



SENSOPRO LUNA PHYSIO INSTRUCTION FOR USE



SENSOPRO

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1

**PURPOSE,
INDICATIONS,
CONTRAINDICATIONS**

PURPOSE

The intended use of Sensopro Luna Physio is the treatment of deficits in postural balance in order to prevent falls.

Sensopro Luna Physio is intended for professional use by physiotherapists, medical doctors and other qualified trainers and therapists.

INDICATIONS

Sensopro Luna Physio is indicated for deficits in postural balance such as orthopedic conditions, cerebral stroke, Parkinson's disease, and cognitive impairment.

The Sensopro Luna Physio is only indicated if the treating health care professionals decide that the possible benefits outweigh the possible risks.

CONTRAINDICATIONS

Sensopro Luna Physio is contraindicated in cases of:

- inflammation of weight-bearing joints and related soft tissue structures,
- pain in the exercised body regions,
- as well as functional pathologies of the neuro-muscular system
- and in cases of balance deficits due to reduced vision or hearing (relative contraindication) or impairment of the vestibular organ (absolute contraindication).

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**SAFETY
INSTRUCTIONS**

SAFETY INSTRUCTIONS

- It is important that every warning is understood fully and correctly. If any of the warnings are unclear, please contact the relevant Customer Service office immediately.
- It is the responsibility of the purchaser of the Sensopro Luna Physio to read the operating and safety instructions and to instruct all persons, specifically those using the equipment, as well as instructors, trainers and supervisors, on the correct use of the products.
- The device may only be used after at least one health care professional has been instructed in its use by one of the manufacturer's licensed trainers.
- The training device and accessories must be checked before use. Do not use if anything appears to be damaged. Never attempt to repair a damaged device yourself! Inform a member of staff at the manufacturer.
- Unless otherwise specified, shoes must be worn when in the training area.
- The maximum permitted weight for users is 160 kg.
- Improper or excessive use can lead to injury. It is recommended that all users consult a doctor before starting a training programme. If at any point while training the user feels faint or dizzy, or is in pain, training must be stopped immediately and a doctor consulted.
- In cases of rehabilitation following the fitting of an endoprosthetic implant, the Sensopro Luna Physio may only be used as directed by the treating physician.
- To prevent injuries, parts of the body (hands, feet, hair etc.), clothing and jewellery must be kept away from moving parts.
- Children must be kept away from the Sensopro Luna Physio. Parents or other supervising adults must keep a close eye on children if the products are being used near them.
- Loose clothing or jewellery must not be worn when using the products. To ensure user safety, it is also recommended that long hair be tied back to prevent it from coming into contact with moving parts.
- All nearby persons must keep a sufficient distance from the person using the equipment, its moving parts and other accessories while the Sensopro Luna Physio is in use.



WARNING: Please pay close attention to the safety instructions. Misuse can cause damage to the device, severe injuries or even death. Falling from the device may also lead to muscle injuries, crushed fingers or hair becoming tangled in the rollers.



NOTE: Any serious incidents relating to the product must be reported to the manufacturer and the responsible authorities of the member state in which the user and/or the patient is resident.



ALL SENSOPRO MODELS



WARNING: Please observe the following safety instructions before using the Sensopro Luna Physio!

- The Sensopro Luna Physio is a free-standing training device and must be set up on a stable, level and firm load-bearing surface. It must be protected from direct sunlight. Direct sunlight may reduce the lifespan of the tubes.
- When deciding where to place the device, think about possible sources of distraction during training, and make sure that the supporting feet are not in a walk-through area.
- The Sensopro Luna Physio may only be set up and installed by licensed professionals approved by the manufacturer.
- The free space in the approach to the training device must be at least 0.6 m larger than the exercise area. This space must include the area for dismounting from the device in an emergency. If two of the training devices are being set up directly next to each other, they may share this space.
- Before each use, check that the Sensopro Luna Physio is in perfect condition. The device must not be used if:
 - It emits unusual noises or odours
 - The device is wet
 - Foreign objects have fallen into one of the Sensopro Luna Physio's openings
 - The tubes, tapes, springs, side rails or the Safety Belt Physio are damaged
 - Faults occur during operation

In such cases, please contact Customer Service immediately to arrange an inspection.

- The side rails must not be removed before, during or after training. The person using the device can use the side rails for support when getting on and off the device as well as during training.

- When the Sensopro Luna Physio is in operation, make sure that both the user of the device and any other persons in the vicinity keep their fingers, hair, clothing or similar items, in particular, away from the moving parts and openings of the device.
- Children and persons with impaired balance and/or mobility may only use the Sensopro Luna Physio under the supervision of a person experienced in use of the device. Children, in particular, may tend to use the device as a toy and must therefore be supervised when using the Sensopro Luna Physio.
- If there are any lesions or sores on your hands, then protect these before you start training.
- Use only original accessories to avoid the risk of injury, or damage to the device. The use of accessories and add-on parts that are not approved by the manufacturer will invalidate any warranty claims.
- Only use the Sensopro Luna Physio for its intended purpose and only in dry rooms. The device is not approved for outdoor use.
- Users must put on the Safety Belt Physio before entering the training area and wear it for the duration of the training. The Safety Belt Physio may only be removed once the user leaves the training area. The Safety Belt Physio must be worn over the user's clothing.
- The tubes may only be used to provide resistance while training and may not be used as a support or securing aid. The tubes must not be released under tension.
- The tubes contain natural latex, which can trigger allergic reactions, including anaphylactic reactions.
- Please follow the instructions for care and maintenance of the device as shown on page 31.



NOTE: The tubes contain natural rubber latex, which can trigger allergic reactions, including anaphylactic reactions!

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**SENSOPRO
LUNA PHYSIO**

SPECIFICATIONS

- 2.5 m x 1.4 m x 2.35 m (L/W/H)
- Recommended surface area: 2 m x 3 m (L/W)
- Weight: 235 kg

GENERAL USER INFORMATION

- Maximum body height: 2.0 m
- Maximum body weight: 160 kg

TRAINING RESISTANCE

- Swingboard fixed in place or released
- 24 tubes with 3 different strengths
 - Aquamarine = weak
 - Azure blue = medium
 - Coral red = strong



SAFETY INSTRUCTIONS



WARNING: Please observe the following safety instructions before using the Sensopro Luna Physio!

TRAINING WITH SWINGBOARD FIXED IN PLACE

1. Before training with the Swingboard fixed in place, ensure that the Swingboard retainers are correctly fastened.
2. Put on the Safety Belt Physio before training.

TRAINING WITH SWINGBOARD RELEASED

1. Before training with the Swingboard released, ensure that the Swingboard retainers are correctly released. The Swingboard retainers are released when the switch is pointing straight upwards. Always move the switch until it reaches the stop point.
2. Put on the Safety Belt Physio before training.
3. After every training session with the Swingboard released, the Swingboard must be correctly fastened in the horizontal position using all four Swingboard retainers. Move the switches until they reach the stop point. When doing this, check that the Swingboard retainers are correctly and fully locked in place.



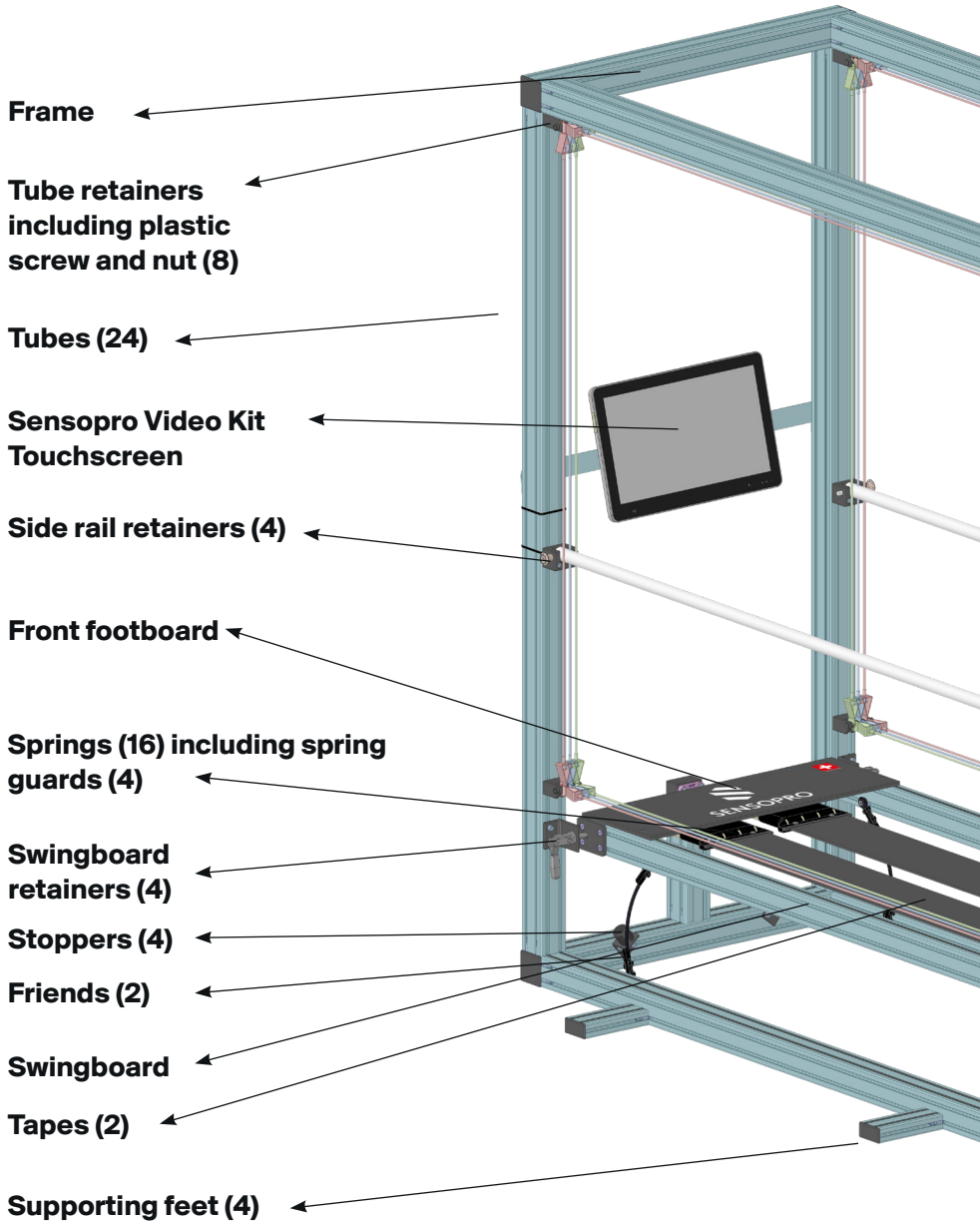
**SWINGBOARD
FIXED IN PLACE**



**SWINGBOARD
RELEASED**



COMPONENTS



Frame

Tube retainers including plastic screw and nut (8)

Tubes (24)

Sensopro Video Kit Touchscreen

Side rail retainers (4)

Front footboard

Springs (16) including spring guards (4)

Swingboard retainers (4)

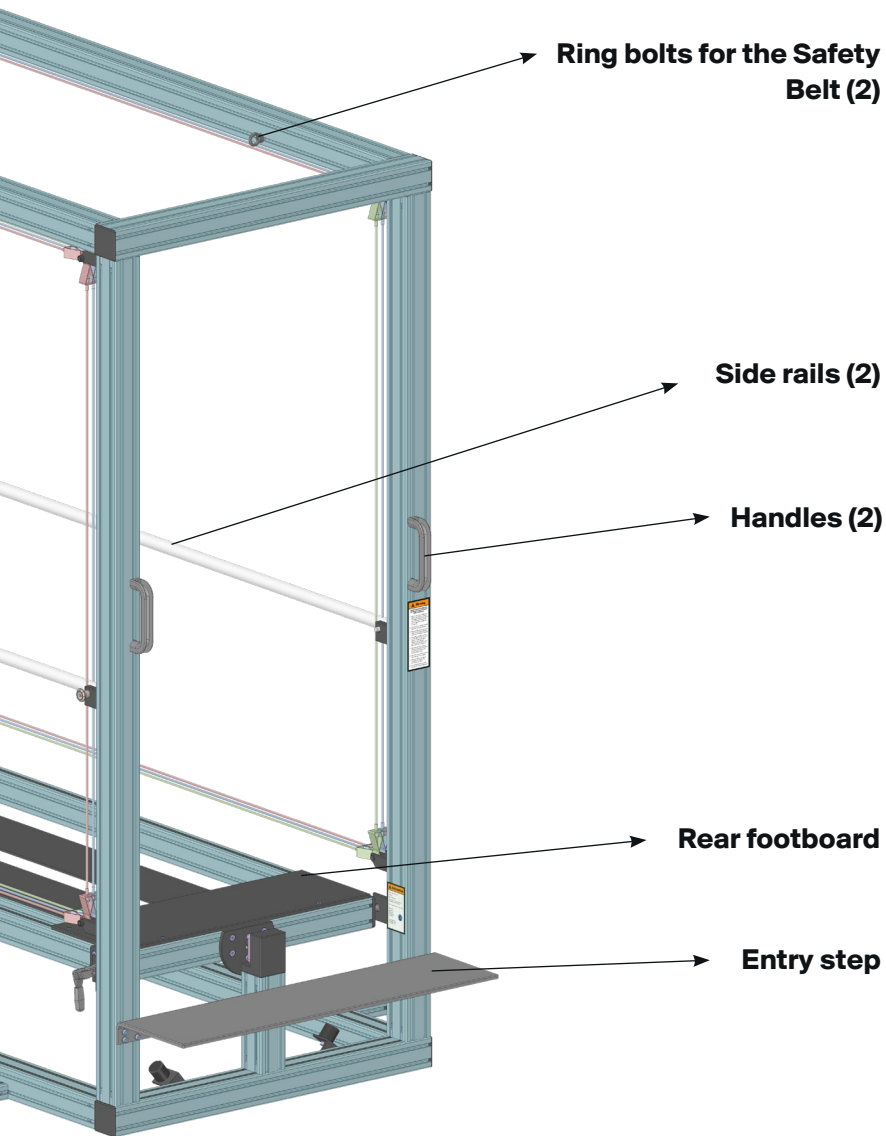
Stoppers (4)

Friends (2)

Swingboard

Tapes (2)

Supporting feet (4)



OPERATING INSTRUCTIONS

TRAINING WITH SWINGBOARD FIXED IN PLACE

1. Enter the training area via the entry step, firmly holding both handles as you do so.
2. When on the footboard, put the Safety Belt Physio on. To do this, loosen the suspension assembly and the hip belt. Put on the hip belt round the hips and close the fastener. Pull the hip belt tight. Tighten the suspension assembly until you can bend your knees (at an angle of 90°) on the footboard and secure the fastener.
3. Firmly hold the side rails and step onto both tapes. Ensure that both of your feet are in the middle of the tapes. This is the starting position for all exercises. Select a training programme and begin your exercises.

TRAINING WITH SWINGBOARD RELEASED

1. Enter the training area via the entry step, firmly holding both handles as you do so.
2. When on the footboard, put the Safety Belt Physio on. To do this, loosen the suspension assembly and the hip belt. Put on the hip belt round your hips and close the fastener. Pull the harness tight. Tighten the suspension assembly until you can bend your knees (at an angle of 90°) on the footboard and secure the fastener.
3. Firmly hold the side rails and step onto both tapes.
4. Step onto the floor with legs apart, one to the left of the tapes and one to the right.
5. Move forwards and loosen both of the front Swingboard retainers. The Swingboard retainers are released when the switch is pointing straight upwards. Always move the switch until it reaches the stop point.
6. Move backwards and loosen both of the rear Swingboard retainers.



**SWINGBOARD
FIXED IN PLACE**



**SWINGBOARD
RELEASED**

7. Move back to the centre of the tapes and step back onto them by pressing all the way down on one side of the Swingboard with your first leg. Hold onto the side rails, then place your second leg onto the second tape. Continue to hold the side rails firmly and place your feet on the centre of the tapes. This is the starting position for all exercises. Select a training programme and begin your exercises.
8. After training, fix the Swingboard in place in the same way as you released it and leave the training area via the rear footboard and the entry step. Fix all four Swingboard retainers in place. Move the switches until they reach the stop point. When doing this, check that the Swingboard retainers are correctly and fully locked in place.

EXAMPLE EXERCISES

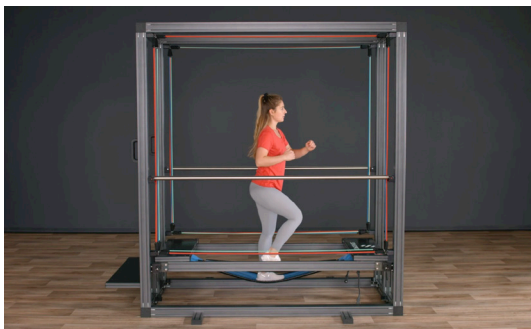
STEP (Level: less demanding exercise)

Starting position

- Hold firmly onto the side rails.
- Position yourself on the middle of the tapes, so that your feet are centrally positioned widthwise and lengthwise.
- Stand in a relaxed position, slightly bending your knees and ankles to absorb the gentle movements of the tapes. Keep your upper body, pelvis and head upright.
- Variant: to increase the difficulty level of the exercise, you can use one or more tubes.

Performing the movement

- Shift your weight from one foot to the other alternately and rhythmically.
- Keep the knee of your main supporting leg slightly bent all the time you are shifting your weight. Bend the knee of the leg coming up, without lifting your foot from the tape.
- When you feel that you are stable, hold your arms diagonally to your legs as you move, while keeping your shoulders down and relaxed.



End position

- Most of your weight is on your main supporting leg.
- Keep the knee of your main supporting leg slightly bent and bend the knee of the leg that is coming up.

Safety instructions

- Keep your feet on the tapes at all times!
- Hold on firmly to the side rails and only let go when you feel confident enough to do so during the movement.
- Always keep your hands near the side rails.

SQUAT (Level: moderately demanding exercise)

Starting position

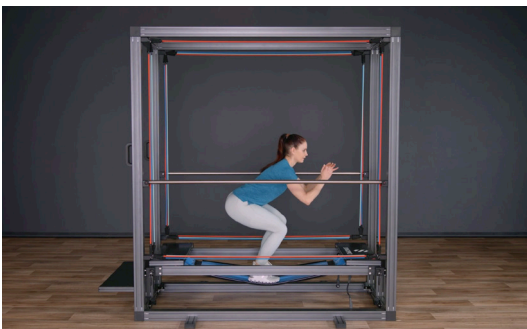
- Hold firmly onto the side rails.
- Position yourself on the middle of the tapes, so that your feet are centrally positioned widthwise and lengthwise.
- Stand in a relaxed position, slightly bend your knees and ankles to absorb the gentle movements of the tapes.
- Variant: to increase the difficulty level of the exercise, you can use one or more tubes.

Performing the movement

- Lower your backside, as if you were going to sit down. Make sure that your back is stretched and your heels are directly below you.
- Stand up again while fully stretching your hips.

End position (squat)

- Take care that your knee is in line with the hip and ankle joints of the same leg.
- Keep your upper body stable and your back straight.



Safety instructions

- Keep your feet on the tapes at all times!
- Hold on firmly to the side rails and only let go when you feel confident enough to do so during the movement.
- Always keep your hands near the side rails.

SPRINT (Level: demanding exercise)

Starting position

- Hold firmly onto the side rails.
- Position yourself on the middle of the tapes, so that your feet are centrally positioned widthwise and lengthwise.
- Stand with legs relaxed, get into a high squat position with back stretched and looking ahead.
- Variant: To increase the difficulty level of the exercise, you can use one or more tubes.

Performing the movement

- Press down alternately on one of the tapes by unbending the knee on that side.
- While you do so, your head, backside and pelvis do not move and remain horizontally stable at the same height.
- Try to vary the rhythm, your standing height and how much you deflect the tapes.



End position

- Most of your weight is on one leg.
- Keep your upper body centrally between and over the tapes.

Safety instructions

- Keep your feet on the tapes at all times!
- Hold on firmly to the side rails and only let go when you feel confident enough to do so during the movement.
- Always keep your hands near the side rails.

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**SENSOPRO
SAFETY BELT PHYSIO**

SPECIFICATIONS

- Minimum circumference: 0.5 m
- Maximum circumference: 1.45 m
- Weight: 1.2 kg

GENERAL USER INFORMATION

- Maximum body height: 2.0 m
- Maximum body weight: 160 kg



COMPONENTS



ASSEMBLY INSTRUCTIONS

1. Hang the two carabiner hooks of the V-piece on both sides of the harness on the second-outermost loop.



2. Loop the suspension assembly onto the V-piece and hang the carabiner hooks on the ring bolts of the upper longitudinal struts of the frame.



OPERATING INSTRUCTIONS

1. Step onto the Sensopro Luna Physio footboard and, when you are on it, put on the Safety Belt Physio. To do this, loosen the suspension assembly and the hip belt. Put on the hip belt round your hips and close the fastener.



2. Pull the belt tight.



3. Tighten the suspension assembly until you can bend your knees (at an angle of 90°) on the footboard and secure the fastener.



NOTE: Wear the Safety Belt Physio over your clothing and not over bare skin.



NOTE: After an event such as a fall, in which the patient's weight is taken by the Safety Belt Physio, the components of the Safety Belt Physio must be checked for damage and the belt must be replaced if necessary.

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**BEFORE YOU
START**

When training with the Sensopro Luna Physio you should wear trainers and comfortable, light clothing. Long hair should be tied back to prevent it from coming into contact with the tubes and side rails. Before beginning training, check that all parts of the Sensopro Luna Physio are working properly. In particular, check that the screws on the footboards are correctly screwed in. Begin your training programme at a low difficulty level so that you can increase the intensity and strength from there. Make sure that the tapes are stable at all times, especially when getting on and off the device. The following instructions will help you to stabilise the tapes while you adopt various training positions. Instruct all participants/users in these principles.

CORRECT POSITIONING WHEN GETTING ON VIA THE ENTRY STEP

1. Enter the training area via the entry step. Firmly hold both handles while doing so.
2. Attach the safety harness while on the footboard. To do this, loosen the suspension assembly and the hip belt. Put on the hip belt round your hips and close the fastener. Pull the hip belt tight. Tighten the suspension assembly until you can bend your knees (at an angle of 90°) on the footboard and secure the fastener.
3. Firmly hold the side rails and step onto both tapes. Ensure that both of your feet are in the middle of the tapes. This is the starting position for all exercises. Select a training programme and begin your exercises.

CORRECT POSITION DURING TRAINING

1. Continuously monitor your feet to make sure they are correctly positioned at the centre of the tapes.
2. The upper body should be in the centre of the device.
3. Avoid leaning forwards or back / The tubes can provide support but they must never be used to bear your full body weight; it must be possible to release them at any time.
4. If you lose your balance, always grasp the side rails with your hands; do not attempt to regain your balance using your feet.

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**MAINTENANCE
AND CARE**



WARNING: The safety standard of the Sensopro Luna Physio can only be maintained if the device is regularly checked for damage and wear.



WARNING: Faulty parts must be replaced immediately and/or the products should not be used until they are repaired. Only original spare parts are to be used. Other parts may not comply with the required material properties.

BEFORE/AFTER EVERY TRAINING SESSION

1. After each training session, wipe the side rails with antibacterial cleaning fluid and spray the inner side of the Safety Belt Physio with disinfectant.
2. Before using the device, ensure that the Swingboard retainers are correctly released or fastened.
3. Before each use of the device, ensure that the side rails are correctly fixed in place.
4. To protect the tubes, disinfect your hands not before, but after each training session.

WEEKLY

1. Check the tubes and springs for damage and wear. If you discover any damage, the tubes and/or springs must be replaced immediately and the device must not be used.
2. Clean all surfaces.
3. Clean the tubes with water only. Cleaning products reduce the life of the tubes.
4. Clean the Sensopro Video Kit Touchscreen with a dry cloth. Moisture may damage the Sensopro Video Kit Touchscreen.

MONTHLY

1. Check that all screws, buttons and fastenings are correctly positioned.
2. Ensure that the stoppers are firmly positioned on the two bottom cross-struts. Replace any damaged stoppers.
3. Visually inspect all accessories and check that they are working correctly.
4. Replace all parts that are showing signs of wear.
To do so, visit our online shop at shop.sensopro.swiss.

INSTALLING SPARE PARTS



WARNING: You can replace tubes and springs yourself by following these instructions. When so doing, see the video guide to the Sensopro Video Kit w. When replacing any other parts, please contact Customer Service. Only original spare parts are to be used. Other parts may not comply with the required material properties.



WARNING: Change the springs and tubes every 6 months or as soon as they start to show signs of wear or damage. Failure to maintain the device regularly may cause it to lose stability and reduce its material qualities.

CHANGING THE SPRINGS

1. Loosen all four screws of the footboard with a hexagonal screwdriver (4). Place the footboard on the floor near the device.
2. Loosen the Velcro fastening on the spring guard and unhook the springs that you wish to change, firstly on the outside and then on the inside of the Swingboard.



3. Insert the new springs, first on the inside and then on the outside of the Swingboard. Loosely pull the spring guard around the springs and fasten the Velcro on the underside of the springs.
4. Place the footboard on the Swingboard and screw in all four screws firmly by hand.



WARNING: There may be a risk of injury if the screws of the footboards are not properly tightened!

CHANGING THE TUBES

1. Loosen the plastic screw by holding onto it and turning the nut.



2. Hold all tubes firmly and carefully remove the plastic screw from the retainer. Adjust the tubes so that they are not under any tension.
3. Place the new tubes in the slot provided in the tube retainer and guide the plastic screw in gradually.



4. Firmly tighten the plastic screw and nut by hand.

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**ACCESSORY -
SENSOPRO VIDEO KIT
TOUCHSCREEN**

The Video Kit Touchscreen is an optional component of the Sensopro Luna System. It can be fitted at the front end of the Sensopro Luna Physio on a mounting assembly. If you require a Sensopro Video Kit Touchscreen, please contact Sensopro Customer Service.



We reserve the right to make changes due to technical progress.

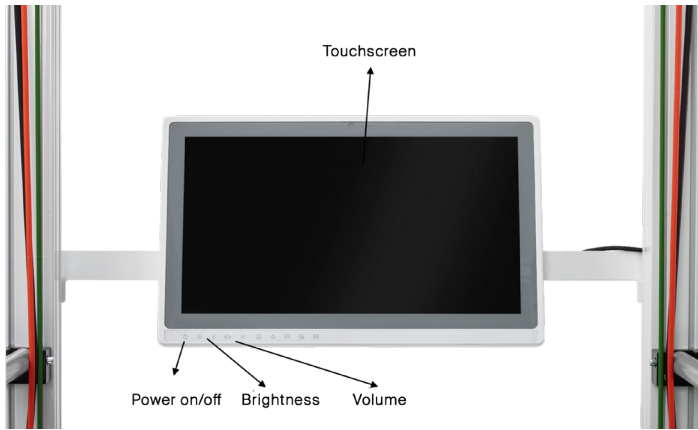


WARNING: The Sensopro Video Kit Touchscreen is an electrical device that is subject to the risk of electric shock. The device must be earthed in order to avoid electric shocks. Never change the safety plug of the device, as this ensures safe earthing of the Sensopro Video Kit Touchscreen!



DANGER: If the socket is not connected correctly, earthing is not possible. If you are not sure whether your socket has been correctly connected, have it checked by an electrician. Do not change the safety plug of the Sensopro Video Kit Touchscreen. If it does not fit in your socket, have a suitable socket installed by an electrician.

COMPONENT



INSTALLATION GUIDE

1. On each side, guide two sliding blocks into the grooves on the outside of the two vertical struts at the front end of the Sensopro.
2. Align the sliding blocks at a height of 1.18 m and ensure that they are in a horizontal line.
3. Fit the mounting assembly to the pre-perforated VESA insert of the screen with the four sets of screws provided. Adjust the screen to the desired position and screw the screws in place firmly by hand.
4. Hold the Sensopro Video Kit Touchscreen with the screen facing in the direction of the training surface and screw it into the sliding blocks using four screws. Firmly tighten all screws by hand.

OPERATING INSTRUCTIONS

With over a hundred quality training programmes, the Sensopro Video Kit helps your clients achieve their individual training goals. Whether for rehabilitation exercises, competitive sports, gait safety or surfing, the Sensopro Video Kit has everything needed for the right sort of training. Together with your clients, select the training category that is right for them and choose the most suitable programmes.

1. Switch on the Sensopro Video Kit using the main switch and wait for the device to start up (maximum 1 minute). The home screen video comes up (figure 1).
2. Touch the screen to get to categories view (figure 2).
3. The “Your First Time” category provides the ideal way of telling your clients about training on the Sensopro Luna and giving them the important safety information.
4. Touch “Information” (A on figure 2) to get to the maintenance instructions for the various device components.
5. You can select the training categories by touching the corresponding function buttons. Select the desired programme in the category and then the desired training type.
6. During the training session you can show and select the pause/play and forward or back buttons (figure 3). To get back into programmes, touch about (A on figure 3). Alternatively, in the training pathway at bottom left you can touch the programme name or the category to access the desired view (B on figure 3).



Figure 1:

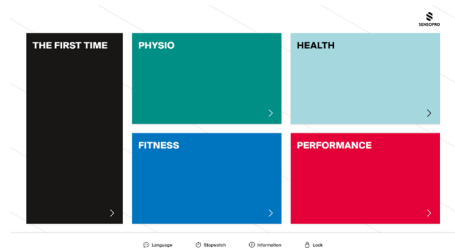


Figure 2:

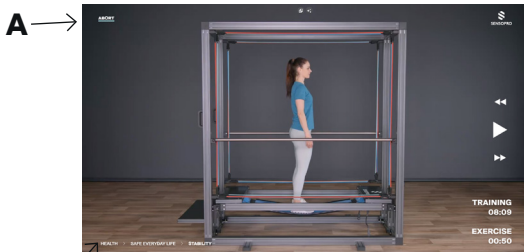


Figure 3:

8

**OPTIONAL
ACCESSORY -
SENSOPRO SEAT
PHYSIO**

SPECIFICATIONS

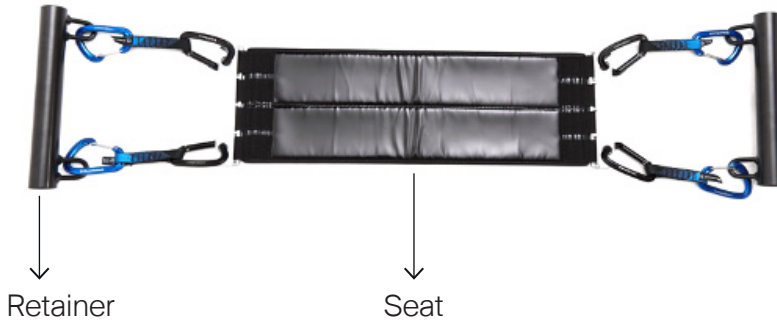
- 1300 mm x 300 mm x 60 mm (L/W/H)
- Seat area: 200 mm x 500 mm (L/W)
- Weight: 2.9 kg

GENERAL USER INFORMATION

- Maximum body height: 2.0 m
- Maximum body weight: 160 kg

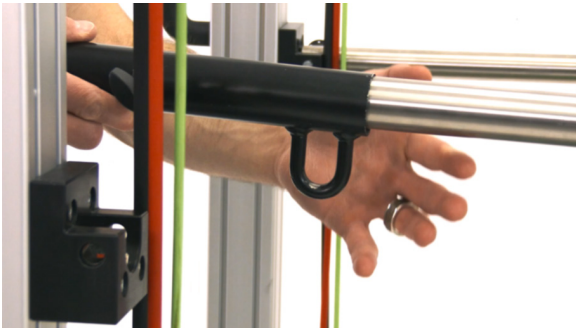


COMPONENT



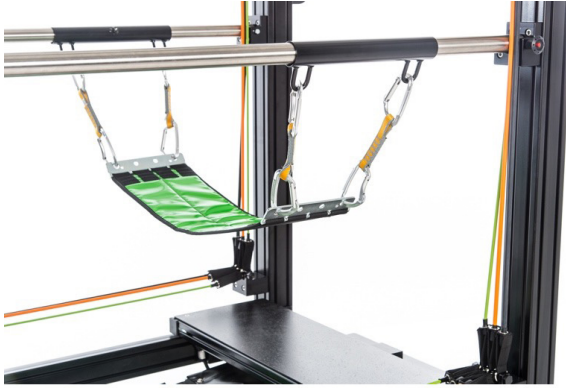
INSTALLATION GUIDE

1. Remove the clicker on one side of both side rails.
2. Guide the retainer onto both side rails. Make sure that the fastening screws of the retainer are pointing outwards.



3. Guide the clicker back onto both side rails and test it to make sure that it is locked in place.

4. Fasten the seat to the two retainers using the carabiner hooks. Make sure that the green seating surface is pointing upwards.



5. Move the retainers of the Sensopro Seat into the desired position and tighten the screws.

OPERATING INSTRUCTIONS

1. Sit on the Sensopro Seat Physio.
2. Do your chosen exercises or sit in a relaxed position.
3. The Sensopro Seat Physio allows you to do a great variety of exercise types in a sitting position. This enables the strain to be removed from certain parts of the body in a targeted manner (e.g. the lower and upper extremities).

9

KEY TO SYMBOLS



CE marking of conformity



Caution



Medical device



Consult instructions for use



Keep away from sunlight



Medical device manufacturer



Serial number



Catalogue number



Batch code



Date of manufacture



Authorized representative in the European Community / European Union



Contains natural rubber latex

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**DECLARATION OF
CONFORMITY**

To whom it may concern

Sensopro AG
Südstrasse 4
CH – 3110 Münsingen

+41 31 382 52 10
info@sensopro.swiss
www.sensopro.swiss

Münsingen, 31.05.2023

EU DECLARATION OF CONFORMITY

We, Sensopro AG (CHRN-MF-20000082; SRN CH-MF-000010122), declare under our sole responsibility that the medical devices with Basic UDI-DI 7649991448SensoproLunaGV:

Device name	UDI-DI
Sensopro Luna Physio	7649991448243 7649991448199 7649991448205
Sensopro Tube Medical (8 pcs.) Aquamarine / weak	7649991448090
Sensopro Tube Medical (8 pcs.) Azure blue / medium	7649991448106
Sensopro Tube Medical (8 pcs.) Coral-red / strong	7649991448113
Sensopro Tube Aquamarin/Aquamarine	7649991448168
Sensopro Tube Azurblau/Azure blue	7649991448175
Sensopro Tube Korall-Rot/coral-red	7649991448182
Sensopro Seat Physio	7649991448229
Sensopro Video Kit Montagebalken Physio	7649991448236

Intended Purpose: Treatment of deficits in postural balance
in order to prevent falls.

Risk Class: Class I

Rule (according to Annex VIII): Rule 1

meet all applicable provisions of the Regulation (EU) 2017/745 (EU MDR).

Authorized representative: MT Promedt Consulting GmbH, Ernst-Heckel-Strasse 7
66386 St. Ingbert, Germany, SRN DE-AR-000000085

Applied common specifications: n.a.

Conformity assessment procedure: EU MDR Art. 52(7)

Florian Kuchen

Florian Kuchen, PRRC





WWW.SENSOPRO.SWISS

Customer service +41 31710 1215 10

Manufacturer and Customer
Service:
Sensopro AG
Südstrasse 4
CH-3110 Münsingen
Switzerland

+41 31 382 52 10
info@sensopro.swiss

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