

# StairTrainer

BY LIFTUP



lifting people

# StairTrainer V2

LIGHTER, SMARTER, MORE MOBILE



StairTrainer website



# STAIRTRAINER - EASY AND SAFE STAIR TRAINING

Introducing StairTrainer, an invaluable rehabilitation and training aid. When you're recovering from an injury, starting your rehabilitation promptly is crucial to maximizing your chances of regaining your previous mobility and fitness levels. StairTrainer is a versatile and mobile solution that can help individuals regain their ability to walk up and down stairs.

This innovative device boasts fully adjustable handrails and stair height, making it suitable for both children and patients with varying treatment requirements. Its adaptability proves invaluable in helping patients rebuild their confidence when ascending stairs. Training can begin with small height differences, which are gradually increased as progress is made.

**More than a technology you need  
– it's a technology you want.**

# Made in Denmark





## NEW NORDIC

### All the way through

#### Nordic Design

Refers to the design traditions and aesthetics of the Nordic countries of Denmark, Finland, Iceland, Norway, and Sweden. It is characterized by a focus on minimalism, functionality, and simplicity, often with a natural or muted color palette. Materials such as wood, glass, and metal are often used, and the design often incorporates natural elements. Nordic design is known for being clean, modern, and visually appealing. It is often associated with the concept of “hygge” which refers to a sense of coziness and comfort.

#### Nordic Quality

The StairTrainer is constructed from robust and durable materials, ensuring exceptional stability during use. Careful consideration goes into material selection, ensuring that it strikes the right balance being substantial enough for stability yet not excessively heavy for ease of movement. Furthermore, the stairs are covered with a non-slip material to enhance safety and support a secure rehabilitation process.

# StairTrainer Case

## Rehabilitation Centre

### Safely walking on stairs again

At the Rehabilitation Centre of the Northern Neuro Unit located in Brønderslev, Denmark, they specialize in offering goal-oriented and intensive rehabilitation programs for patients dealing with moderate to severe brain damage. This centre holds a prominent position as one of the leading rehabilitation facilities in Jutland, focusing on adult patients who have acquired brain injuries, such as those resulting from conditions like blood clots or brain hemorrhages.





Through specialized, multidisciplinary, and intensive rehabilitation, individuals dealing with acquired brain damage have the opportunity to enhance their functional abilities, mitigating the impact of disabilities and their associated challenges. Within the centre’s dedicated exercise facilities, a StairTrainer V1 by Liftup is available as one of the essential tools employed in rehabilitation treatments.



Recognizing the importance of early rehabilitation, the StairTrainer is integrated into treatment plans. Secure handrails on both sides enhance safety, and a top plateau ensures safe maneuvering. Therapists stay close, never more than an arm’s length away, providing continuous support.

*“We use the StairTrainer for patients who are unsure of their balance, who have difficulty lifting their own legs, and patients lacking in stamina”*

# Comfort and Safety

The StairTrainer features a display which shows the current step height setting. This provides the user with an easy way to monitor progress as the stair height increases

The small plateau at the top is encircled by a handrail so that it is safe to turn round without the fear of falling down a long staircase.

The therapist can remain close to the patient the entire time since he/she is never any further away than the other side of the handrail.

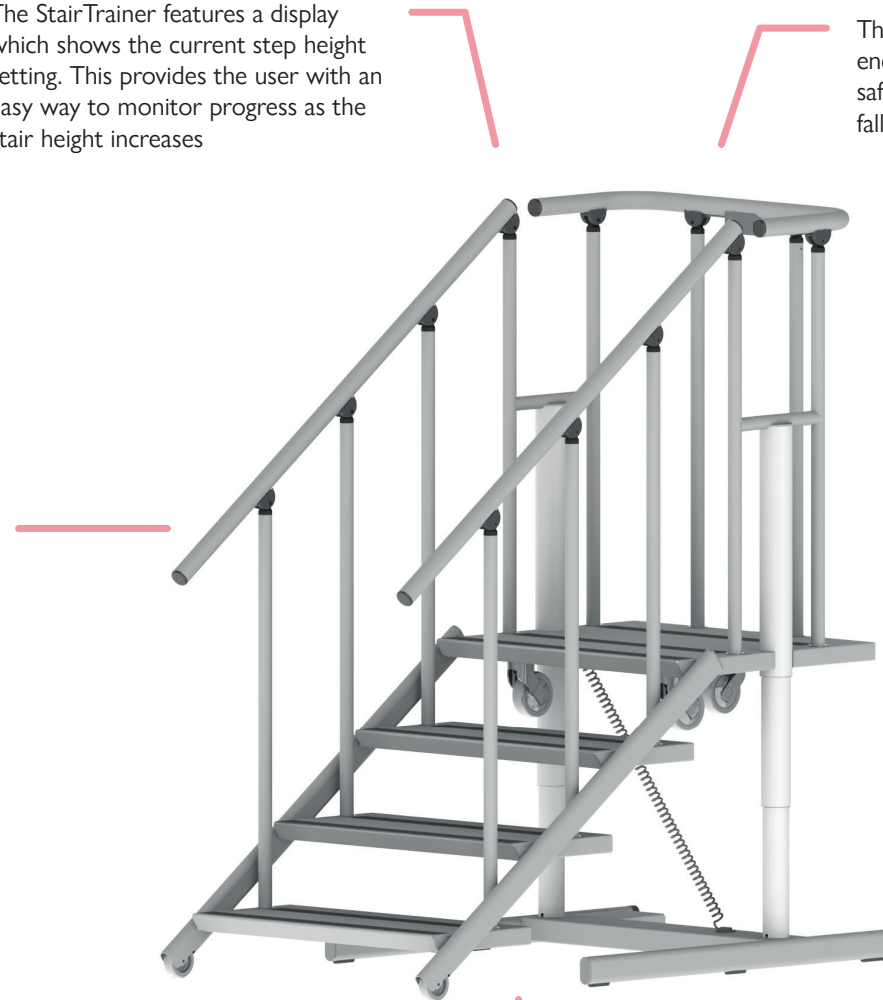
The StairTrainer design incorporates safety features such as an all-round handrail which makes it safer to use for both the patient and the physiotherapist.

For extra stability, "anti-tilt" rails are installed, which can be extended to make the StairTrainer more stable during use.

The StairTrainer is battery-powered, making it flexible and easy to position without the need for a power outlet. This ensures easy relocation between locations and enhances safety by eliminating cables.

The wheels give the StairTrainer additional flexibility by allowing you to easily relocate it to where you need it. Due to its compact design, the StairTrainer can fit through doorways as narrow as 90 cm.

The height of the stairs on the StairTrainer can be adjusted from 2.5 cm to 19 cm, which allows users at all stages to confidently train their ability to use stairs





It is possible to add a children's handrail to the StairTrainer so that everyone, regardless of size, can use it in a safe way.



## UNIQUE BENEFITS

- Early start of the rehabilitation process
- Easy to use
- Strength and maintenance training for adults and children
- Several adjustment options for level of difficulty
- Sharing of device between several departments and clinics possible
- Digital display enables user to follow progress

# StairTrainer Case

## Care Centre

### Maintenance and training

In Dronninglund, situated in Northern Jutland, lies the Margrethelund Care Center. Upon entering the main building of this care center, you are greeted by a stunning indoor garden designed for the relaxation and enjoyment of the center's residents. Within this tranquil indoor oasis, we have the pleasure of meeting Helene, the dedicated physiotherapist, and Egon, a vibrant 88-year-old resident.





Egon is on his way to the exercise room for his daily rehabilitation exercise with StairTrainer V1. Egon is visibly having trouble walking, but that doesn't seem to prevent him from being full of energy and in a great mood. He has a big smile on his lips as he invites us to join him in the exercise room. Egon has moved into one of the temporary resident rooms after a falling accident causing him a hip fracture. After his fall Egon needs rehabilitation, but the plan is for Egon to return fully to living in his



own home. At Egon's apartment there is a staircase, so it is important that Egon performs exercises training him to walk safely on the stairs. The physiotherapist Helene explains that the rehabilitation plan begins with StairTrainer V1 adjusted with a low setting on the step height, and then they gradually increase the height of the steps as the rehabilitation progresses.

*“We can adjust the steps on StairTrainer and gradually increase height, until it matches the stairs at Egon's home”*

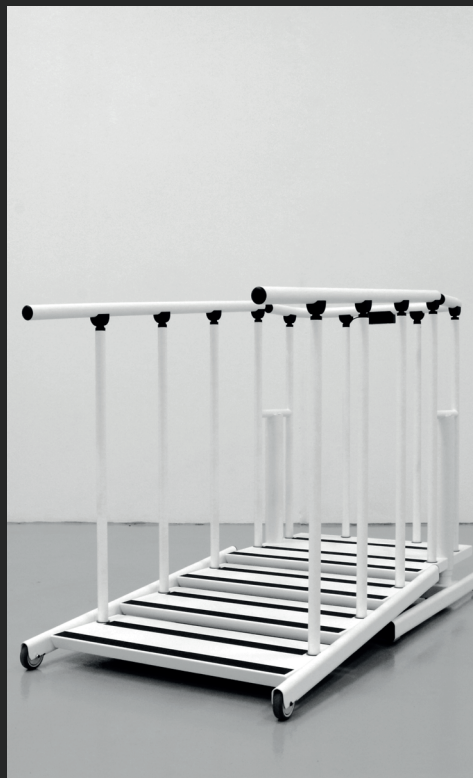


# MANY FUNCTIONS

The StairTrainer is battery-powered and can operate without connection to 230V. Ensure that the battery is charged before use. Charging takes 2–3 hours. It is recommended to have two batteries, so there is always a fully charged one available.



Lower the stairs so they rest on the wheels. Use the rear handrail as a grip. Push or pull the stairs to the desired position.



Press and hold the corresponding arrow key to move the training stairs up or down. The display always shows the current height (in cm) between the floor and the platform/top step.



The StairTrainer can be moved by one person.

The stairs have three swivel wheels positioned at the back and two fixed wheels at the front on each side rail, allowing it to roll.



# REFERENCES

- The National Association of Polio, Traffic and Accident Injured People, Rødovre/Århus, Denmark
- The physiotherapy, Svendborg Hospital, Denmark
- Danish Center for spinal cord injury, Viborg, Denmark
- Aalborg University Hospital, Denmark
- Zealand University Hospital, Køge, Denmark
- Nakimi Hospital, Japan
- Clinic Witikon, Schweiz
- New Tewkesbury Hospital, England
- Centralsygehuset Karlstad, Sverige
- Klinik Maria Frieden, Tyskland
- Korea Ortopædi- og Rehabiliteringscenter, Seoul, Korea
- Aspiration Elderly Lodge, Singapore
- Saldo Rehabilitation & Novena Medical Centre, Singapore

# STAIRTRAINER SPECIFICATIONS

Version:	V2
Length:	1.638 mm
Width:	801 mm
Height:	1.098 mm
Colour:	White RAL 9016 (fine texture)
Death weight:	89 kg
Power supply (battery):	24 V
Max. load:	180 kg
Duty cycle:	2 min./18 min (40 duty cycles)
Approval:	CE marking 2006/42/EC (Machinery Directive)
NOTICE:	No load during operation

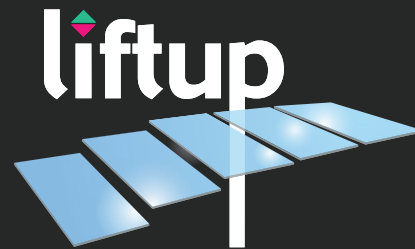
## ISO certification

Liftup is ISO certified according to the quality management standard: ISO 9001. The certificate has been achieved by agreeing to continuously and periodically being evaluated by a third party assessment organ reviewing and auditing the organization to assure the quality processes are being followed. It is your assurance that we consistently deliver quality products and services that meet your needs and expectations as well as being compliant to the related legal requirements applicable at all times.



# lifting people

We want to change the way people think about access products: More than a technology you need – it's a technology you want. We design thoughtful, holistic and aesthetic access solutions where every element adds to improve the total user experience. We create unique tailor-made solutions where our products help people and are fully and beautifully integrated in the architectural environment. This means that our access solutions also have an emotionally uplifting and satisfying impact – because they are comfortable, user-friendly and well-designed. This also means that we can transform access enablers from being tools that solves a task for the few – to being smart and pleasurable design elements for everyone to enjoy.



[WWW.LIFTUP.DK/EN](http://WWW.LIFTUP.DK/EN)



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