

Field of use
Physiotherapy

Current state
of technology
Prototype developed
and tested

Patent status
Patent pending,
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Developed by
University of Ljubljana,
Faculty of Health Sciences

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Background

The ischemic trainer is a device for muscle strengthening in physiotherapy and sports. It creates a reduction in blood circulation in the muscles of the upper and lower limbs during the exercise. Ischemic training creates more muscles in a shorter period which is essential in rehabilitation period after surgeries. Muscles are strained more, while junctions suffer less.

Description of the Invention

The appliance has an inflatable cuff, which is placed on the upper part of the limb (leg, arm) and inflates with an air compressor at any pressure.

Main Advantages

The cuff has two successively fitted inflatable chambers that asymmetrically create pressure on the limbs. This improves blood flow control and physical discomfort (pain) during muscular contractions under the cuff.