



HydroGym Equipment



❖ **Aqua Fitness**

❖ **Aquatic Physiotherapy (Hydrotherapy)**



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Why Aqua Fitness?

- ✓ *Water can cause weight reduction and lead to decreasing the pressure on joints. Therefore, exercises can be done without any injuries for the persons doing it. This is an important point for fat people and for those with joint injuries.*
- ✓ *High water resistance helps to burn more calories for at least 3 to 4 times more than outside water in the same time.*
- ✓ *Exercising in the water expand range of motion and also the range of exercises.*
- ✓ *Water can do micro massage during the exercise.*
- ✓ *Washing sweat from the body during this kind of exercise will help it to experience more freshness in comparison with the exercise out of water.*
- ✓ *Because during this exercise the resistance of water prevent from sudden movement also the process of breathing is normal, cramp will not occurred during and after exercise.*
- ✓ *Because in this kind of exercise, all parts of body are in contact with water so any exercise will engage all of them with water resistance. So, fat-losing will occurred smoothly at any part of body.*
- ✓ *In water, the sport injuries are around 90% lower than out of water because the water has a protective role for the body.*



Why Aquatic Physiotherapy (Hydrotherapy)?

- ✓ *In water, due to its buoyancy, the pressure on patient's joints decreased, so the pain in the affected area is greatly reduced. For this reason, the person can easily perform the desired exercises and performing these exercises will cause more blood circulation in that affected area and so transferring more repair factors to that area which will significantly accelerate the healing process.*
- ✓ *Gentle massage of water on the patient's body during exercise, not only causes a feeling of satisfaction and relaxation in the patient, but even reduces the transmission of pain messages from the injured organ to the brain to a considerable extent.*
- ✓ *In water, it is possible for patients to perform various exercises with a wider range of motion.*
- ✓ *Water allows right corrective movements compared to outside water.*

HydroGym Equipment can be used by EVERYONE



Aqua Treadmill



Product Code: HG001

- Material: Stainless steel 304
 - Dimension: Open (Width (68)/length (127)/height (142)) / Closed (Width (68)/length (66)/height (142))
 - Slope: 13°
-
- ✓ Proprioceptive stimulation of the ankle and sole joints
 - ✓ Safe and controllable walking in water, especially for the elderly
 - ✓ Suitable for walking patients with osteoporosis
 - ✓ Posture training and correct walking pattern
 - ✓ Strengthening the muscles of the lower limbs and their balance
 - ✓ Strengthening the supporting muscles of the body
 - ✓ Strengthening the cardiovascular system in aerobic exercises



Aqua Bike



Product Code: HG002

➤ Material: Stainless steel 304

➤ Dimension: Width (61)/length (112)/height (111-134)

- ✓ Widely used for orthopedic patients with the aim of strengthening hip, knee, and ankle muscles and increasing their range of motion after surgery.
- ✓ A suitable combined movement in neurological patients to use lower and upper limbs and trunk to maintain posture and balance
- ✓ Strengthening the cardiovascular system and increasing respiratory and pulmonary capacity
- ✓ Doing non weight bearing aerobic exercises at the sagittal level, which creating freshness and vitality in addition to increasing calorie burning
- ✓ Strengthening trunk muscles



Aqua Elliptical



Product Code: HG003

- Material: Stainless steel 304
- Dimension: Width (80)/length (83)/height (142)

- ✓ Strengthening the muscles of the trunk, gluteal area, hamstrings and ankles for patients who have difficulty walking
- ✓ Correcting walking patten
- ✓ A very enjoyable device
- ✓ Strengthening the heart and lung system
- ✓ Performing aerobic exercises with variable speed
- ✓ Strengthening the abdominal muscles, buttocks and postural muscles of the back



Aqua Step



Product Code: HG004

➤ Material: Stainless steel 304

➤ Dimension: Width (33)/length (60) /height (15)

- ✓ Knee and hip hydrotherapy, especially after joint replacement surgeries
- ✓ Strengthening the muscles of the lower limbs, hips, knees and ankles in a basic way and with a variety of movements
- ✓ Coordination and strengthening of lower limb muscle
- ✓ Strengthening the cardiopulmonary system
- ✓ Fast and safe fat burning for overweight people
- ✓ Performing various aerobic exercises in water



Aqua Pole



Product Code: HG005

- *Material: Stainless steel 304*
- *Dimension: Width (80)/length (80)/height (211)*
- ✓ *Suitable for advanced stages of sports training*
- ✓ *shaping the side and abdominal muscles*



Aqua Balance Board



Product Code: HG006

➤ *Material: Polyethylene*

➤ *Dimension: Width (50)/length (50) /height (7.5)*

- ✓ *Helping patients to return proprioception after ankle injuries*
- ✓ *Strengthening ankle muscles*
- ✓ *Increasing the patient's balance*



Aqua Chair



Product Code: HG007

- *Material: Stainless steel 304*
- *Dimension: Width (42)/length (68)/height (will be designed according to the depth of user pool)*
- ✓ *Suitable for hydrotherapy of people unable to stand*
- ✓ *Suitable for hydrotherapy of lower limbs*
- ✓ *Suitable for hydrotherapy of people with nerve, muscle and movement problems*
- ✓ *Suitable for rest of patient between hydrotherapy steps*
- ✓ *Suitable for hand and leg exercises while sitting in water*



Aqua Barfix



Product Code: HG009

- *Material: Stainless steel 304*
- *Dimension: Width (100)/length (100)/height (205)*
- ✓ *Hydrotherapy for spine problems*
- ✓ *Correction of spinal deviations in patients with scoliosis*
- ✓ *Applying appropriate stretching for the lumbar region in sciatica pains*
- ✓ *Stretching and strengthening the muscles of the trunk and upper limbs*
- ✓ *Suitable for strengthening the muscles of the arms, shoulders, abdomen and legs*



Hydro Jump



Product Code: HG010

➤ **Material:** Stainless steel 304

➤ **Dimension:** Width (94)/length (97)/height (132)

- ✓ Increasing muscle flexibility in the recovery phase of patients with various types of knee ligament injuries
- ✓ Increasing excitement and release of endorphin hormones in patients, especially in injured athletes who are stressed and anxious due to being away from sports fields.
- ✓ Suitable for the recovery of patients injured in knees and ankles, especially athletes injured in plyometric exercises and helping them return to sports fields faster.
- ✓ Strengthening the sense of proprioception, cardio-pulmonary recovery, muscle balance of patients, especially athletes in the recovery period
- ✓ Improving sleep disorders and reducing the pain of fibromyalgia patients by activating their motor systems without causing pain and discomfort
- ✓ Has a happy effect for patients
- ✓ Applying strong water massage resulting in lymphatic drainage
- ✓ Creating coordination between the organs and strengthening the muscles of the thighs, quadriceps and buttocks without putting pressure on the joints
- ✓ Suitable for balance and aerobic exercises in water



Aqua Sitting Bike



Product Code: HG011

➤ *Material: Stainless steel 304*

➤ *Dimension: Width (64)/length (134)/height (will be designed according to the depth of user pool)*

- ✓ *Suitable for patients after surgery and using internal fixators in the spine area*
- ✓ *Suitable for people who have weak trunk muscles and do not have proper balance*
- ✓ *Suitable for patients with back pain*



Aqua Twister



Product Code: HG018

➤ *Material: Stainless steel 304*

➤ *Dimension: Width (59)/length (72) /height (122)*

- ✓ *Strengthening the abdominal, side and lower muscles without putting pressure on the joints, especially the knees*
- ✓ *Fun and Enjoyable for everyone*



Aqua Parallel



Product Code: HG023

➤ Material: Stainless steel 304

➤ Dimension: Width (84)/length (110) /height (120)

- ✓ Suitable for various hydrotherapy exercises from simple to advanced
- ✓ Eliminating the patient fear of falling due to imbalance and weakness of the muscles of the limbs
- ✓ Walking confidently in water for the patient
- ✓ Performing strengthening exercises and improving balance for the patient
- ✓ Walking Retraining for people with gait and walking disorders
- ✓ Suitable for recovery of athletes by performing various strength, endurance and balance exercises



Hydrotherapy pool stair



Product Code: HG017

- *Material: Stainless steel 304*
 - *Dimension: Will be designed according to the depth of user pool*
- ✓ *Suitable for Easy entry of patients into the pool area for hydrotherapy*



Round Aqua Dumbbell



Product Code: HG025

➤ **Material:** Foam

➤ **Dimension:** Diameter (13.5)/length (35)

- ✓ Use in the Burdenko hydrotherapy technique with the aim of correcting the patient's posture in order to increase coordination, balance, flexibility, speed and muscle strength.
- ✓ Hydrotherapy of the upper limbs, related joints, muscles and tendons
- ✓ Strengthening the muscles of the hands and arms
- ✓ Performing advanced strength exercises



Round Aqua Barbell



Product Code: HG026

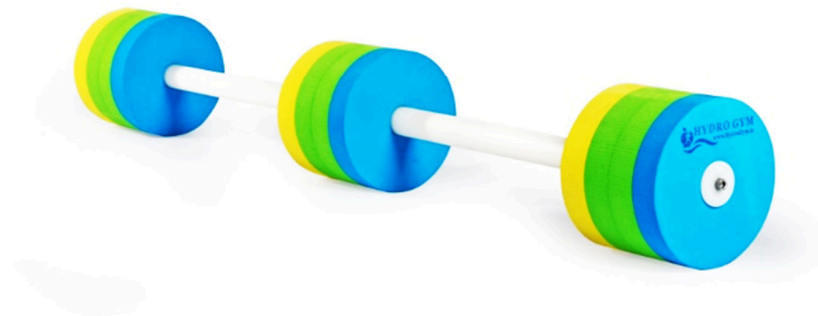
➤ Material: Foam

➤ Dimension: Diameter (13.5)/length (100)

- ✓ Use in the Burdenko hydrotherapy technique with the aim of correcting the patient's posture in order to increase coordination, balance, flexibility, speed and muscle strength.
- ✓ Hydrotherapy of the upper limbs, related joints, muscles and tendons
- ✓ Strengthening the muscles of the hands and arms
- ✓ Performing advanced strength exercises



Round Aqua Barbell (Triplex)



Product Code: HG027

➤ Material: Foam

➤ Dimension: Diameter (13.5)/length (100)

- ✓ Use in the Burdenko hydrotherapy technique with the aim of correcting the patient's posture in order to increase coordination, balance, flexibility, speed and muscle strength.
- ✓ Hydrotherapy of the upper limbs, related joints, muscles and tendons
- ✓ Strengthening the muscles of the hands and arms
- ✓ Performing advanced strength exercises



Heavy Aqua Dumbbell



Product Code: HG030

➤ **Material:** Foam

➤ **Dimension:** Width (24)/length (40)/height (9.5)

- ✓ *Use in the Burdenko hydrotherapy technique with the aim of correcting the patient's posture in order to increase coordination, balance, flexibility, speed and muscle strength.*
- ✓ *Hydrotherapy of the upper limbs, related joints, muscles and tendons*
- ✓ *Strengthening the muscles of the hands and arms*
- ✓ *Performing advanced strength exercises*



Super Heavy Aqua Dumbbell



Product Code: HG040

➤ **Material:** Foam

➤ **Dimension:** Width (24)/length (63)/height (9.5)

- ✓ Use in the Burdenko hydrotherapy technique with the aim of correcting the patient's posture in order to increase coordination, balance, flexibility, speed and muscle strength.
- ✓ Hydrotherapy of the upper limbs, related joints, muscles and tendons
- ✓ Strengthening the muscles of the hands and arms
- ✓ Performing advanced strength exercises



Heavy Aqua Barbell



Product Code: HG031

➤ Material: Foam

➤ Dimension: Width (24)/length (100)/height (9.5)

- ✓ Use in the Burdenko hydrotherapy technique with the aim of correcting the patient's posture in order to increase coordination, balance, flexibility, speed and muscle strength.
- ✓ Hydrotherapy of the upper limbs, related joints, muscles and tendons
- ✓ Strengthening the muscles of the hands and arms
- ✓ Performing advanced strength exercises



Super Heavy Aqua Barbell



Product Code: HG032

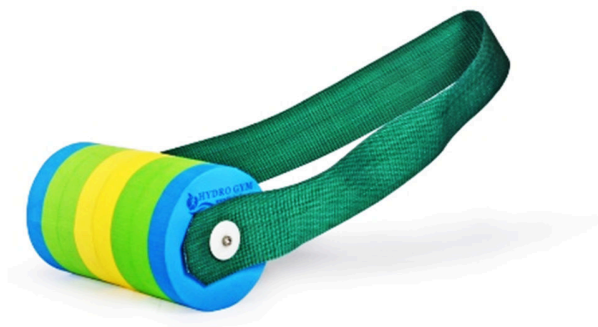
➤ **Material:** Foam

➤ **Dimension:** Width (28.5)/length (100)/height (24)

- ✓ Use in the Burdenko hydrotherapy technique with the aim of correcting the patient's posture in order to increase coordination, balance, flexibility, speed and muscle strength.
- ✓ Hydrotherapy of the upper limbs, related joints, muscles and tendons
- ✓ Strengthening the muscles of the hands and arms
- ✓ Performing advanced strength exercises



Leg Aqua Resistance



Product Code: HG029

- Material: Foam
- Dimension: Diameter (13.5)/length (23)

- ✓ Knee, hip and ankle hydrotherapy
- ✓ Suitable for knee meniscus hydrotherapy
- ✓ Strengthening the lower limbs



Heavy Leg Aqua Resistance



Product Code: HG029

➤ Material: Foam

➤ Dimension: Diameter (13.5)/length (48)

- ✓ Knee, hip and ankle hydrotherapy
- ✓ Suitable for knee meniscus hydrotherapy
- ✓ Strengthening the lower limbs



Aqua Walker



Product Code: HG033

➤ Material: Foam

➤ Dimension: Width (85.5)/length (100)/height (24)

- ✓ Hydrotherapy of Lumbar and neck disc in the deep part of the pool
- ✓ Walking in water, especially with the aim of protecting disabled and elderly people
- ✓ Performing various hydrotherapy exercises in the deep part of the pool without fear of drowning
- ✓ Hydrotherapy of patients with neurological and muscular problems
- ✓ Performing parallel exercises in water in floating and unstable situation
- ✓ Doing hydrotherapy exercises in sitting position
- ✓ Doing yoga exercises in water



Neck Noodle



Product Code: HG020

➤ Material: Foam

➤ Dimension: Width (43)/length (45)/height (4.5)

- ✓ Floating the patient and performing various hydrotherapy exercises for all parts of the body with confidence for both the patient and the hydrotherapist
- ✓ Performing therapeutic techniques to move joints, strengthen and stretch muscles, as well as muscle spasms control
- ✓ Hydrotherapy for back and spine problems, patients with neurological and muscular problems such as MS, stroke and cerebral palsy and people with disabilities
- ✓ Hydrotherapy for special groups such as elderly people and pregnant women
- ✓ Performing the Bad Ragaz Ring hydrotherapy method safely and comfortably
- ✓ Stretching of neck, back and limbs muscles
- ✓ Relaxation by lying safely and comfortably on the water



Aqua Belt (Normal & Heavy)



Product Code: HG035

➤ Material: Foam

Dimension: Normal (Width (26)/length (86)/height (4.5)) & Heavy(Width (35)/length (98)/height (4.5))

- ✓ Floating the patient and performing various hydrotherapy exercises for all parts of the body with confidence for both the patient and the hydrotherapist
- ✓ Performing therapeutic techniques to move joints, strengthen and stretch muscles, as well as muscle spasms control
- ✓ Hydrotherapy for back and spine problems, patients with neurological and muscular problems such as MS, stroke and cerebral palsy and people with disabilities
- ✓ Hydrotherapy for special groups such as elderly people and pregnant women
- ✓ Performing the Bad Ragaz Ring hydrotherapy method safely and comfortably
- ✓ Stretching of neck, back and limbs muscles
- ✓ Relaxation by lying safely and comfortably on the water



Aqua Wrist/Ankle Band



Product Code: HG036

➤ Material: Foam

➤ Dimension: Width (20)/length (37)/height (2.5)

- ✓ Floating the patient and performing various hydrotherapy exercises for all parts of the body with confidence for both the patient and the hydrotherapist
- ✓ Performing therapeutic techniques to move joints, strengthen and stretch muscles, as well as muscle spasms control
- ✓ Hydrotherapy for back and spine problems, patients with neurological and muscular problems such as MS, stroke and cerebral palsy and people with disabilities
- ✓ Hydrotherapy for special groups such as elderly people and pregnant women
- ✓ Performing the Bad Ragaz Ring hydrotherapy method safely and comfortably
- ✓ Stretching of neck, back and limbs muscles
- ✓ Relaxation by lying safely and comfortably on the water



Floating set



Product Code: HG034

➤ *Material: Foam*

➤ *Consist of these parts: 1 Aqua Belt / 2 Aqua Wrist Bands / 2 Aqua Ankle Bands / 1 Neck Noodle*

- ✓ *Floating the patient and performing various hydrotherapy exercises for all parts of the body with confidence for both the patient and the hydrotherapist*
- ✓ *Performing therapeutic techniques to move joints, strengthen and stretch muscles, as well as muscle spasms control*
- ✓ *Hydrotherapy for back and spine problems, patients with neurological and muscular problems such as MS, stroke and cerebral palsy and people with disabilities*
- ✓ *Hydrotherapy for special groups such as elderly people and pregnant women*
- ✓ *Performing the Bad Ragaz Ring hydrotherapy method safely and comfortably*
- ✓ *Stretching of neck, back and limbs muscles*
- ✓ *Relaxation by lying safely and comfortably on the water*



Hydrotherapy Collar



Product Code: HG045

➤ **Material:** Foam

➤ **Dimension:** Width (43)/length (67)/height (5.5)

✓ *Suitable for neck disc hydrotherapy and stretching of the spine in the neck area*



Aqua Weight Cuff



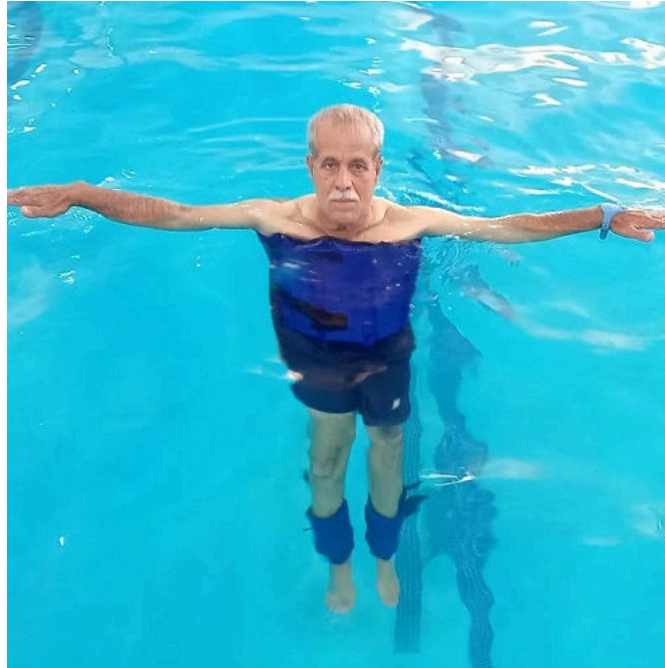
Product Code: HG037

- *Material: Sand*
- *Dimension: Width (13/5 & 20)/length (30)/height (3.5)*
- *Weight: 0/5 & 1 Kg*

- ✓ *Suitable for stretching the spine in lumbar disc disease when used with a buoyancy belt*
- ✓ *Suitable for stretching hands and feet for the purpose of hydrotherapy*
- ✓ *Doing strength training in water for athletes*



Aqua spinal traction set



Product Code: HG046

- *Material: Foam & Sand*
- *Consist of these parts: 1 Heavy Aqua Belt / 1 Aqua weight cuff*
- ✓ *Suitable for lumbar disc hydrotherapy and stretching of the spine in the lumbar area*



Hydrotherapy Noodle



Product Code: HG042

➤ Material: Foam

➤ Dimension: Width (6)/length (6)/height (100 & 200)

- ✓ Stimulating palm and wrist muscles and strengthening the grip movement of hemiplegic patients
- ✓ Suitable for two-person resistance and balance movements in water
- ✓ Doing buoyancy exercises in water
- ✓ Doing resistance exercises in water



Hydrotherapy roller plate



Product Code: HG044

➤ **Material:** Polyethylene

➤ **Dimension:** Width (11.5)/length (30)/height (5.5)

- ✓ *Stretching in different directions for the lower limbs*
- ✓ *Strengthening ankle, quadriceps, hamstring and gluteal muscles*
- ✓ *Recovery and modification of walking pattern*
- ✓ *Stimulation of the patient's balance system*
- ✓ *Stimulating awareness of the patient's sense of position and strengthening the proprioception of the patient's lower limb joints*



Special features of these products:

- *Made up of Stainless steel and the material that are resistant to corrosion in water*
- *Does not need the aquatic shoes for using*
- *Easy Movement because of wheels embedded (Portable)*
- *Can be used in any pools*
- *with some suction cups for sticking in the bottom of the pool*
- *Occupying the limited space of the pool*
- *Not needing wide area for keeping*
- *Retractable*
- *Without using any water pollutants such as oil*





HydroGym equipment:

Can be used in all pools such as public and private, as well as Gyms, physiotherapy and rehabilitation centers.

