

*"The Clinical Advantage"™*

# NEW GaitTrainer™ 3

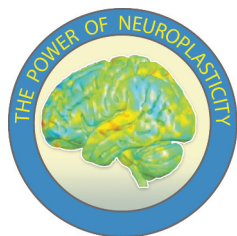
Treadmill Training + Biofeedback + Neurologic Music = Better Outcomes, Faster



## Create New Pathways to Movement

Beyond audio cueing and visual biofeedback, music-enhanced gait training reinforces neuroplasticity.

[www.biodex.com/gaittrainer](http://www.biodex.com/gaittrainer)



### **Biodex Gait Trainer 3**

Prove patients are getting better, faster.  
Documented.

# BIODEX

[www.biodex.com](http://www.biodex.com)  
**1-800-224-6339**

*Int'l 631-924-9000*

## FEATURES

- Intuitive Software and Large Display** – 15.6" touchscreen display for enhanced user experience.
- Open Platform** – Enables patient access for therapist interaction; easily accommodates BWSTT with the Biodex Unweighing System.
- Instrumented Deck** – Platform monitors and records step length, step speed and right-to-left time distribution (step symmetry).
- Audio Cueing and Visual Biofeedback** – Motivates patients with real-time biofeedback, prompting proper gait patterns. Biofeedback helps patients stay on target in each phase of rehabilitation.
- NEW Music-Assisted Therapy Package** – Optional library of neurologic music. Specific musical components and correct beats per minute help jumpstart neuroplasticity and facilitate desired gait patterns.
- Microsoft SQL Database** – Allows clinician to easily store and retrieve patient data, multiple tests per patient. Export to Excel® for reporting and analytics.
- Objective Documentation** – Lets you quantify patient progress and demonstrate the benefits of treatment. Biodex technology helps accelerate positive patient outcomes, and then lets you prove it.
- Normative Data** – Robust database of healthy population by age and gender for comparative patient assessment.
- Heart Rate Monitoring** – Polar® contact handgrips (telemetry compatible) ensures proper training intensity.
- Connect & Engage** – Allows connection to external keyboard, mouse, large monitors and projectors to enhance interaction for visually impaired patients.

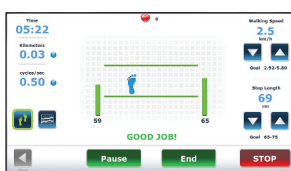
## Because you believe in better patient outcomes, Biodex created the Gait Trainer 3.

The only treadmill with an instrumented deck that monitors and records step length, step speed and step symmetry, the Gait Trainer 3 lets you prove patients are getting better, faster – and documents results.

More than a treadmill, the Biodex Gait Trainer 3 puts evidence-based techniques at your fingertips. By combining audio cueing, visual biofeedback and music-assisted therapy integration, the Gait Trainer 3 helps reinforce neuroplasticity... creating new pathways to movement.



## Biofeedback Improves Patient Outcomes



Footfall Screen

The addition of real-time visual biofeedback has been shown to motivate patients, prompting them into proper gait patterns.<sup>1</sup> Only the Biodex Gait Trainer 3 provides a comparison of actual footfall to target step length. This real-time biofeedback helps patients stay on target in each phase of rehabilitation.

## Neurologic Music Promotes Correct Movement

Music-based therapy is well researched for its powerful effects in treating movement disorders. By integrating rhythmic auditory cueing (RAC) and a library of neurologic music compositions, Biodex takes gait training to a whole new level.

Written and performed by music therapists, the optional neurologic music incorporates carefully chosen musical elements to promote correct movement. Repetition of correct movement promotes neuroplasticity, creating new and retraining old neural pathways to help patients with Parkinson's or stroke regain motor function.



## Music the Patient Likes Increases Enjoyment

Studies show listening to music you love releases more dopamine. Once the kinematics of gait are re-established using neurologic music, patients can switch to their preferred music genre at the right tempo.



<sup>1</sup> Journal of Rehabilitation Medicine

# Bring patients up to speed with the right step length



**APPLICATIONS**

**Goal:** Develop symmetrical gait by improving step length, step speed and right to left time distribution.

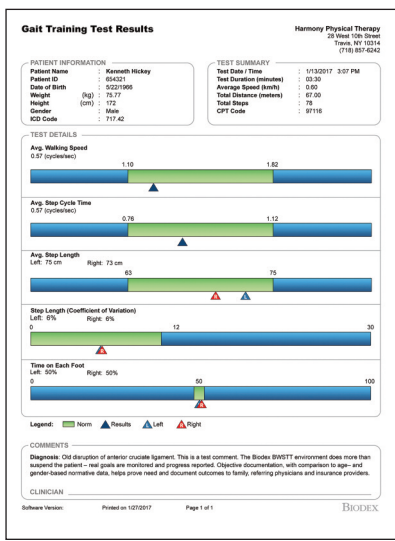
**Older Adult**  
**Orthopedic Patients**  
**Stroke/Traumatic Brain Injury**  
**Spinal Cord Injury**  
**Amputation of a Lower Extremity**  
**Parkinson's Disease**  
**Neurologic Patients**  
**Vestibular Patients**



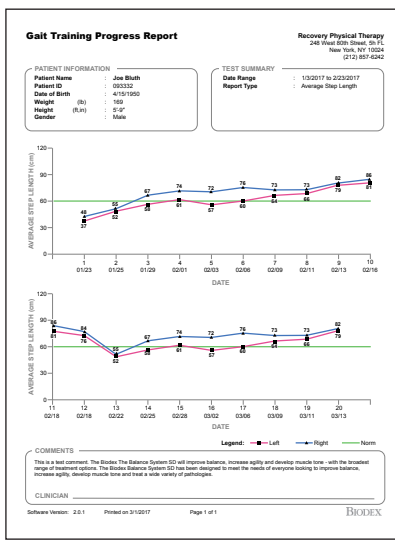
**Printer and Printer Stand Included** – allows for printing of progress reports and patient information.

## Objective Documentation

Exercise Summary Reports track progress and document outcome. The Biodex Gait Trainer 3 quantifies time and distance measurements compared to age and gender-based normative data.



**Exercise Summary Report – Document** step length, step symmetry and step cycle time. Reporting provides comparisons to age and sex based normative data.



**Progress Report – Perfect for** showing need, progress and outcome for specific gait parameters:

- Specific Gait Parameters:**
- Average walking speed over time
  - Total exercise time
  - Total distance and steps taken
  - Average step length: RT vs. LT
  - Step length variability: RT vs. LT
  - Time on each foot: RT vs. LT





## Gait Trainer 3 + Unweighing The Biodex Gait Training System

Allow every patient the opportunity to get an early start on rehabilitation. Combine the Gait Trainer 3 and NxStep Unweighing System for body weight-supported treadmill training (BWS TT) with unobstructed view and access to the patient.



*Gait Trainer 3 shown in use with the Biodex NxStep Unweighing System.*

### SPECIFICATIONS:

- Dimensions: 86" l x 27" w (218 x 69 cm)  
Walking Area: 64" l x 20" w (160 x 51 cm)  
Printer Stand: 24" l x 24" w (61 x 61 cm)
- All-in-One Flat Panel PC: 15.6" Color Touchscreen, Windows Operating System, Ethernet, USB, Video/Audio Out, Built-In Speakers and Color Printer. Bolsters connectivity options to other devices, enabling remote operation for data transfer and software upgrades.
- Deck: 1" thick (2.5 cm) reversible Teflon™ impregnated high-density composite fiber
- Motor: 2 HP with 2Q-Pulse Width Modulation Control  
Gait Trainer Mode: Speed limited to 3 mph (4.8 km/h)
- Treadmill Speed Range:  
Forward: 0-10 mph (0-16 km/h)  
Reverse: 0-3 mph (0-4.8 km/h) in 0.1 mph (.16 km/h) increments
- Gait Trainer Speed Range: .3 - 4.5 mph (.48 - 7.2 km/h)
- Elevation: 0-15% Grade
- Heart Rate Monitoring: Polar® contact handgrips (telemetry compatible)
- Printer: HP DeskJet
- Power: 115 VAC, 50/60 Hz, 20 AMP dedicated line, or 230 VAC, 50/60 Hz, 20 AMP dedicated line. Includes hospital grade plug with 12' (3.7 m) power cord.
- User Capacity: 60-400 lb (27 - 182 kg)\*
- Weight: 395 lb (179 kg)
- Certification: ANSI/AAMI ES60601-1:2005 + A1:2012 + C1:2009 and A2:2010 and CAN/CSA-C22.2 No. 60601-1:14. IEC 60601-1:2012 EN 60601-1:2006/A1:2013 (CE) and IEC 60601-1:2005/A1:2012 (IEC) Test to EMC Standard EN 60601-1-2:2015 and IEC 60601-1-2:2014.
- Warranty: Two-years parts; one-year labor  
*\*Does not accommodate less than 60 lb in gait trainer mode.*



### HANDRAIL CONFIGURATIONS:

All photos shown with Music-Assisted Therapy option.



*Support Bar*



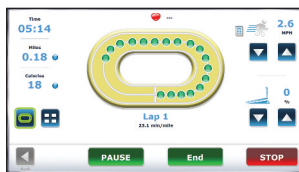
*Extended Handrails*



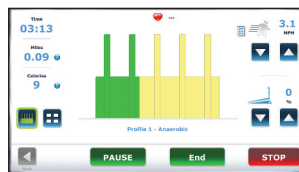
*Geriatric/Pediatric Handrails*

### Multiple Applications with a Single Investment

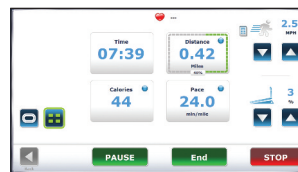
Beyond the many features and applications for gait training, this dual mode device can also be used as a traditional rehabilitation treadmill with speed range up to 10 mph.



**Quick-start** Gets you up and going fast with 1/4 mile scaled track views.



**Pre-programmed and Custom profile modes** allow patient-specific treatment protocols – freeing up valuable therapist time.



**Large Print Screen** option, simple to use, easy to see... perfect for the older adult.

**950-400** Gait Trainer™ 3, 115 VAC\*, 50/60 Hz

*Includes Support Bar*

**950-402** Gait Trainer™ 3, 115 VAC\*, 50/60 Hz

*Includes Extended Handrails*

**950-406** Gait Trainer™ 3, 115 VAC\*, 50/60 Hz

*Includes Geriatric/Pediatric Handrails*

*\*Includes printer and printer stand  
Export models available.*

### Optional

**950-413** Music-Assisted Therapy Package

*Compatible with Gait Trainer 3 featuring Windows OS.*

*Includes music library and sound bar with input for headphones and microphone.*

U.S. Patent No. 6,645,126 B1

[www.biodex.com/gait](http://www.biodex.com/gait)

**BIODEX**

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