

EN-TRACK - THE COMPLETE SOLUTION



The EN-Track concept gives you full control over the active rehabilitation process, ensuring optimum treatment at all times. Training schemes (including MTT, Strength Training and Cardiovascular Training) can easily be compiled using the training recommendations already pre-programmed in EN-Track.

Data is collected by the patients themselves and is added to their patient status entirely automatically. The basic concept can be adapted to suit individual needs, thus guaranteeing a personalised but fully automatic monitoring of every patient. Needless to say, the ultimate training goal and the steps selected to achieve it are all fully user-definable. During the training phase, feedback of results is guaranteed.

In EN-Track, there are tests to determine initial values and training protocols linked to these aimed at power, condition, duration, interval or fat burning. On the basis of these tests and objectives, you can plan out a full exercise programme for both patients (medical fitness) and clients (general fitness and well-being). EN-Track makes it possible to have exercise programmes adapted progressively and automatically to the loadability of the user. This adaptation is checked so that overload is avoided. This also makes EN-Track exceptionally well suited for both fitness and medical fitness objectives.

1411801 EN-TRACK INSTALLATION KIT

THIS SET CONSISTS OF:

1411805	EN-Track software
3444333	Chipcard drive for EN-Track
3444103	EN-Track chipcards, 10 pieces

OPTIONAL ACCESSORIES (CAN ALSO BE ORDERED SEPARATELY)

3444333	Chipcard drive for EN-Track
3444103	EN-Track chipcards, 10 pieces

SYSTEM REQUIREMENTS

- Windows XP Professional, Windows 7 (32- and 64 bit)
- Modern computer which is now commercially available
- CD-R/RW drive
- VGA monitor
- A printer according to your wishes and supported by your Windows version

- Quality management of the exercise programme
- Clear insight into patient's progress at all times
- All training principles can be freely interpolated
- Possibility of standardising exercise protocols
- Sensible and safe training build-up
- Safe training build-up
- No manual record-keeping
- No single workout forms
- Feedback on all exercises
- Excellent reporting facilities
- Easy-to-use software program



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EN-Track is the complete quality solution for active rehabilitation and medical fitness. EN-Track offers you full control of the process and the implementation. With EN-Track, optimal treatment will be guaranteed during each phase of the rehabilitation process. And not only during the rehabilitation, but afterwards as well! EN-Track is a concept that consists of a number of training devices that can be automatically controlled and a software package. This enables you to:

1. Objectively measure the status of the patient/client
2. Comprise goal-oriented exercise programmes with just a few clicks of the mouse
3. Direct and automate the course through the exercise room
4. Monitor and adjust the progress of the exercise programmes
5. Optimise the organisation of your exercise area

1. OBJECTIVE MEASUREMENT OF THE STATUS OF THE PATIENT/CLIENT

There is a test for each EN-Track device with which one can estimate the capacity of the patient/client. The capacity that is measured serves as a basis for the exercise programme.

2. GOAL-ORIENTED EXERCISE PROGRAMMES WITH A FEW MOUSE CLICKS

The exercise programmes (Medical Training Therapy [MTT], power training and cardio-vascular training) can be comprised by means of the recommendations that are pre-programmed in EN-Track. These recommendations consist of special exercises for the purpose of improving one's strength, coordination, stabilisation, mobility and endurance. All this information is stored for each patient/client on a (reusable) chip card.

3. DIRECT/AUTOMATE THE COURSE THROUGH THE EXERCISE ROOM

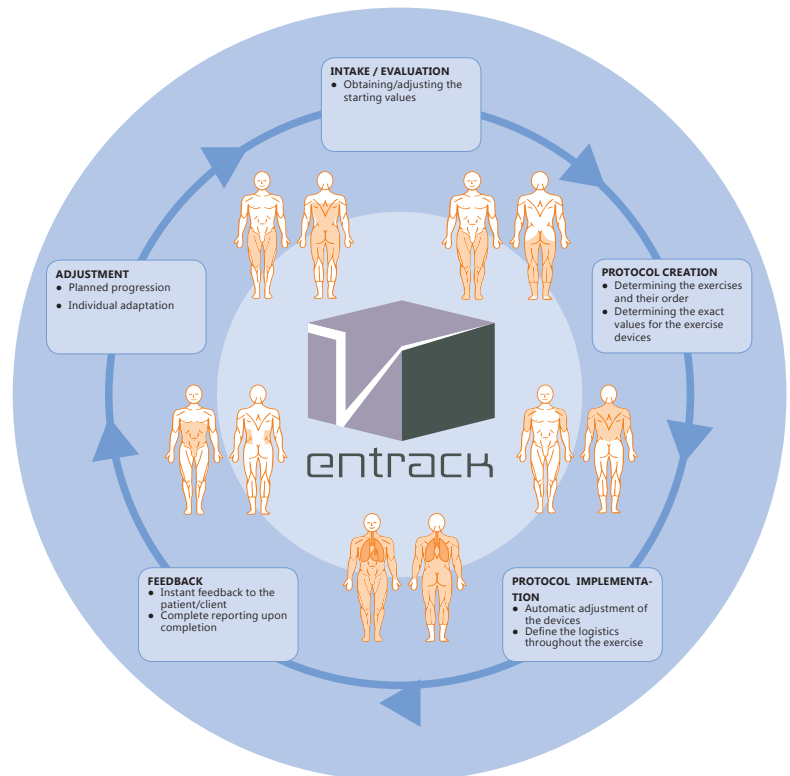
This chip card can be used to adjust and control every Enraf-Nonius EN-Track compatible device. The duration and the intensity of the exercise are set automatically as soon as the chip card is inserted into the device. The patient/client can then complete the exercise, after which the results will be recorded on the chip card. Upon completing an exercise, the patient/client is referred to the next exercise station. And so the patient/client will always know what is expected of him/her and where to go next!

4. MONITOR/ADJUST THE PROGRESS OF THE EXERCISE PROGRAMMES

All data and results are stored upon completing the entire exercise session. As a result the therapist can always see how the training sessions are working out and whether or not the personal goals have been achieved. The training can be adjusted to the changes that occur during the rehabilitation/training process, which ensures optimal load/load-bearing capacity at all times.

5. OPTIMISE THE ORGANISATION OF YOUR EXERCISE AREA

With all data available, you will be able to arrange and exploit the exercise room optimally. This gives you freedom, while at the same time keeping track of the progress and the use of your rehabilitation facility.



EN-TRACK: IDEAL FOR PATIENT AND CLIENT

EN-Track is suitable for rehabilitation as well as for fitness purposes. All of the devices have been approved for medical use, but are also extremely effective and user-friendly in a wellness or fitness environment. The EN-Track devices have specific features and advantages for every application:

PRODUCT FEATURE	FOR MEDICAL USE		FOR FITNESS	
	ADVANTAGEOUS	NECESSARY	ADVANTAGEOUS	NECESSARY
Easy accessibility		<input type="checkbox"/>	<input type="checkbox"/>	
Adjustable from a sitting position		<input type="checkbox"/>	<input type="checkbox"/>	
Parameters can be adjusted very easily		<input type="checkbox"/>	<input type="checkbox"/>	
Automatic adjustment of the training parameters	<input type="checkbox"/>		<input type="checkbox"/>	
Very low minimum value		<input type="checkbox"/>	<input type="checkbox"/>	
High maximum value	<input type="checkbox"/>			<input type="checkbox"/>
Resistance can be adjusted in very small steps		<input type="checkbox"/>	<input type="checkbox"/>	
100% controlled resistance (no "force overshoot")		<input type="checkbox"/>	<input type="checkbox"/>	
Progress reports		<input type="checkbox"/>	<input type="checkbox"/>	
Logistical control of all of the equipment		<input type="checkbox"/>	<input type="checkbox"/>	
Pre-exercise test possibilities		<input type="checkbox"/>	<input type="checkbox"/>	
Post-exercise evaluation possibilities		<input type="checkbox"/>	<input type="checkbox"/>	
Instant feedback regarding the result		<input type="checkbox"/>		<input type="checkbox"/>
Clear - large display (with respect to vision limitations)		<input type="checkbox"/>	<input type="checkbox"/>	
Low noise level when in use		<input type="checkbox"/>	<input type="checkbox"/>	
Adequate error handling		<input type="checkbox"/>	<input type="checkbox"/>	
Medical certification (CE-MDD)		<input type="checkbox"/>	<input type="checkbox"/>	

EN-TRACK: IDEAL FOR THE PHYSIOTHERAPIST

- Spread your activities so efficiently that it seems that you are in more than one place at the same time
- Coach your patient/client without compromise where it concerns quality and monitoring progress without losing valuable time
- Collect detailed data regarding exercise programmes and implementation
- Comprise client-specific exercise protocols for each patient/client with a few clicks of the mouse
- Comprise pre-set exercise programmes based on your own vision and insight
- Adapt your existing exercise programmes on the basis of the pre-built-in recommendations within EN-Track
- Allow each patient/client to exercise on his/her own individual level – even when exercising in a group
- Have each patient/client exercise on the correct level based on start- and progress measurements
- Evaluate the results on the basis of clear reports



EN-TRACK

EN-STRENGTH

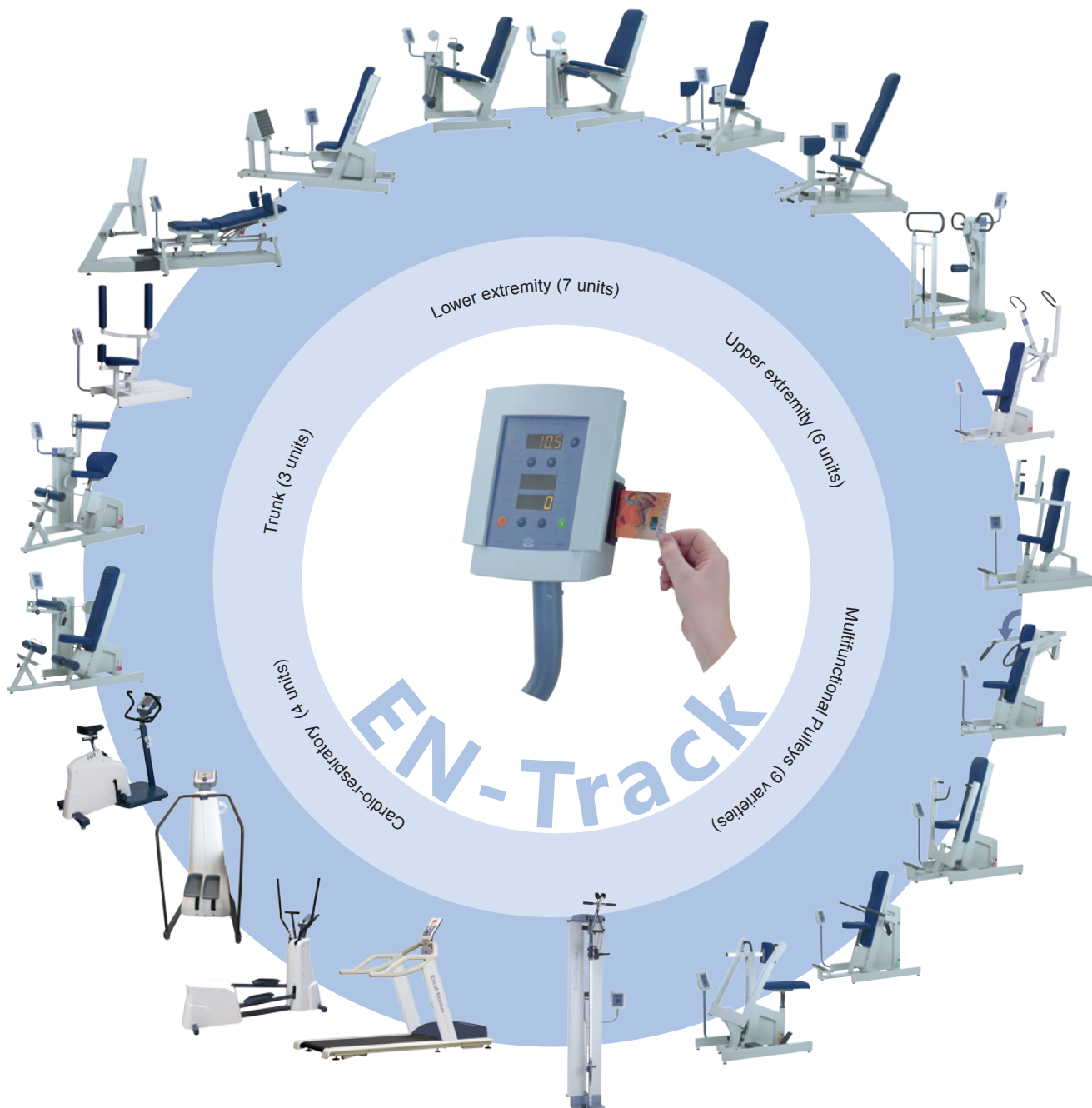
A multi-functional pneumatic pulley and a complete series of automatically adjustable pneumatic exercise units with equipment for the upper and lower extremities and for the trunk.

EN-Strength was specially developed for use both by patients (in rehabilitation) and clients (in fitness and well-being).

EN-CARDIO

A complete series of automatically adjustable cardio respiratory exercise equipment, ranging from ergometer bikes to rehabilitation belts.

All EN-Cardio equipment works with the EN-Track concept and is perfect for use in both rehabilitation and post-rehabilitation.



EN-TREE

A complete series of multi-functional pulley systems with which you exercise by means of both isolated mono-articular and complex multi-articular movements.

The EN-Tree series comprises various forms of implementation that allows perfect training with explosive movements as well as traditional power exercises.