



Vario crank



Pedal arms with adjustable crank radius for ergometers and exercise bikes. The Vario crank is a length-adjustable pedal crank for bicycle ergometers and home trainers. Patients with reduced flexion capacity of the hip and knee joints can determine their personal flexion angle by adjusting the crank length and thus be introduced to mobilization earlier.

CHF 289.00

Bicycle ergometers and home trainers are usually equipped with pedal arms that are approx. 170 mm long. Pedaling with these pedal cranks requires a certain flexion and extension angle of the knee and hip joint (approx. 110-120° knee flexion). However, if the patient is unable to perform this range of movement due to injury, surgery or degenerative joint changes, or if these high flexion angles do not make sense from a therapeutic point of view, the very useful ergometer training can be made possible with shortened pedal arms and thus reduced flexion angles.

The adjustment mechanism of the vario crank allows the crank length to be continuously adjusted from 30 - 170 mm. By reducing the pedaling motion, the required amount of flexion and extension is greatly reduced and the joint is significantly relieved. The knee flexion required for pedaling can be reduced to approx. 65°. The vario crank thus enables many patients to train with the ergometer.

- to support joint mobilization
- for cartilage training in osteoarthritis
- for the rehabilitation of leg injuries
- for training the cardiovascular system
- stepless adjustment of the pedal arm length from 30 - 170 mm
- easy handling of the length adjustment
- Robust design for professional use in rehabilitation
- Scale for reproducible adjustment
- Use of existing pedals
- suitable for all standard bicycle ergometers and exercise bikes
- (square axle: please specify ergometer type when ordering)
- Patent-protected design



Scope of delivery:

- Pedal crank set (left+right) with length scale
- Axle adapter for **standardized square axle with internal thread** (for square axle with grub screw on request)
- Quick-release screws
- Mounting screw, information plate
- Operating and assembly instructions

(Pedals not included in the scope of delivery - a pedal removal device is required to remove the old pedal arms)