



## EN-Dynamic

Multi-functional,  
compact training devices



PARTNER FOR LIFE

# The EN-Dynamic

## True physical rehabilitation units

Physical rehabilitation restores and enhances the ability of people with physical impairments. Most of these impairments are injuries that affect joints, bones, spinal cord, muscles, ligaments, and nerves. The goal of this type of treatment is to improve patients' independence.

With the EN-Dynamics units you are ensured to have the safest and most effective units for physical rehabilitation. All pneumatically equipped for the upper and lower extremities and the trunk.



# EN-Dynamic

## Easy adjustable

Sixteen machines working with air pressure which are easily accessible, easy adjustable and can be used with or without the smart EN-Train software which enables the therapist and patient to keep track of the training settings and progress of an exercise programme. The EN-Dynamic units are developed in such a way that minimal steps in increasing the resistance is possible (so always the exact dosage) and it is possible to adjust from a very small to a very large resistance.

Based on the patient's physical disability, the EN-Dynamic units are making it possible to build up the therapy, improving physical and mental well-being. Not only the physical condition will improve, but also the patient's confidence to confront with and without the impairment, daily life.

With any of the EN-Dynamic units, in combination with EN-Train, it is possible to create a customized training plan or to make use of the pre-programmed parameters. With the help of the EN-Train software it is even easier to guide, track and involve patients! During the exercises, the settings can be adjusted if the therapist wants to. Intervention of the therapist is possible at all times. He has full control over the therapy and guides the patient during the recovery process and contributes to physical and mental improvement so the patient can resume life with confidence. Results of the training can be stored by EN-Train and can be discussed by therapist and patient, so progress is carefully tracked and steered if necessary!





## EN-Dynamic

The EN-Dynamics are equipped with a touch screen user interface and ergonomic improvements in a modern colour setting to match the demands of today's therapists. These features are developed with the input of professionals, users and industry. The result is a series of EN-Dynamic exercise units to be used in Medical Training Therapy (MTT), individually, in sports therapy or general physiotherapy, for patients or athletes.

The benefits of the EN-Dynamic units are clear and simple:

### User-friendly touchscreen interface

Now it is possible to record the correct motion, guided by the therapist. After the recording, the screen will help the patient to exercise with the (recorded) correct ROM and speed! Just turn the button to set the resistance and start exercising. Or program a simple training sequence (repetitions or training time, number of sets and pause time) in just a couple of seconds.

It is even possible to prepare a complete training on a chip card with EN-Train software.

# EN-Dynamic

## Pneumatics

Settings can be done with the display, so without any hassle with stacks of weights. The use of EN-Train chip cards is possible because of the electronic steering. With pneumatic resistance a patient trains at a consistent level throughout a training. The controlled motion protects joint strain and overexertion that can lead to injury because there is no mass inertia. With pneumatic resistance, resistance is more consistent and controlled when compared to free weights or weight machines. With the precision of pneumatic resistance, peak forces will not occur, no overload. The safest and the best training can be offered to those who need the best care and cure.

## Strong - Robust - Reliable - Safe - Made by Enraf-Nonius

Top quality units for top performance on guaranteed safe, medical units.

## Medical Device so ergonomic and safe

Designed according to medical directives, so the most comfortable and safe units for physical rehabilitation.

## For each motion an EN-Dynamic unit

Each EN-Dynamic unit is developed to train one specific muscle group, the number of required settings is minimal and the user-friendliness optimal.





## EN-Dynamic

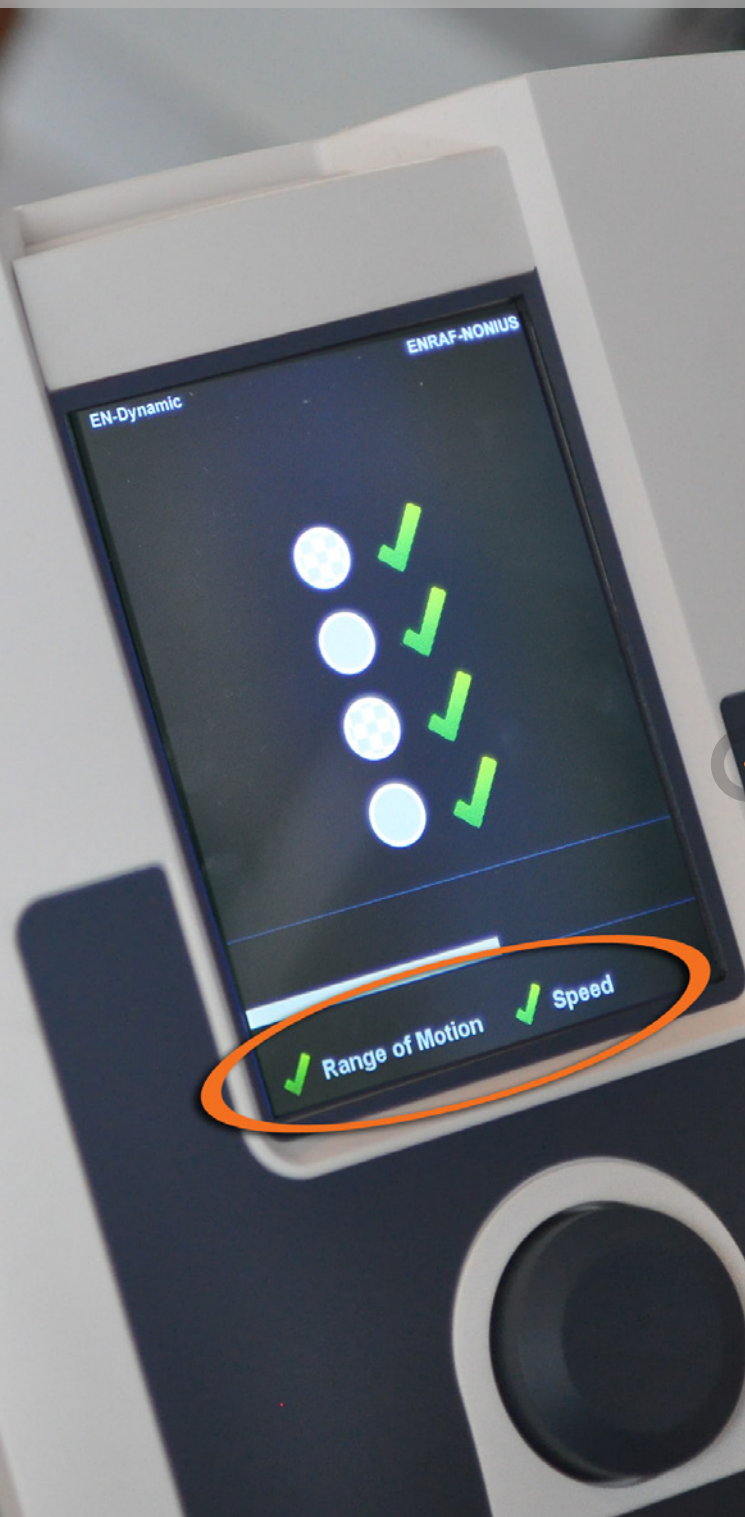
### EN-Dynamics for all

With EN-Dynamics you can not only provide Medical Training Therapy or customized exercises to obese or overweight patients, but also improve muscular strength, endurance, stability and coordination or treat patients before and after surgery, after injuries and musculoskeletal problems. Seniors, young patients, adults or athletes, all can benefit. Injured athletes may even decide after physical rehabilitation with EN-Dynamics to continue training with EN-Cardio or EN-Strength units in order to improve endurance or power.

### EN-Dynamics, the core in the exercise room

The EN-Dynamics are designed for physical rehabilitation. Dynamic, safe, reliable and steered by modern technology, that is EN-Dynamics. Therapeutic units with air resistance for all who need rehabilitation or sports physiotherapy, that is what EN-Dynamics offers you. Together with EN-Train indispensable in the modern clinic, rehabilitation center, physiotherapy practice or health center, for the best performance.

EN-Dynamic  
All can benefit



## EN-Dynamic

- User friendly touchscreen operation for easy setting of:
  - weight
  - repetitions or training time
  - series and pause time
- Record the correct movement (Range Of Motion and speed) with the help of the therapist
- Visual feedback for correct execution of the exercise by the patient
- Manually adjustable, but also automatically adjustable using the EN-Train chipcard
- No stacks of weights
- Resistance based on air pressure

## Special feature ROM

## EN-Dynamic

- There is no mass inertia, so resistance is consistent and controlled (protect joints from strain and overexertion)
- Minimal steps in increasing the resistance possible (so exact dosage)
- Noiseless
- Adjustable from very small to very large resistance
- Very robust design
- Registered medical device

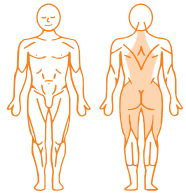




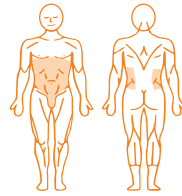
# EN-Dynamic Trunk

# ORDERING DATA

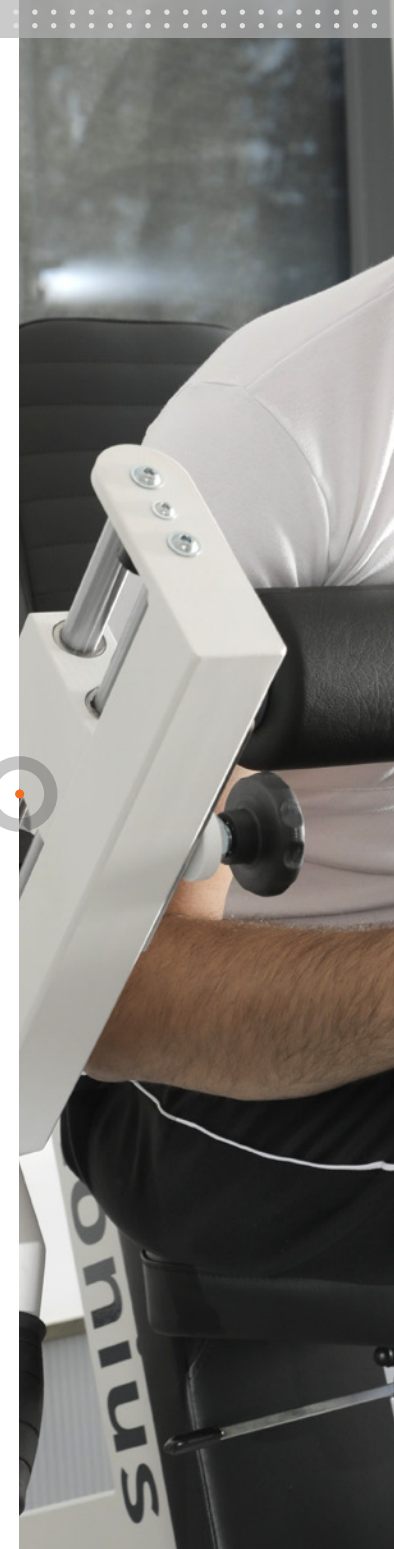
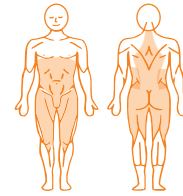
1455952 EN-Dynamic Back Trainer



1455954 EN-Dynamic Abdominal Trainer



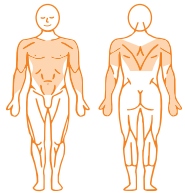
1455966 EN-Dynamic Rotator



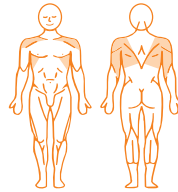
# EN-Dynamic Upper Extremity

# ORDERING DATA

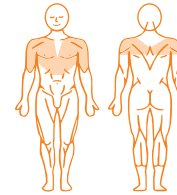
1455951 EN-Dynamic Chest Press



1455953 EN-Dynamic Pull Down



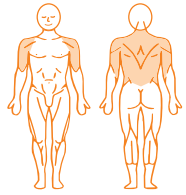
1455957 EN-Dynamic Shoulder Press



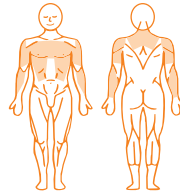
# EN-Dynamic Upper Extremity

# ORDERING DATA

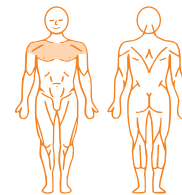
1455956 EN-Dynamic Rowing



1455964 EN-Dynamic Triceps Dips



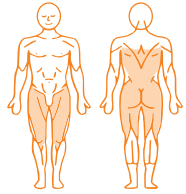
1455960 EN-Dynamic Fly



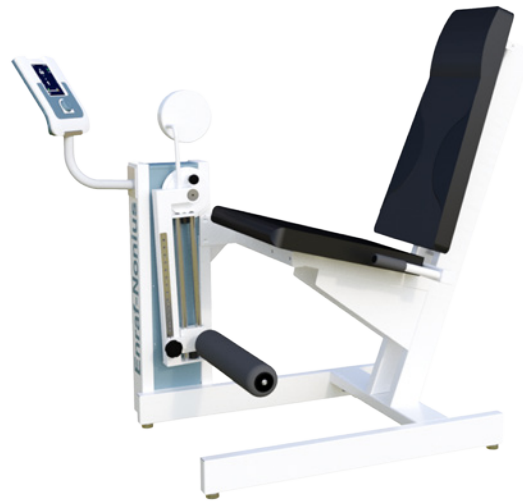
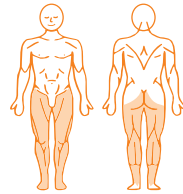
# EN-Dynamic Lower Extremity

## ORDERING DATA

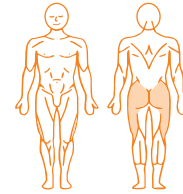
1455961 EN-Dynamic Total Hip



1455955 EN-Dynamic Leg Extension



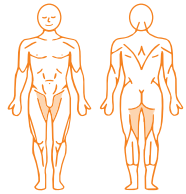
1455959 EN-Dynamic Abduction



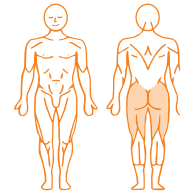
# EN-Dynamic Lower Extremity

# ORDERING DATA

1455958 EN-Dynamic Adduction



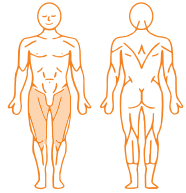
1455962 EN-Dynamic Seated Leg Curl



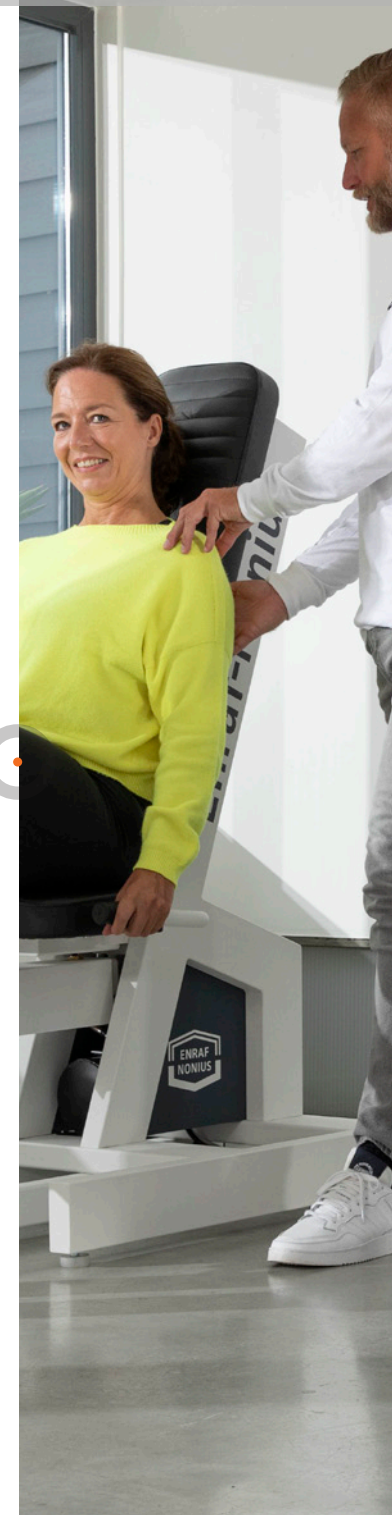
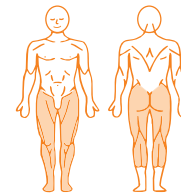
# EN-Dynamic Lower Extremity

## ORDERING DATA

1455963 EN-Dynamic Seated Leg Press




1455965 EN-Dynamic Squat

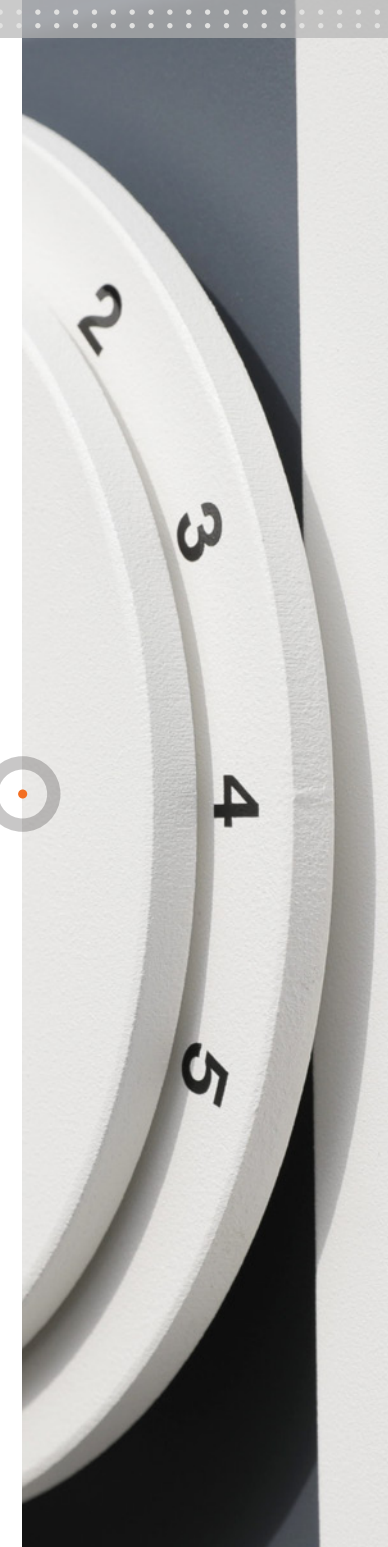


# EN-Dynamic

## TECHNICAL SPECIFICATIONS

| Article number |                              | Range            | Dimensions     | Weight | Upholstery |
|----------------|------------------------------|------------------|----------------|--------|------------|
| 1455961        | EN-Dynamic Total Hip         | 0-36x10 N (kgf)  | 110x115x170 cm | 120 kg | black      |
| 1455955        | EN-Dynamic Leg Extension     | 0-100x10 N (kgf) | 140x90x140 cm  | 105 kg | black      |
| 1455962        | EN-Dynamic Seated Leg Curl   | 0-70x10 N (kgf)  | 140x90x140 cm  | 105 kg | black      |
| 1455959        | EN-Dynamic Abduction         | 0-60x10 N (kgf)  | 140x140x140 cm | 85 kg  | black      |
| 1455958        | EN-Dynamic Adduction         | 0-60x10 N (kgf)  | 140x140x140 cm | 85 kg  | black      |
| 1455963        | EN-Dynamic Seated Leg Press  | 0-200x10 N (kgf) | 220x90x140 cm  | 105 kg | black      |
| 1455965        | EN-Dynamic Squat             | 0-200x10 N (kgf) | 250x80x150 cm  | 265 kg | black      |
| 1455951        | EN-Dynamic Chest Press       | 0-120x10 N (kgf) | 135x105x140 cm | 100 kg | black      |
| 1455953        | EN-Dynamic Pull Down         | 0-80x10 N (kgf)  | 140x120x180 cm | 105 kg | black      |
| 1455957        | EN-Dynamic Shoulder Press    | 0-60x10 N (kgf)  | 140x120x180 cm | 135 kg | black      |
| 1455956        | EN-Dynamic Rowing            | 0-100x10 N (kgf) | 120x90x115 cm  | 100 kg | black      |
| 1455964        | EN-Dynamic Triceps Dips      | 0-100x10 N (kgf) | 130x72x140 cm  | 96 kg  | black      |
| 1455960        | EN-Dynamic Fly               | 0-65x10 N (kgf)  | 130x120x140 cm | 100 kg | black      |
| 1455952        | EN-Dynamic Back Trainer      | 0-80x10 N (kgf)  | 160x90x130 cm  | 120 kg | black      |
| 1455954        | EN-Dynamic Abdominal Trainer | 0-80x10 N (kgf)  | 160x90x140 cm  | 120 kg | black      |
| 1455966        | EN-Dynamic Rotator           | 0-60x10 N (kgf)  | 135x95x108 cm  | 85 kg  | black      |

This is a medical device. It complies with all applicable medical regulations. For more details please consult the instructions for use (downloadable via [www.enraf-nonius.com](http://www.enraf-nonius.com)). 



# EN-Dynamic

## Optional accessories

- 1411800 EN-Dynamics installation kit
- 3444668 Compressor for EN-Dynamic
- 1455940 Range of Motion limiter EN-Dynamic Squat

# ACCESSORIES



1411800



3444668



1455940





# EN-Dynamic

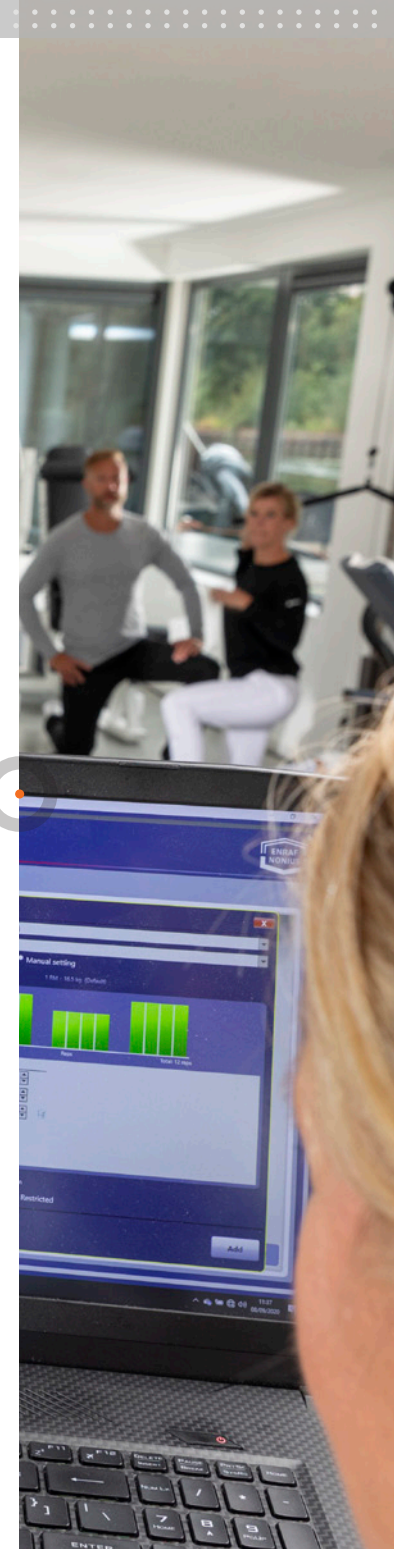
## RELATED PRODUCTS

### EN-Train

The EN-Train concept give you full control over the active rehabilitation process, ensuring optimum treatment at all times. Training schemes can easily be compiled using the training recommendations already preprogrammed in the software.

### Ordering data

1411811 EN-Train installation kit





## EN-Dynamic

Multi-functional,  
compact training devices

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