plate. Using the handles, you can reduce the pressure on the backmuscles with help from the armmuscles.



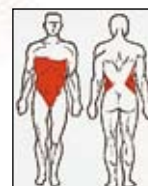
### Dimensions:

Length: 117 cm  
Width: 70 cm  
Height: 80 cm  
Weight: 35 kg



## Abdominal- and Backtrainer No. 190 836

With this apparatus you can exercise both abdominal- and backmuscles. You may vary the resistance, by adjusting the angle of the apparatus.



### Dimensions:

Length: 125 cm  
Width: 51 cm  
Height: 72 cm  
Weight: 40 kg

### Sidelaying position

Strengthening: M. Quadratus lumborum, transversal abdominal muscles and backmuscles and hipjointabductors.

### Abdominal position

Strengthening the backmuscles.

# Steens Back Trainer



**No. 190 837**  
**Back Trainer 45°**

There are several important advantages by using this back trainer. We have listed below some of the main advantages:

The starting position is 45°, and that gives you a much easier and safer situation getting on to and off the back trainer. The starting position 45° will give you the resistance through the range of motion a more advantageous profile. The starting position 45° will give you a much larger range of motion than the one you will reach starting from a horizontal position.

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**Dimensions:**

Height: 128 cm  
Width: 50 cm  
Height: 65 – 75 cm



# Rotationtrainer

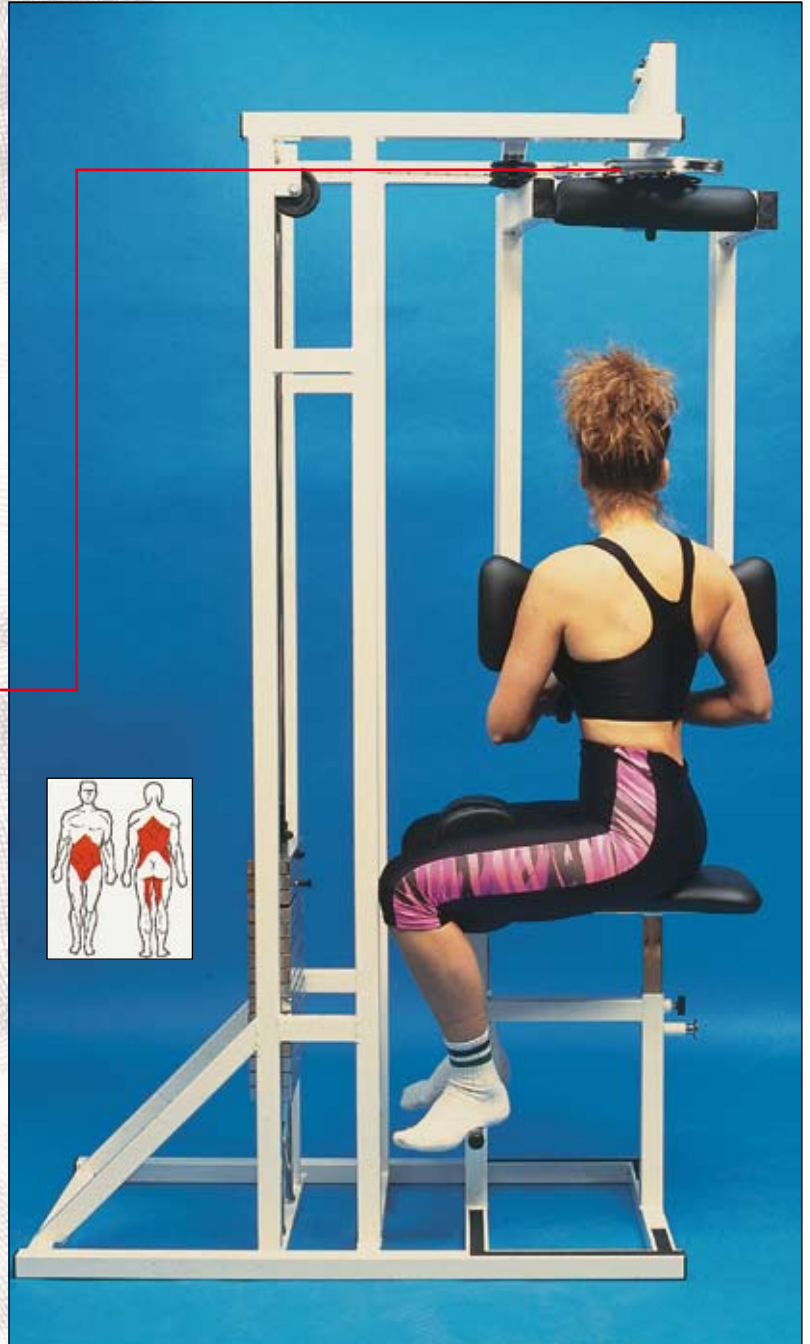
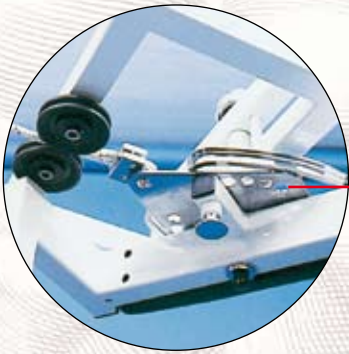
## No. 190 841

With this apparatus you can exercise the short and deeplying muscles near to the spine. For the stabilisation of the spine, this is of vital importance.

### Dimensions:

Length: 130 cm  
Width: 65 cm  
Height: 220 cm  
Weight: 150 kg

The total movement is adjustable according to need.



When exercising, the pelvic is fixated by well-upholstered cushions.



# Modular Systems

*"The see-through design allows for easy monitoring of four to five patients at a time ..."*

## **No. 180 870-20**

"If you own a four-sided modular system with wheels this allows you the diversity to move the system wherever you need in your clinic. The four-sided module allows you a large number of mounting options based on the unique needs of your clinic. The see-through design allows for easy monitoring of four to five patients at a time as they work simultaneously on their exercise programs. This pulley system is extremely low maintenance with essentially no down time making it very cost effective and practical. It is the most functional, widely-used, and reliable piece of equipment in your clinic."

### **Accessories:**

#### **No. 180 870-30**

Mobile wheel set.

#### **No. 180 870-40**

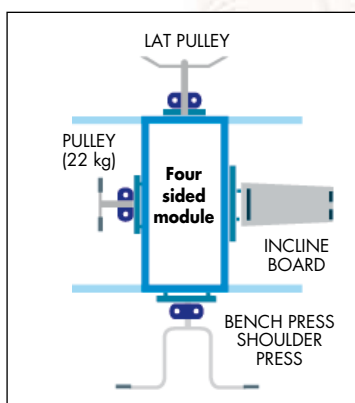
Stabilizer Bars (set of four).

#### **No. 180 850**

45° stabilizer bars (set of four).

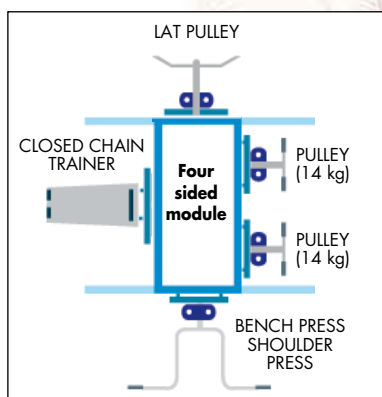
#### **No. 180 871**

Instruction panels for module.



# Modular Systems

*"The four-sided module allows a large number of mountin options based on the unique needs of your clinic."*



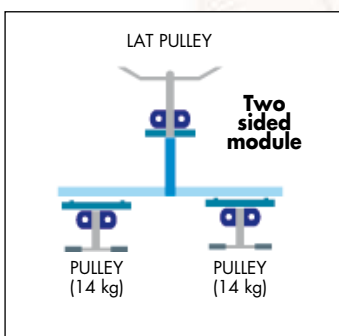


# Modular Systems

***“This pulley system is the most functional, widely-used and reliable piece of equipment in your clinic.”***

**No. 180 402  
Two-Sided Module**

This unit is capable of holding 2 wall pulleys and a lat pulley. This module has standard wheels for mobility.





# Weight Stacks

**No. 180 869-10**

Weight stacks complete, 50 kg load.

**No. 180 869-20**

Weight stacks complete, 80 kg load.

**No. 180 869-30**

Weight stacks complete, 100 kg load.

These quality weight stacks are developed to operate as an exercising unit, on which different accessories can easily be mounted.

According to need, the weight stacks can be mounted to our module, or to the wall.

In combination with the weight stacks and the accessories, there are a wide range of exercises to be chosen for a wide range of different users.



**Accessories:**

**No. 180 879**

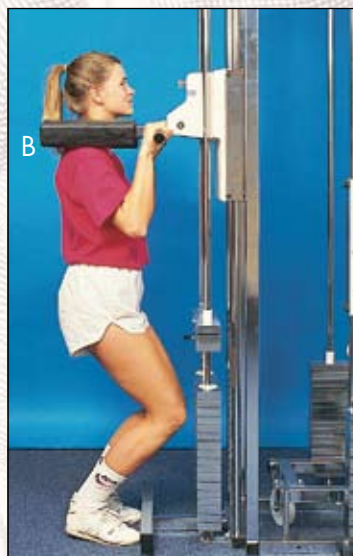
Curved bar for press-machine. (A)

**No. 180 879-10**

Shoulder- and leg-support. (B)

**No. 180 879-20**

Counterweight for press-machine. (Not shown)



The photos will indicate clearly how the accessories may be used with the weight stacks.

CE

# Training Benches for Steens Weightstacks and lat Pulleys

## Training bench – No. 180 822

This training bench consist of two plates: seat and backplate.

The seat can be angled in order to obtain the best sitting position. The backplate is adjustable from 0 – 90°. With two castors mounted in the front, the bench is easy to move.

The bench is very solid constructed, and is very useful for a lot of exercises with the lat pulley and the weightstacks for press training.

---

### Dimensions:

Length: 120 cm  
Width: 38 cm  
Height: 46 – 126 cm



## Mini training bench – No. 180 818

This is a very stable and solid training bench that will need very little space. Ideal for use with our lat pulley and weightstacks.

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### Dimensions:

Length: 58 cm  
Width: 27 cm  
Height: 48 cm



# Pec-Decker Biceps/Triceps Curl

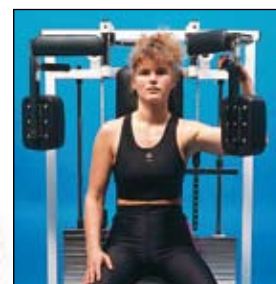
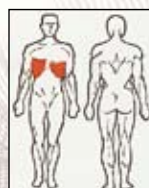


## Pec-Decker - No. 190 840

With this apparatus you will strengthen the M. pectoralis major, single or both. The extra long backsupport gives you the possibility also to exercise the chest-muscles.

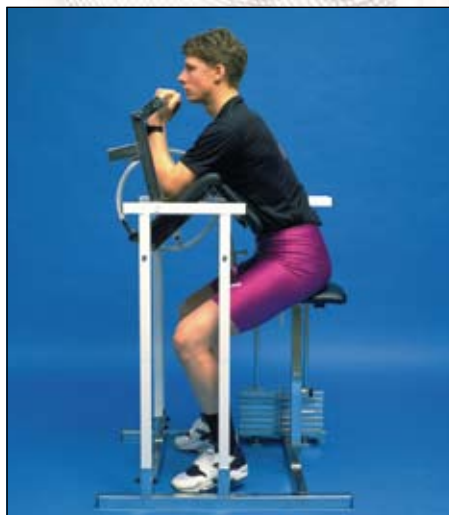
The apparatus is constructed in such a way that you obtain a good musclerelaxsation after a gentle stretching of the chestmuscles.

Resistance: 2 x 50 kg.



### Dimensions:

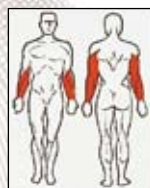
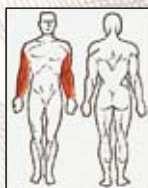
Length: 85 cm  
 Width: 110 cm  
 Height: 155 cm  
 Weight: 150 kg



## Biceps/Triceps Curl No. 190 842

Exercising: M. biceps brachii

Exercising: M. triceps brachii



### Dimensions:

Length: 90 cm  
 Width: 80 cm  
 Height: 130 cm  
 Weight: 90 kg



# Universal Treatment Table

For 25 years, STEENS-PHYSICAL has been providing safe, reliable and accurate rehabilitation technology to the most demanding markets in the world. During this time, we have worked closely with leading medical doctors, physical and manual therapists, and clinical researchers on positioning and stabilization of the human body to safely isolate or incorporate joints and muscle groups. Those years of intensive work have resulted in a body of knowledge concerning development of clinically proven product applications available only for Steens-Physical. Our ability to apply that expertise has enabled us to create tools for clinical rehabilitation that are unparalleled in the industry.



***"Steens-Physical the most asked-for name in active rehabilitation"***

**The Steens-Physical Universal Treatment Table (UTT) is no exception addressing the need for a highly adaptable format that doesn't sacrifice technical quality or clinical expertise.**



Knut Assjer and Vilhelm Scheel introduced the flexion distraction concept in 1983. They were pioneers in developing the first Flexion /Distraction Universal Treatment Table with the concept of combining all basic manual techniques.

Flexion with lateral flexion; multi functional pelvic section in both flexion and lateral positions.



Drop function can be built into the head section, upper and lower thoracic section and pelvic section.



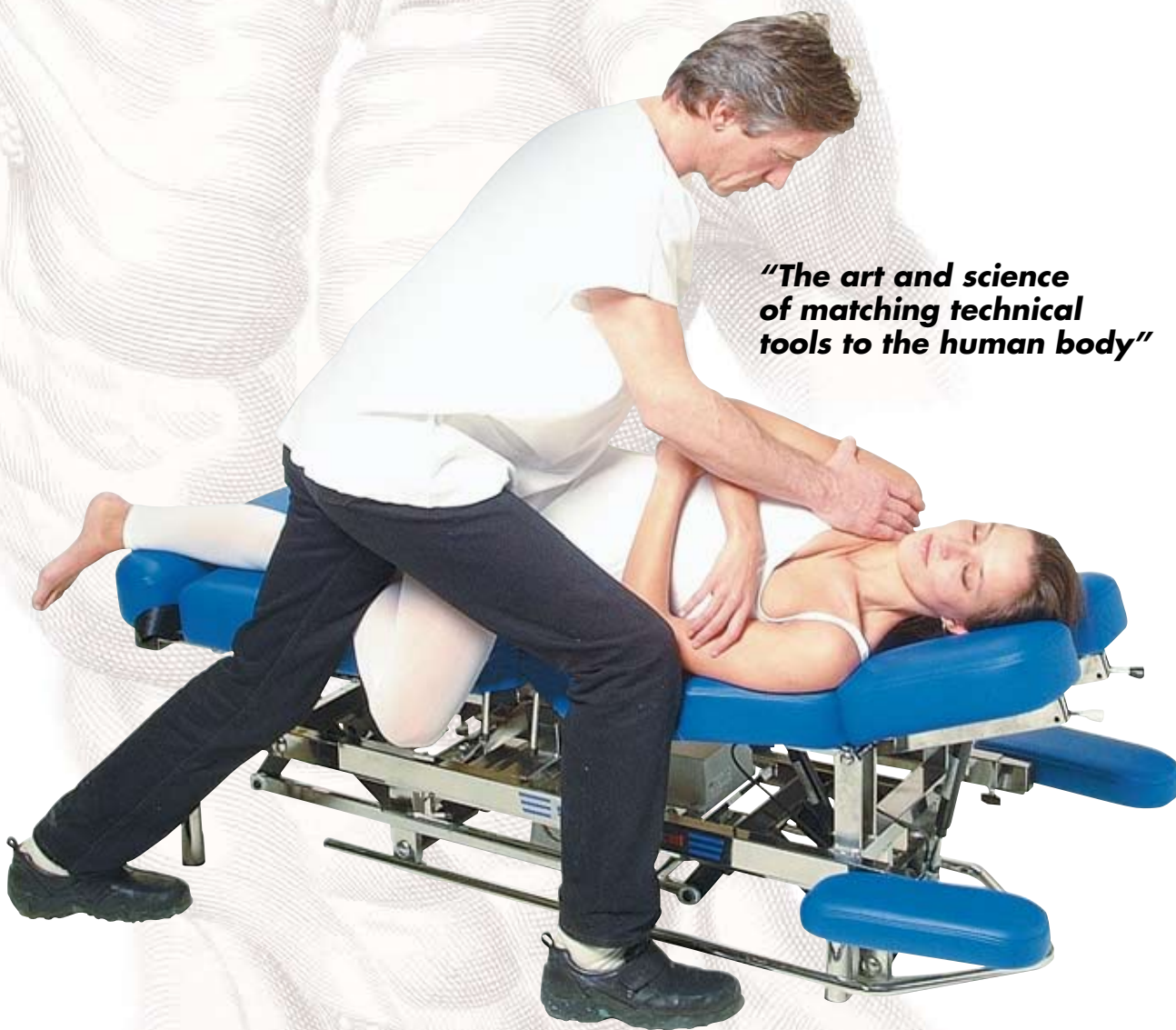
**The Steens-Physical team stands behind every Steens-Physical unit.  
"You can trust the reliability, rely on the safety, and depend on your proven  
clinical results"**





Length adjustable ankle support permits proper body positioning and stability. Ergonomically designed handle allowing easy operation of the flexion facility.

***“The art and science of matching technical tools to the human body”***



# Manualtherapy

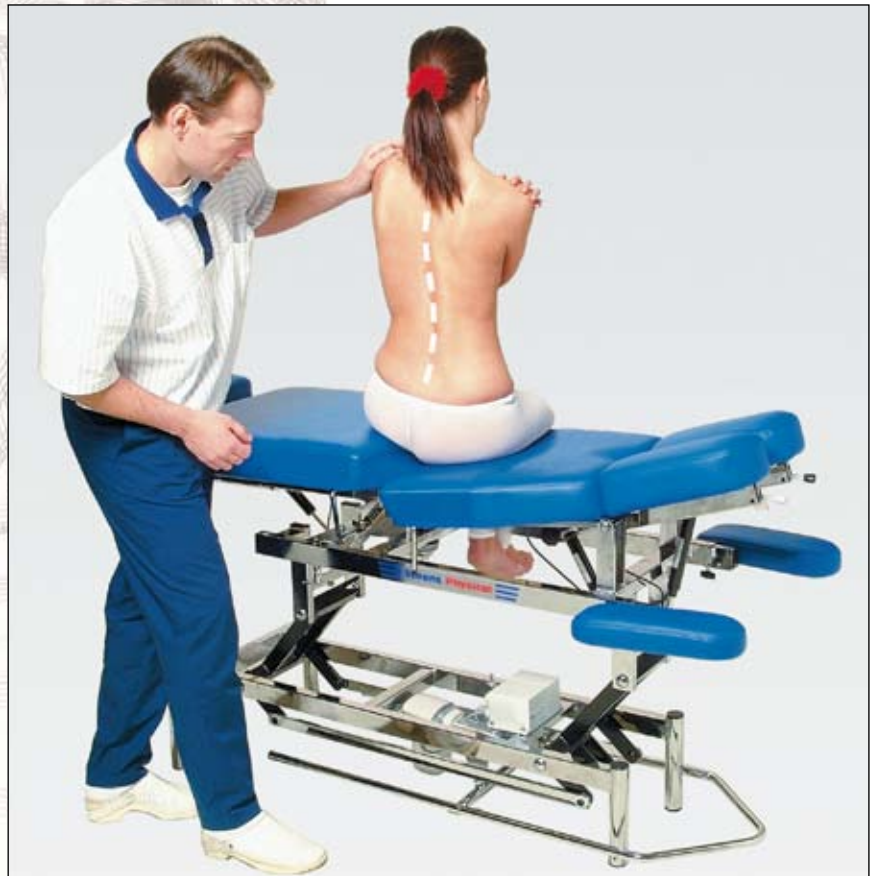
*"It takes desire, discipline and experience with the right equipment to become a winner".*



*"You'll want the superior results with your patient that a Steens-Physical equipment can help you to provide".*

Patient examination: Sideflexion of the spine making a countercurve by using the lowered thoracic part.

*“As a clinician you know the different between quality and inferior treatment. Steens-Physical knows that too. That is why no ergonomic or biomechanical detail is taken for granted”*



*“As technicians, we recognize the intelligent design and quality components that set Steens-Physical apart from the rest. The things that are essential to Steens-Physical – and you”.*

CE

# Treatment Table "Classic"

**This treatment table has been on the market for years. Over the years the table has been further developed, and several new functions have been introduced.**

**From our large, modular range of tables, you can choose just the model that will be the best working tool to cover your needs.**

## **What is standard:**

All tables have 4 quality castors and central brake system. The table is very stable, and easy to move with or without patient. The head section has a release system that makes it impossible to release it by accident with your knee.

All tables with a 3-divided head section, have armrests that can be used in all directions, and also make the middle section wider. All tables that are electrically height adjustable, can be supported with a foot frame as standard, or as an accessory.

## **5-Section "Classic"**

65 cm width, hydraulic	<b>No. 370 105</b>
80 cm width, hydraulic	<b>No. 370 205</b>
65 cm width, electric	<b>No. 371 105</b>
65 cm width, electric, with foot frame	<b>No. 371 105-01</b>
80 cm width, electric	<b>No. 371 205</b>
80 cm width, electric, with foot frame	<b>No. 371 205-01</b>





# 5-Section "Classic" with Drainage

65 cm width, hydraulic  
 80 cm width, hydraulic  
 65 cm width, electric  
 65 cm width, electric, with foot frame  
 80 cm width, electric  
 80 cm width, electric, with foot frame

**No. 370 305**  
**No. 370 305-10**  
**No. 371 305**  
**No. 371 305-01**  
**No. 371 305-10**  
**No. 371 305-11**

## Electric Table – Electric Drainage

65 cm width, hydraulic  
 80 cm width, hydraulic  
 65 cm width, electric  
 65 cm width, electric,  
 with foot frame  
 80 cm width, electric  
 80 cm width, electric,  
 with foot frame

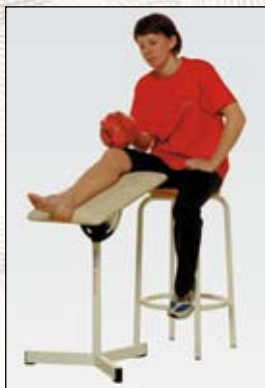
**No. 370 303**  
**No. 370 303-10**  
**No. 371 303**  
**No. 371 303-01**  
**No. 371 303-11**  
**No. 371 303-10**

# 3-Section "Classic" with Drainage



### No. 150 000

Board for arm- and  
 foot treatment.  
 High adjustable and tilt-  
 able 60°.  
 Length: 50 cm  
 Width: 40 cm



# 3-Section "Classic"



65 cm width, Hydraulic  
 80 cm width, Hydraulic  
 65 cm width, Electric  
 65 cm width, Electric,  
 with foot frame  
 80 cm width, Electric  
 80 cm width, Electric,  
 with foot frame

**No. 370 103**  
**No. 370 203**  
**No. 371 103**  
**No. 371 103-01**  
**No. 371 203**  
**No. 371 203-01**

# "Classic" Treatment Table – Traction



65 cm width, hydraulic  
65 cm width, electric  
65 cm width, electric,  
with foot frame

**No. 370 403**

**No. 371 403**

**No. 371 403-01**

## 5-Section "Classic"–Traction

65 cm width, hydraulic  
65 cm width, electric  
65 cm width, electric,  
with foot frame

**No. 370 405**

**No. 371 405**

**No. 371 405-01**



## Traction Accessories

Bracket for the neck (in pair)

**No. 372 843**

Bracket for the shoulder

**No. 372 840**

Bracket for the hip

**No. 372 841**

Stabilization holder

**No. 372 844**

## Accessories for all "Classic" tables

Paper roll holder

**No. 370 900**

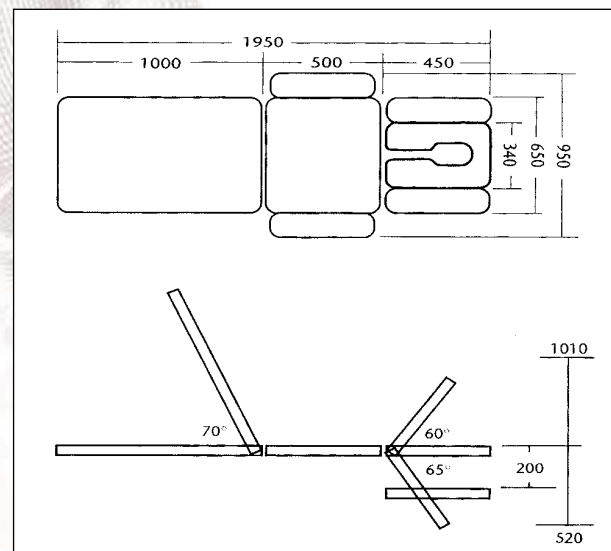
Foot frame for electric tables

**No. 371 200**

## Technical Specification – "Classic" 3 and 5 Section

Total length:	195 cm
Width:	65 and 80 cm
Width incl. arm rests:	95 and 110 cm
Height min.:	42 cm
Height max.:	91 cm
Length head section:	45 cm
Length mid. section:	50 cm
Length leg section:	110 cm
Diameter for castors:	8 or 12,5 cm
Weight:	75 kg
Lifting capacity:	
Hydraulic:	200 kg
Electric:	200 kg
Electric motor:	Magnetic 220V/50 HZ

The various sections are made in moulds in order to optimize the comfort for the patient. At the same time it also gives good stability for the therapist during treatment. The upholstery is strong and long lasting.



# Blood Sampling Chair

## No. 114-40 Blood Sampling Chair

### Convenient to use

Backrest can be adjusted to «shock-position» step-less by gas spring.  
Foot cushion automatically adjustable.  
Arm cushion automatically adjustable.  
Two arm cushions are standard.  
Simple to use.



Combined back and leg cushion movement.

Easy to adjust  
into a resting  
position



Upholstery:  
Solid foam covered with  
quality artificial leather.

The flexibility of  
this chair will  
adapt every  
clinical situation.



### Dimensions:

Length (resting position): 158 cm  
Width: 83 cm  
Height: 120 cm



# Steens Bobath Tables

## "Classic"



**No. 392 002**

Bobath Table 200 x 120 cm, electric.

**No. 392 001**

Bobath Table 200 x 120 cm, hydraulic.

**No. 392 004**

Bobath Table 200 x 160 cm, electric.

**No. 392 005**

Bobath Table 200 x 200 cm, electric.  
Have 2 plates 200 x 100 cm (not shown).

**No. 370 002**

Bobath Table 200 x 100 cm, hydraulic (not shown).

**No. 371 002**

Bobath Table 200 x 100 cm, electric (not shown).

These tables are divided in two sections, a trunk – and a head section. This gives the therapist the possibility to increase the number of treatments on the table.

These tables are height adjustable 45 – 90 cm. The tables are equipped with 4 quality castors and central locking system.



**No. 392 000**

Bobath Table 200 x 120 cm, height 45 cm, economymodel.

This table has a fixed height, 45 cm, that makes it easy to transfer patients from wheelchairs and trolleys. Equipped with 4 quality castors and central locking system.

**No. 392 003**

Bobath Table 200 x 120 cm, height 45 cm, wallmounted.

This table is constructed to enable therapy departments with limited space to make use of a quality Bobath table.



# Physician's Combi Couch

## No. 169-10

A three sectioned couch with characteristics for: Gynaecology, minor surgery, ECG etc.

Electrical height adjustable.

Step-less adjustable head- and middle section with gas spring.

Two paper-roll holders.

Supports for adjustable leg-rest.

Stepless adjustable Gyn. examination-seat section.

Adjustable drip-stand.

Adjustable hand-grips.

Centrally locking mechanism is standard.



Multipurpose couch used as a Gyn. examination-couch.

### Dimensions:

Length: 190 cm

Width: 70 cm

Height: 55-105 cm

### Accessories:

Can be delivered with face opening in the head section.



Shock-position



Electrically height adjustable.



2 gas springs, 2 paper-roll holders.



Stainless drawer, adjustment of Gyn examination-seat, and handle for the patient.

# Steens Therapy Stools

## Therapy Stool with- out back support.

**No. 180 013-02**  
Adjustable height:  
52 – 72 cm.

**No. 180 010-02**  
Adjustable height:  
54 – 84 cm.



## Therapy Stool with back support

**No. 180 013-10**  
Adjustable height:  
52 – 72 cm.

**No. 180 010-01**  
Adjustable height:  
54 – 84 cm.

## Therapy Stool "Fisken"

**No. 180 013**  
Adjustable height:  
52 – 72 cm.

**No. 180 010**  
Adjustable height:  
58 – 84 cm.

## The classic Therapy Stool "Fisken"

**No. 180 014**  
Adjustable height:  
42 – 52 cm.



## Accessories for therapy stools:

**No. 180 011**  
Set of two castors with brakes.

# Steens Parallel Bar

*New!*

**Steens Parallel Bar, 3 m No. 180 665**  
**Steens Parallel Bar, 4 m No. 180 666**  
**Steens Parallel Bar, 5 m No. 180 667**

This is the very first parallel bar on the market that is height adjustable with gas springs. Both the therapist and the patient can adjust the height with the foot releaser.

**Dimensions:**

Min. height:  
73 cm



**Steens Parallel Bar, 3 m No. 180 765**  
**Steens Parallel Bar, 4 m No. 180 766**  
**Steens Parallel Bar, 5 m No. 180 767**

The width is 86 cm maximum, but the width can be narrower by parallel adjusting the two bars. The bars are height adjustable from 75 – 90 cm. Standard colour is white. Other colours can be supplied at a somewhat higher price.



# Weights and Stands

**No. 180 404** Hand weight stand with 3 shelves.

**No. 180 404-1** Extra shelf for hand weight stand. (Not shown)

## Hand weights – chrome plated:

**No. 180 501** Set of 8 pairs hand weights, 0,5 kg – 6 kg.

**N. 180 501-1** Set of 6 pairs hand weights, 0,5 kg – 4 kg.

**No. 180 502** Hand weight, 0,5 kg.

**No. 180 503** Hand weight, 1 kg.

**No. 180 504** Hand weight, 1,5 kg.

**No. 180 505** Hand weight, 2 kg.

**No. 180 506** Hand weight, 3 kg.

**No. 180 507** Hand weight, 4 kg.

**No. 180 508** Hand weight, 5 kg.

**No. 180 509** Hand weight, 6 kg.

Handweights are available up to 25 kg.

**No. 62018** Weight cuff, 0,25 kg.

**No. 62019** Weight cuff, 0,5 kg.

**No. 62020** Weight cuff, 1 kg.

**No. 62021** Weight cuff, 1,5 kg.

**No. 62023** Weight cuff, 2 kg.

**No. 62024** Weight cuff, 3 kg.

**No. 62025** Weight cuff, 4 kg.

**No. 62026** Weight cuff, 5 kg.

## No. 180 406

Disc stand, model Marine.

## No. 180 558

Weight bar with lock, 160 cm.

Weight bars are available in different lengths.

## Weight discs:

**No. 180 531** Weight disc, 1 kg.

**No. 180 532** Weight disc, 2,5 kg.

**No. 180 533** Weight disc, 5 kg.

**No. 180 534** Weight disc, 10 kg.

**No. 180 535** Weight disc, 15 kg.



## Weight cuff model Viking

A very substantial weight cuff, easy-to-shape and fastened by a strong velcro band.



**No. 180 930** Hand weight stand, model Strong.

**No. 180 930-10** Extra shelf. (Not shown).

This hand weight stand is constructed for the heavier hand weights.

# Stands for Gymnastic Mats

## **No. 180 412**

Mobile mat hanger, length 130 cm,  
depth 60 cm, height 100 cm.  
The mat hanger is chromeplated and  
fitted with solid castors.

By using mat hanger, you will  
protect your mats when not in use.  
This will give them a longer lifetime,  
and make your clinic look tidy.



## **No. 180 411**

Mat hanger, wallmounted.  
Length 130 cm, depth 28 cm.

# Distribution

**Belgium:** Komeet BVBA. **Canada:** BHM Medical inc. **Denmark:** Pro Terapi AS. **Finland:** Fysioline oy. **Germany:** TR Equipment Vertriebs GMBH  
**Great Britain:** Active Care Systems Ltd **Iceland:** Pharmaco Inc. **Israel:** Hagai Medical & Nursing Eq. Ltd **Japan:** Tiger Medical Instruments Co. Ltd.  
**Malaysia:** Medika Supplies. **Norway:** Medinor ASA. **Russia:** Aconit-M-Ltd. **Sweden:** Fysioett AB – Medema Physio AB.  
**Switzerland:** MTR-Medizin Therapie Rehab. **USA:** Innovative Rehab Systems



For more information about the physiotherapy product line  
from Steens Industrier AS:  
Please view our web site [www.steens-industrier.com](http://www.steens-industrier.com),  
or contact your local distributor.

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