

# Homing Training

## Safety and performance information

### Technical Specification

Dimensions	12,5 x 13,5 x 14,2 cm (Length x Width x Height)
Weight	850 g
Supply	100-240 VAC, 50-60Hz
Absorbed power	90 W
Minimum positioning height	40 cm
Maximum positioning height	80 cm
Heart Rate Monitoring	Polar optical heart rate sensor

### Functionality

- Training in different mobility and aerobic training modes
- Training inherent to the postural structure during movement
- Training of segmental and global coordination and senso-motor skills
- Training for the correction of joint dysmetria / asymmetries (presence of dysmorphisms and / or paramorphism), focus on head, trunk, shoulders, hips and knees
- Biofeedback inherent in the articular degrees of the joints during the kinematics of movement

### Use in orthopedic treatment (post -acute phase where feasible and/or practicable):

- Recovery of shoulder mobility
- Hip prosthesis
- Knee prosthesis
- Ankle prosthesis
- Ligament reconstruction (shoulders, hips, knees, ankles)
- Ligament instability and laxity (shoulders, hips, knees, ankles)
- Tendon rehabilitations of different entities
- Rachis issues
- Patellar tendon
- Degenerative problems

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- Tonic recovery
- Dynamic trophism enhancement

### Use in neurological treatment (post-acute phase where feasible and/or practicable):

- Recovery of overall motor skills
- Recovery of motor skills in the upper limbs
- Recovery of lower limb motricity
- Stroke
- Hemiplegia
- Ataxia
- Multiple Sclerosis (MS)
- Disorders of kinesthetic motor control
- Paraparesis (Spine Cord Injury)
- Parkinson's disease (PD)
- Degenerative problems

### Use in the norm type user (no medical use):

- Testing and training concerning posture, functional training and health fitness training;
- Testing and training for performance maintenance and enhancement;
- Test and training for the prevention and programming of adapted physical activity.

## Contraindications

### Absolute contraindications (their presence must be excluded before using the device)

- Acute myocardial infarction (within the last 2 days)
- Unstable angina pectoris
- Cardiac arrhythmia and / or limited hemodynamics
- Symptomatic massive aortic stenosis
- Uncompensated / uncontrolled heart failure
- Acute pulmonary embolism or pulmonary infarction
- Myocarditis, pericarditis, acute endocarditis
- Acute dissection of the aorta

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- Acute coronary syndrome
- Acute phlebothrombosis of the lower extremities
- Febrile infections
- Acute thrombosis
- Recent injuries, eg. after surgery (general surgery)
- Acute fracture
- Acute migraine

**Relative contraindications (the activity can be started if the possible benefits outweigh the risk. The decision must be made by the doctor before using the device)**

- Stenosis of the left main coronary
- Main artery disease
- Heart disease of moderate severity
- Electrolyte imbalance ascertained
- Arterial hypertonia (RR> 200 mmHg syst.> 110 mmHg diast.)
- Tachyarrhythmia or bradyarrhythmia
- Hypertrophic cardiomyopathy and other forms of outflow tract obstruction
- Higher grade atrioventricular (AV) block
- Anemia
- Physical and / or mental disorders that cause inability to perform exercise properly
- Partially invasive medical devices (probes, infusers, catheters, external fixators etc.)
- Cardiac Pacemaker
- Visual impairment (vision <30% according to WHO)
- Pregnancy
- Damaged disc or traumatic spine disease
- Inflammation
- Epilepsy