

# Lojer Pulley Systems



# Lojer Medical Pulleys

## PULLEY

With its range of accessories, the Lojer Pulley is one of the most diverse pieces of medical training therapy equipment. The pulley is used in physiotherapy and other forms of therapy to train and strengthen different parts of the body, even the entire body. A pulley enables precisely defined use of resistance, with sufficiently small weights and small increments. Depending on the type of exercises, the pulley can be used to improve circulation, co-ordination, endurance or strength.

The purpose of its versatility is to assist the therapist in giving the patient an accurate training dosage, in order to restore functional qualities like circulation, co-ordination, endurance and strength to the musculoskeletal system. There is two Lojer Pulley models: Lojer Pulley with 14 kg (13 x 1,0 kg + 2 x 0,5 kg) and Lojer Pulley with 20 kg (19 x 1,0 kg + 2 x 0,5 kg). Both includes weight stack, encasement, one handle, wall model.

## VERTICAL PULLS (LAT PULLS)

The Lojer Vertical Pulls expand and improve the number of prescribed exercises for large muscle groups, Moreover, the weight of the patient can be reduced during the exercise by using the negative weight bar, thus lighter exercises are possible. By changing the rope length and rope position pull-up and rowing functions are available for optimal rehabilitation of the back and lower quarter, including developing proper lifting techniques. There is three Vertical Pull - models: Lojer VERTICAL PULL with 50 kg weight stack (10 x 5 kg), with 80 kg weight stack (16 x 5 kg) and with 100 kg weight stack (20 x 5 kg). All models includes encasement, one handle and wall model.



Vertical pull

Pulley

## Technical specifications

|                        |  |   |
|------------------------|--|---|
|                        | Pulley   | Vertical pull   |
| Overall height         | 230 cm   | 228..298 cm   |
| Width                  | 26 cm  | 51 cm   |
| Depth                  | 24 cm  | 77 cm   |
| Total weight           | 44 kg (with 14 kg weight stack)<br>50 kg (with 20 kg weight stack) | 139 kg (with 50 kg weight stack)<br>169 kg (with 80 kg weight stack)<br>189 kg (with 100 kg weight stack) |
| CE-marked              | Yes  | YES   |
| Warranty               | 2 / 10 years   | 2 / 10 years  |
| Country of Manufacture | Finland  | Finland   |

## Features

CE-marked medical equipment

Sturdy construction

Weight stack covered with steel casing for safety

The height of the pulling handle and the length of the cord can be adjusted in 5 cm increments Quiet, smooth resistance across the whole range of movement Six (Vertical Pull) and four (Pulley) fixing points for fixing against a wall

Height steplessly adjustable according to the height of the room, between 228 cm and 198 cm (Vertical Pull)

One pulling handle as standard (Pulley)

## Accessories

Padded bands, various sizes

Leather bands, various sizes

Rotation band

Support bar

Extra set of weights (3 x 0,25kg) (Pulley)

Gantry

Triceps handle

Rowing handle

Negative weight bar (Vertical Pull) Support bar Training glove

Negative weight bar (Vertical Pull)



Training glove

## Benches



Angle Bench



3-section Bench

# Lojer Speed Pulleys

Very popular models due to their versatility. When the training resistance is selected correctly, the completion of the movement is right, range of motion is right, the starting position is right and the training devices are meant for this type of training, then the therapy can be successful providing best results. The aim of the training can be better coordination, to normalize motored control and muscle balance or just to improve muscle balance. When the drills have been selected to be suitable for each situation, then the normal muscle endurance and/or the normal muscle strength can be achieved in normal range of movement needed at each time.

By “slowing down” the movement of the weight stack in relation to the speed of the pulley rope (please look at the resistance matrix herewith), Lojer SpeedPulley also allows the utilization of speed variation in advanced rehabilitation. There are three models of Lojer SpeedPulley: 50 kg – with 20 x 2,5 kg weight stack, 80 kg – with 32 x 2,5 kg weight stack and 100 kg – with 40 x 2,5 kg weight stack (all includes encasement, two handles, wall model). And one model of Lojer Mobile Speed Pulley 50 kg – with 20 \* 2,5 kg weight stack, encasement, two handles, mobile, with four retractable casters.

Mobile SpeedPulley 50 kg



SpeedPulley 50 kg



## Resistance matrix

The ratio of the resistance in the Lojer SpeedPulleys is 1 : 5 for each rope, e.g. weight pin № 5 equals a load of 2,5 kgs per rope. Thus, if you combine the two ropes so that you have only one handle to pull, then the resistance is 5 kgs. When you pull the rope of the Lojer SpeedPulley one meter, the weight stack rises only about 20 cm. This means that you can include different motion speeds into your training (e.g. running with extra resistance, throwing motions etc.)

| Weight pin № | Weight of the plate(s)<br>total | Total outcoming resistance<br>with one handle | Total outcoming resistance<br>with two handles |
|--------------|---------------------------------|---|--|
| 1            | 2,5 kg                          | 0,5 kg  | 1,0 kg   |
| 2            | 5, 0 kg                         | 1,0 kg  | 2,0 kg   |
| 3            | 7,5 kg                          | 1,5 kg  | 3,0 kg   |
| 4            | 10, 0 kg                        | 2,0 kg  | 4,0 kg   |
| 5            | 12,5 kg                         | 2,5 kg  | 5,0 kg   |
| 6            | 15, 0 kg                        | 3,0 kg  | 6,0 kg   |
| 7            | 17,5 kg                         | 3,5 kg  | 7,0 kg   |
| 8            | 20,0 kg                         | 4,0 kg  | 8,0 kg   |
| 9            | 22,5 kg                         | 4,5 kg  | 9,0 kg   |
| 10           | 25,0 kg                         | 5,0 kg  | 10,0 kg  |
| 11           | 27,5 kg                         | 5,5 kg  | 11,0 kg  |
| 12           | 30,0 kg                         | 6,0 kg  | 12,0 kg  |
| 13           | 32,5 kg                         | 6,5 kg  | 13,0 kg  |
| 14           | 35,0 kg                         | 7,0 kg  | 14,0 kg  |
| 15           | 37,5 kg                         | 7,5 kg  | 15,0 kg  |
| 16           | 40,0 kg                         | 8,0 kg  | 16,0 kg  |
| 17           | 42,5 kg                         | 8,5 kg  | 17,0 kg  |
| 18           | 45,0 kg                         | 9,0 kg  | 18,0 kg  |
| 19           | 47,5 kg                         | 9,5 kg  | 19,0 kg  |
| 20           | 50,0 kg                         | 10,0 kg                                       | 20,0 kg  |

## Technical specifications

|                        | SpeedPulley  | Mobile SpeedPulley      |
|------------------------|--|-------------------------|
| Overall height         | 230 cm (with 50 kg weight stack)<br>216 cm (with 80 kg or 100 kg weight stack)                           | 190 cm                  |
| Width                  | 26 cm (with 50 kg weight stack)<br>51 cm (with 80 or 100 kg weight stack)                                | 66 cm                   |
| Depth                  | 24 cm (with 50 kg weight stack)<br>46 cm (with 80 or 100 kg weight stack)                                | 100 cm                  |
| Total weight           | 81 kg (with 50 kg weight stack)<br>154 kg (with 80 kg weight stack)<br>174 kg (with 100 kg weight stack) | 85 kg                   |
| Castors                | -  | Ø75 mm, central locking |
| CE-marked              | Yes  | Yes                     |
| Warranty               | 2 / 10 years   | 2 / 10 years            |
| Country of Manufacture | Finland  | Finland                 |

## Accessories

Padded bands, various sizes  
Leather bands, various sizes  
Rotation band  
Support bar  
Gantry  
Triceps handle  
Rowing handle  
Training glove



Padded-ancletrap



Footstrap-maxi



Rowinghandle



Tricepsrope

Lojer Speed Pulley

