

SCHAFFARIK® - BOARD

... creates new therapeutic options



clinic PRO



clinic LT

Contact-reduced therapy solution !

April 2022

PHYSIOTECHNIK
SCHAFFARIK GMBH

**NATURAL MOVEMENTS ARE FREE FROM
FIXED PREDETERMINED PATHS OF MOTION**

**The Schaffarik board is a therapy device
which allows maximum freedom of movement
with minimal assistance.**



Schaffarik®-Board — Versatile, various therapy options



Therapy for hips, knees...



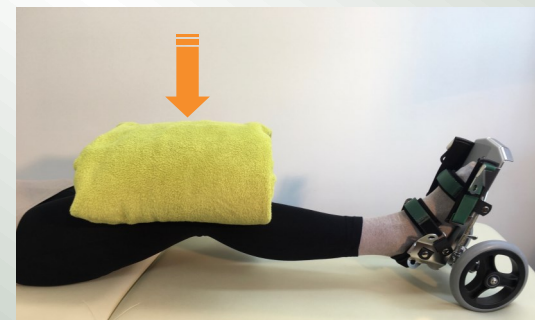
ankles and foot muscles

Active therapies / independent implementation - gentle on therapists



Prosthesis training

Joint mobilizations



Flexion and extension mobilizations

... Activation of the leg muscles

... by bending & stretching the entire leg

Activation of the extensors

Concentric and eccentric movement of the leg against the resistance of the rubber bands



Forearm loops can be used to relieve finger and arm muscles

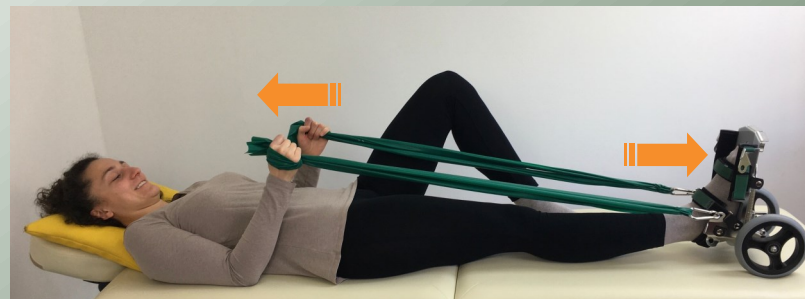
Activation of the flexors

by slow flexion and extension of the leg without rubber bands against gravity.



Therapy for everyday life

To pull on the rubber bands in lying position is comparable to lifting a heavy weight



Therapy for the ankle joint



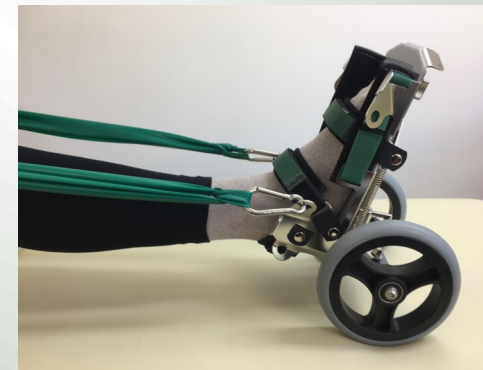
Activation of the plantar flexors
Carabiner in the forefoot area



Activation of the dorsal flexors
Carabiner in the heel area



Activation of the foot muscles
with a diagonal arrangement
the carabiner

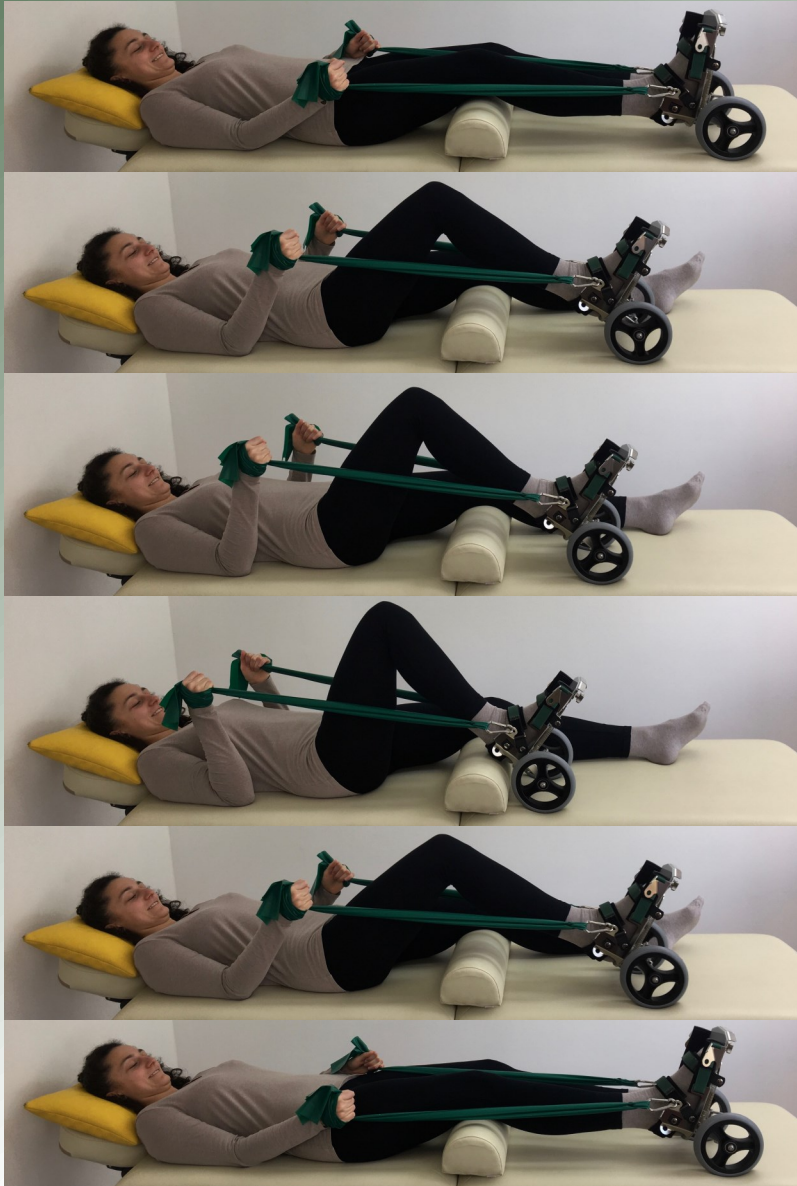


Hip and knee therapy
Carabiner in the middle of the device
causes hardly any torque
in the upper ankle

Passive and assistive movement of the leg

... the leg can be moved independently with assistance.
The rubber bands are used to direct the device....
a knee roll prevents overstretching of the knee
when leg muscles are weak

Passive movement of the leg
done by therapists



Passive flexion and extension of the hip and knee joint

Joint mobilizations



End of range flexion
of the hip and knee joint
by pulling the rubber band



End of range extension
of the hip and knee joint
by gravity

The final position can be held as long as the patient tolerates
"The patient is in control of their therapy"

Therapy after amputations - with prostheses

... preparing the residual limb for full weight bearing

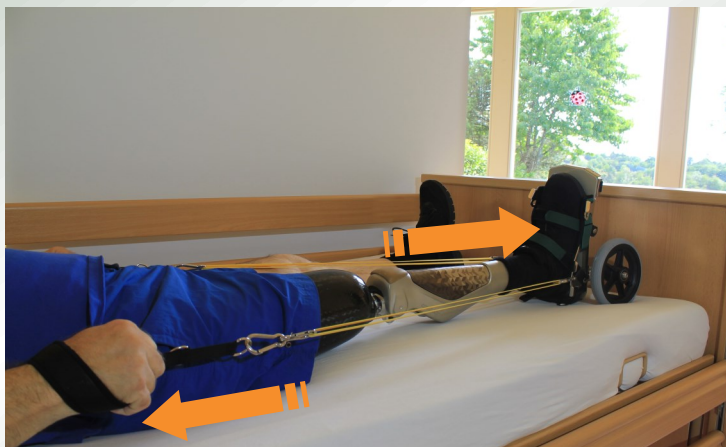
... Activation of the muscles in the residual limb area



Eccentric and concentric
activation of the hip extensors
against the resistance of the rubber bands



Eccentric and concentric
activation of the hip flexors
without rubber band -
movement against gravity



ACTIVE HULL EXTENSION !

Therapy to reduce a limp mechanism

Active lengthening of the leg
while simultaneously pulling the rubber bands

Additional components and carrying cases



The guide rail

To protect the uninjured leg from skin injuries and before moving the device out of bed



Perimeter bars

To limit the range of motion

(e.g. after cruciate ligament plastic etc...)



Forearm wrist strap

serves to hold the rubber bands more easily
The forearm padding can be removed by hand when in use.



Carabiners

Additional carabiners make it easy to use the rubber bands in various positions

Clinic - carrying case

for transporting accessories (carabiner, rubber bands, disinfectant, ...)



icon photo

Physio - tote bag

for transporting the Schaffarik board and accessories



TWO models are available

Schaffarik - Board clinic PRO



Wide heel shape for more customization options

39 - 49

36 - 46

Foot size

when using the device
without shoe

Shoe size

when using the device
with shoe

Schaffarik - Board clinic LT



Narrower, shorter version
for smaller feet

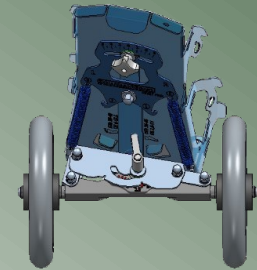
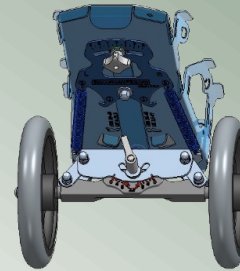
36 - 45

33 - 41

Setting options for therapy that is appropriate for the leg axis

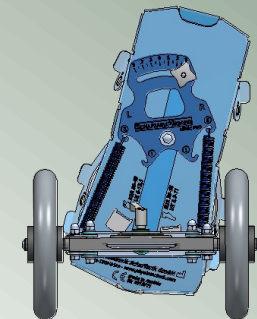
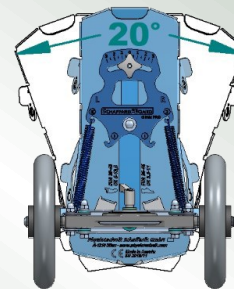
Frontal plane:

Adaptation of the device in case of contractions or compensation of eversion/ inversion positions



Transverse plane:

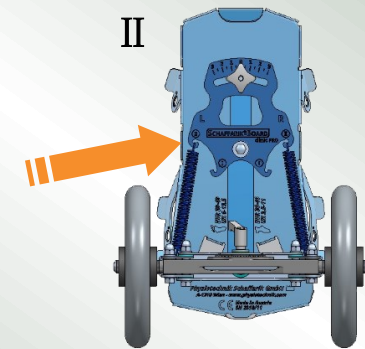
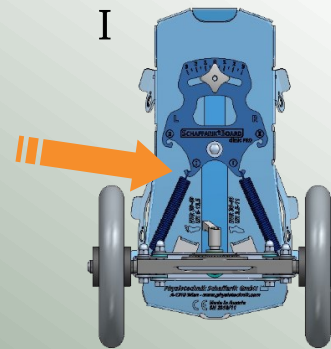
Adjustment of the forefoot to place the knee joint in line with the leg axis



Stable/unstable setting of the base plate in the transverse plane:

Spring position I for less help


Spring position II for more stability



Both models have these setting options.

A new therapy device for the lower extremities For clinics, free practices and use at home

SCHAFFARIK®-BOARD



The Schaffarik board is a medical device and is particularly robust and resistant. The base plate consists of 2mm thick medical grade stainless steel. (AISI 316L / 1.4404)

The device is primarily used for early rehabilitation after injuries, operations, amputations and muscle activation, stimulation of nervous system and joint mobilization.

PHYSIOTECHNIK SCHAFFARIK GMBH

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Indications/areas of application:

- Knee and hip endoprotheses
- For severe arthroses (supportive therapy until surgery)
- Cruciate ligament rupture
- Knee arthroscopies
- Conversion osteotomy
- Follow-up treatment of fractures
- Limping mechanism
- Muscle weakness
- Contracture prophylaxis
- Joint mobilization
- Prosthesis training

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