



### Bioshealthy in rudder shape

#### Description

Bio-healthy rudder that strengthens the musculature of upper limbs, as well as flexibility and agility of the shoulder joints. Especially indicated for rehabilitation of mobility of the shoulder.

#### Technical characteristics

Dimensions: 930 x 750 x 2030 mm

Function: Strengthens upper limb muscles as well as flexibility and agility of the shoulder joints. Especially indicated for rehabilitation of mobility of the shoulder.

Use: Take the rotating wheel handle with both hands and rotate simultaneously in a clockwise or counterclockwise direction.

Realization: Depending on the physical state of the person. We recommend 4 sets of 30 seconds in each direction.

Note: This is a complete movement of the shoulder joint, so its performance should be slowed down, paying attention to the exercise and placement of the body in relation to the device. In case of joint pain, suspend exercise.

