

INTRODUCTION

PRIMUS RS is the functionally smart physiotherapy equipment which can be used for multi-joint testing, rehabilitation, neuromuscular re-education and advanced musculoskeletal athletic training of both upper and lower extremities and core. It is a versatile equipment which helps in evaluation, rehabilitation and tracking progress. PRIMUS RS can replicate almost all functional task or ADL activities with its smooth resistance modes, full set of functional attachments and adjustable height. It gives objective data in isometric, isotonic, isokinetic and CPM resistance modes thus combining features of four different machines into one compact machine. PRIMUS RS supports clinical decision making with objective evidence and data and thus improves clinical outcomes. Hence, it is important tool for evidence - based physiotherapy practice

KEY CLINICAL SERVICES SUPPORTED BY PRIMUS

- **Orthopaedics:** The ability to set the treatment head at almost any height and rotation & the joint friendly isotonic mode and optimal stabilisation chair makes PRIMUS RS ideal for evaluation and rehabilitation of upper extremity, lower extremity and trunk injuries or disabilities.
- **Sports Medicine:** PRIMUS RS offers four resistance modes and measures speeds up to 4500 degrees per second. Unequal concentric and eccentric resistances can be set to utilise plyometric or rhythmic stabilisation techniques in treating athletic injuries.
- **Industrial Rehabilitation:** PRIMUS RS is perfect choice for industrial rehabilitation as it can simulate work related task, work conditioning/work hardening and objectively evaluate effort and progress.
- **Neuromuscular Rehabilitation:** PRIMUS RS can be used for more functionally oriented rehabilitation in neuromuscular cases as it has ability to simulate natural movements and everyday task. This can help restoring patient's ability to handle activities of everyday living.

FEATURES AND BENEFITS

- PRIMUS RS can replicate virtually any activity. With extensive array of resistance modes, speeds, set-ups, and attachments, it provides almost unlimited treatment plans that can be related to patient's real world.

- It provides objective data in order to evaluate and adjust treatment plans.
- It provides fully coloured automated graphs which are easy to interpret
- Testing and evaluating capabilities include:
 - Peak force
 - Isotonic Power
 - Torque vs. speed
 - Dynamic endurance
- Exercise feedback includes:
 - Real time target force tracking
 - Real time work power output
 - Changes in Range Of Motion (ROM)
 - Immediate progress comparisons
- Graphical objective data reports helps patient to stay motivated.
- PRIMUS RS cable system allows to simulate almost any type of 3D closed chain activity hence muscles can be exercised in every plane of movement.
- PRIMUS RS is the only system available with unrestricted range of isotonic speed. This can be used for delicate low speed interventions like hand therapy and for high speed interventions that simulate athletic activities.
- Integration of interactive functional anatomy pictures aid in patient education.

CONTRAINDICATIONS

- Unstable joint
- Severe pain
- Acute strain or sprain
- Severe open wounds or sores
- Deep laceration surrounding joint

FAQ's

Q1. What is the difference between strength training in gym and on PRIMUS RS?

Ans PRIMUS RS provides precise objective data and thus helps in planning and achieving the desired goal.

Q2. What are the after effects of training on PRIMUS RS?

Ans The after effects of training on PRIMUS RS are same as that seen after any strength training protocol (e.g. muscle soreness) which can be treated with cold / hot packs.

Q3. Can it be used for patients with restricted joint movement to improve range of motion?

Ans Yes, the CPM (Continuous Passive Motion) mode in PRIMUS RS can be used to improve range of motion.

Q4. How many sessions of training can be done on PRIMUS per week?

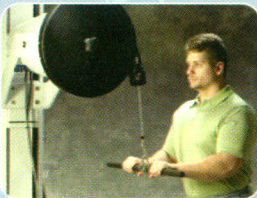
Ans Generally 3 sessions/ week are prescribed for strength training. Endurance training can be taken up daily.

Q5. Which individuals are eligible for testing and training on PRIMUS RS?

Ans All individuals are eligible for PRIMUS RS testing and training keeping in mind the contraindications above.

Q6. How much resistance is given while training on PRIMUS RS?

Ans Resistance given is in-accordance to patient's isometric strength. Thus resistance can be customised according to patients need and ability.



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under the auspices of Saifee Hospital Trust Reg. No. E - 5448 (Bom)

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PRIMUS RS



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