



## *Specialist on **REHABILITATION &** **PARKS FOR SENIORS***



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## Ever you have been asked...

Who accompanies our children to the park every day?

What people have more free time?

Who needs a private space outdoor near home?



The answer is simple ... OUR SENIORS

### What now do our elders in the parks??



Why stay sitting if we can work motor skills?

### What can we do?

What activities can make our elders?

What things we offer to they?

How can we contribute to improving their quality of life?

# PARKS FOR THE ELDERLY

## Benefits

- A special space for enjoyment in a park, so that not only the elderly, but also persons with disabilities or special needs, can benefit from its use.
- These parks are designed to promote sports activities, improving people's autonomy in an environment that is conducive to socialising.
- Help people to overcome mobility restrictions. Provide coordination, balance, mobility and strength exercises, which all have a positive effect on the cardiovascular system.
- Stimulate physical and cognitive abilities for the prevention and treatment of musculoskeletal deterioration.
- Exercise and rehabilitate various joints according to the apparatus used; thus helping to maintain or increase joint mobility, improve muscle strength, reduce cholesterol levels and weight control ... in short, to optimize the quality of life.
- Provide a sense of comfort that is not just physical but also psychological, as they encourage socialising among users, creating a joyful atmosphere that helps improve self-esteem and prevent symptoms such as anxiety, depression, anxiety, loneliness, etc.
- Prevent possible accidents, fractures or injuries.
- Physiotherapists are not required to be in attendance in these parks.

## Suitable locations:

- Public parks
- Beaches
- Retirement homes
- Day centres
- Social centres

The ageing of the population is a growing phenomenon worldwide. Falling birth rates and longer life expectancy mean that the over-65s currently make up more than 17% of the European population. This population group is among the most varied of all segments, in terms of aspects such as *physical-functional, behavioural, social aspects and the physical environment*. For these reasons, **as a manufacturer of equipment for special parks for the elderly, we are committed to ensuring that all our designs take the needs and preferences of elderly persons into account and are easy to use. In short, we strive to ensure that our products cater for the needs and expectation of our senior citizens.**

We must bear in mind that 70% of the population aged over 65 have no disabilities. However, the ageing process produces physical, sensory and cognitive changes that make it progressively difficult to use certain articles and can thus hinder the performance of daily activities. Our products are designed to take these considerations into account.



Parks for elderly "a meeting place for adults and children"



# General design features

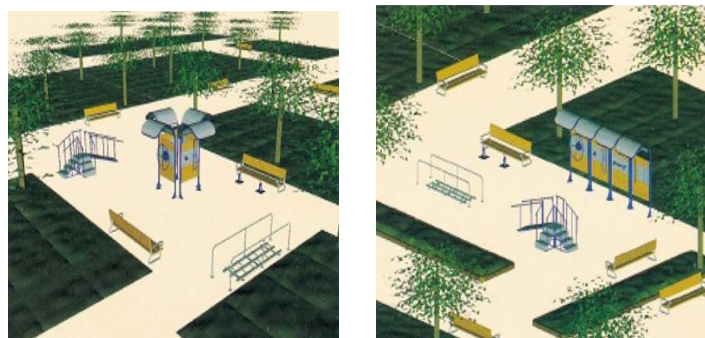
## 1.- GENERAL REGULATIONS:

- **As these products are intended for the elderly, all elements have been designed following the provisions of Directive 93/42/EEC as adopted into Spanish law by Royal Decree 414/96 on Health Products.**
- All components used in our parks comply with **European standard EN 16630:2015** on permanently installed outdoor fitness equipment.
- Researched and designed by specialists in rehabilitation for use in all weathers and without the support of qualified staff, their design has been kept as simple as possible to prevent any harm or damage due to vandalism.
- **Modules are accompanied by a panel explaining the correct handling of the equipment, signed by an experienced professional in the field of rehabilitation: Dr. Fermín Alvaro Pascual (Rehabilitation Consultant Physician - Member No. 13933, Board Member of FACME - the Spanish Federation of Scientific Associations).**

## 2. CERTIFICATES THAT VALIDATE OUR REGULATIONS:

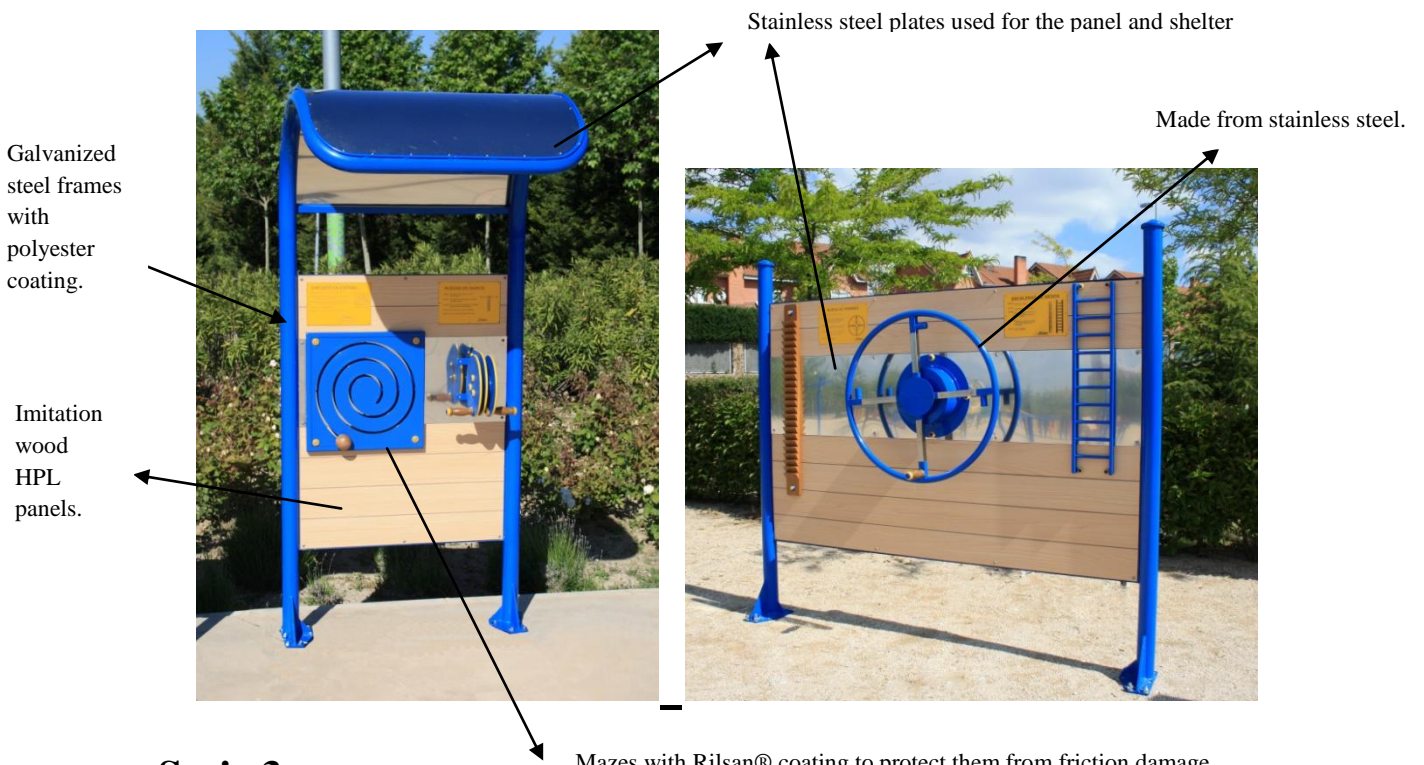
Our Parks for the Elderly are **validated by highly qualified professionals in the field of Rehabilitation:**

- Dr. Fermín Álvaro Pascual (Rehabilitation Consultant Physician), our Park Consultant.
  - Maria Soledad González Pérez (Occupational Therapist), Chief Technical Officer.
  - Javier Álvarez González (Physiotherapist), author of the technical consultancy report.
- **“EC” Marking** compliant with European standard EN-16630:2015.
  - Authorization granted by the Madrid Metropolitan Area Council No. D.A.S.P.233/M.
  - **Health Licence** from the Ministry of Health and Consumer Affairs No. 1187-PS
  - **ISO 9001 Quality Standard Certificate** on Quality Management in the firm.
  - **ISO 13485 Quality Standard Certificate** as specialists in the manufacturing of health products.
  - In addition we have commissioned **consultant physiotherapist's reports conducted since the year 2003 which vouch for the quality and safety of our parks.**

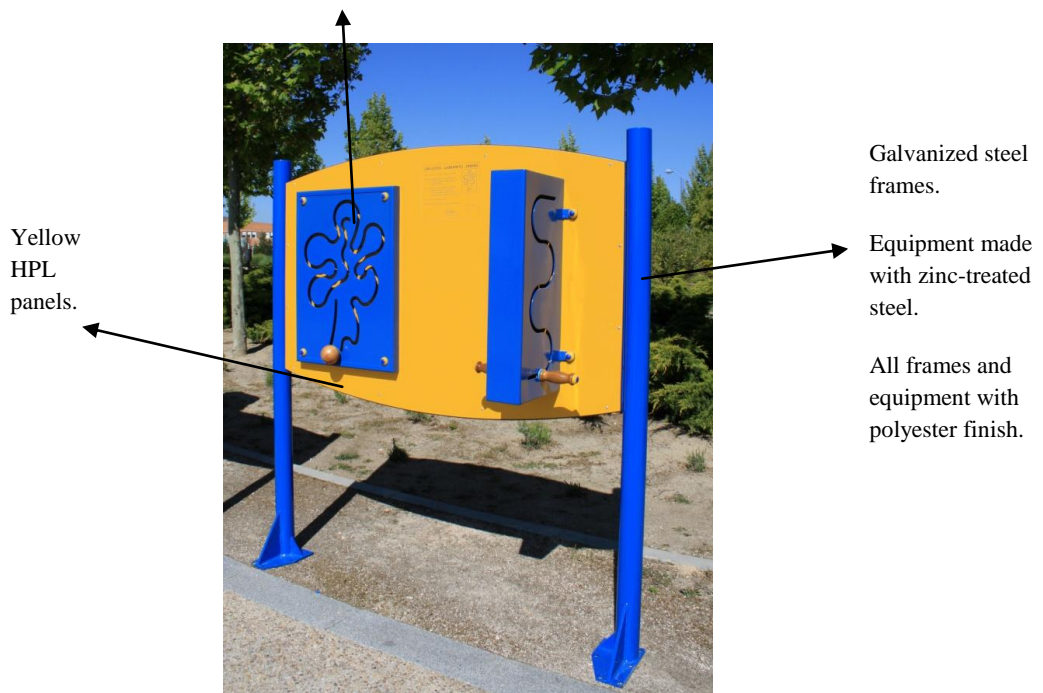


**There are different configurations of exercise panels with shelters so that you can select the one(s) that best meet your needs, depending on the space available and the layout.**

**Series 1 & 2:**



**Serie 3:**



**Common features:**

Vandal-proof screws and bolts. Made from stainless steel with vandal-proof caps.  
 Information panels and points. Made from HPL (all-weather proof), non-flammable and graffiti-resistant.  
 The units are fitted with high-density polyethylene grips in a range of thicknesses and shapes to perform different tasks by making pincer movements with the fingers.  
 The boards on which the feet are placed on the footprints are non-slip and coated in Ribsantm.

# Purpose

The intended purpose of the parks is to prevent and treat deterioration of the muscles and bone structure.

Exercises work on:

- Coordination
- Balance
- Mobility
- Strength

## Exercising the arms:

### **Shoulder wheel:**

This works on the circumduction of the shoulder, performing a full shoulder movement and rotation of the scapula. Its aim is to rehabilitate, maintain or increase the mobility of the shoulder joint and alleviate a range of dysfunctions of the scapula-humeral joint.



### **Finger ladder:**

Increases the breadth of shoulder movements and exercises the fingers. The aim is to flex the arms with the elbow extended. This helps conditions such as arthrosis and rheumatoid arthritis. Each ladder has a finish (pointed or rounded) and a different distance between the steps in order that different exercises can be performed.



### **Prono-supinator:**

Exercises the upper joints by prono-supination movements of the elbow and circumduction of the wrist. Its aim is to improve a range of dysfunctions of the upper radiocubital articulation, and to maintain or increase wrist flexibility.





**Spring:**

Works on the flexibility of the arm and wrist. Its aim is to rehabilitate, maintain or increase the flexibility of the wrist and arm and wrist.



**Flexo-extensor-Prono-supinator:**

Works on the flexibility of the wrist and forearm, by performing a range of flexing-extension and prono-supination exercises. Its aim is to rehabilitate, maintain or increase the flexibility of the wrist and forearm.



**Spiral circuit:**

Works on the circumduction of the arm and shoulder through spiral movement exercises. Its aims are to rehabilitate, maintain or increase the mobility of the shoulder joint.



**Hand wheels:**

Enables elbow-flexing movements to be performed in a synchronized manner. Its aims are to rehabilitate, maintain or increase the elbow's flexibility. The coordination of movements and effort is greater than that exerted on hand wheels because the two handles rotate in the same direction.

**Maze circuit:**

This works on hand-eye coordination and dexterity by performing movements that call for precision and respond to a visual stimulus. Its aims are to maintain and increase dexterity in movements, improving the flexibility of the elbow, shoulder and hand.



**Wave circuit:**

This works on hand-eye coordination and dexterity by performing movements that call for precision and respond to a visual stimulus. Its aims are to maintain and increase dexterity in movements, improving the flexibility of the elbow, shoulder and hand.

**Hand pedals:**

These train and increase the muscular resistance of the upper limbs. Their aim is to maintain or increase dexterity in movements and improve the mobility and flexibility of the arms and wrists.

The effort required is less than that expended on hand wheels because the two grip handles rotate in opposite directions (one hand can help the other to perform the exercise).



**Hand tensor:**

These train and increase the muscular strength, mobility and the flexibility of the arms and wrists.



**Arm wheels:**

These are for performing strength-building and flexibility exercises with the arms and improve shoulder, arms and wrist joints. The level of difficulty can be modified by performing the turning exercises in different directions or in the same direction.

**Twin exercise pulleys:**

This equipment exercises and moves arm muscles and joints through passive poleotherapy, i.e. without effort. Its aims are to work on improving the control of the elbow and shoulder joints, which may be restricted in terms of mobility and pain due to several possible causes.



**Double backrest:**

This can work on any part of the body: abdomen, hips, legs, arms, buttocks, back and calves. The aim is to perform full stretching movements of all parts of the body. Stretching movements should be done after the exercise to relax the muscles and allow them to recover their normal state.





## **Exercising the legs:**

### **Parallel bars:**

Helps to improve the mobility of the legs and the ability to control the body without losing one's balance. Its aims are to maintain the patient's everyday independence and functionality, preventing problems such as falls, unsteadiness or situations in which autonomy is lacking.

Once the subject has performed safe exercises on the parallel bars, he or she can move on to doing exercises on stairs and ramps.



### **Steps and staircases:**

These help to improve walking, both on flat terrain and on ramps and stairs (which involves greater difficulty). Their aims are to help the subject lead an active lifestyle, facilitating independence and getting out of the house, where steps and ramps are frequently encountered. Steps at different heights.

### **Pedals:**

This equipment helps to train and build up leg endurance, increase flexibility and improve the knee joints. They aim to maintain and improve leg mobility, increase muscle resistance and strengthen the cardiovascular system.



### **Boheler Plate and Board:**

For flexo-extension, inversion-reversion and circumduction exercises of the foot. Its aims are to make gains in terms of the arc of movement, to increase or maintain the flexibility of the foot and ankle, which will help patients to improve their balance, coordination and proprioception of the lower limbs.

**Disc, seesaw, step unit:**

Helps to strengthen the muscles and joints of the back, hip, waist and legs, as well as improve coordination and balance; thus enhancing the flexibility of the lumbar region and relaxing the back muscles.





# Ortotecsa Parks

## Parks for the Elderly Series 1 and 2:



1



2





**Panels with shelters SERIES 1:**

- M.1 – Shoulder wheel
- M.2 – Staircase + Finger ladder
- M.3 – Prono-supinator + spring
- M.4 – Flexing-stretching-prono-supinator
- M.13 –Spiral circuit + Hand wheels
- M.14 – Maze circuit+ Wave circuit
- M.15 – Hand pedals + Hand tensor



**SERIES 2 Modules:**

- M.EXT/1 – Shoulder wheel + ladder + finger ladder
- M. EXT/2 – Prono-supinator + flexing-stretching exerciser + spring
- M. EXT/3 – Tensor + spiral circuit + hand wheels
- M. EXT/4 – Wave circuit + maze circuit + hand pedals



**Adapted modules SERIES 2:**

- P.A.201 – Shoulder wheel + finger ladder
- P.A.202 – Flexing-stretching exerciser and spring
- P.A.203 – Tensor + spiral circuit
- P.A.204 – Wave circuit + Hand wheels
- P.A.205 - Maze circuit + hand pedals

Entrance signboard “Park for the Elderly” – M.10-E  
Sign for park adapted to special needs – P.A.225

**The entrance gate sign, information points and panels can be customized for each customer in the language of their choice.**



**Shared elements:**



Parallel bars with obstacle course – M.5

Parallel bars without obstacle course – M.EXT/5

Information point – M.10-C/5  
Adapted information point – P.A.210-A

Staircases with ramp – M.EXT/6

Modular staircases:

Landing - F.95-1 (M.6)

Ramp – F.95-3(M.7)

Long staircase – F.95-5(M.8)

Short staircase – F.95-7(M.9)



Information point – M.10-C/6-9

Double ramp – P.A.212

Adapted information point – P.A.212-A



Pedal – G.6170 (M.10)

Information point – M.10-C/10



Adapted pedal – P.A.214

Adapted information point – P.A.214-A







Flexing-stretching board –  
F.40/40(M.11)  
Circumduction board – F.40/41(M.12)

Information point – M.10-C/11-12  
Adapted information point –  
P.A.11/12-A

Twin pulleys – M.EXT/11  
Adapted twin pulleys – P.A.222



Arm wheels – M.EXT/10  
Adapted arm wheels – P.A.220

Double backrest – M.EXT/13



Disc, seesaw and step unit – M.EXT/12  
Information point – M.EXT/12-A

Safety bar 1 user - M.EXT/12-B-1  
Spinning disc - M.EXT/12-C  
Sideways see-saw - M.EXT/12-D  
Spring-loaded step - M.EXT/12-E



## Park for the Elderly, Series 3:



3



### **SERIES 3 Modules:**

- EC/1 – Shoulder wheel + finger ladder
- EC/2 – Flexo-extensor + spring + prono-supinator
- EC/3 – Hand wheels + spiral circuit
- EC/4 – Wave circuit and maze circuit
- EC/5 - Hand pedals + hand tensor



### **Adapted modules SERIES 3:**

- P.A.301 – Shoulder wheel + finger ladder
- P.A.302 – Flexing-stretching exerciser and spring
- P.A.303 – Tensor + spiral circuit
- P.A.304 – Wave circuit + Hand wheels
- P.A.305 - Maze circuit + hand pedals

- Park bench for outside – EC/A
- Park bench for outside with central armrest – M.10-A



**The entrance gate sign, information points and panels can be customized for each customer in the language of their choice.**





Parallel bars with obstacle course – EC/6  
Information point – EC/6-A

Adapted parallel bars - P.A.310  
Information point – P.A.310-A

Staircase with ramp - EC/7  
Information point – EC/7-A

Double ramp – P.A.312  
Information point – P.A.312-A



Pedal – EC/8  
Information point – EC/8-A

Pedal – P.A.314  
Information point – P.A.314-A

Flexing-stretching board – EC/9  
Circumduction board – EC/10

Information point – EC.9/10-A  
Adapted information point – P.A.9/10-A



Arm wheels – EC/11  
Adapted arm wheels – P.A.320





Twin pulleys – EC/13  
Adapted twin pulleys – P.A.322



Disc, seesaw and step unit – EC/12  
Information point – EC/12-A



Safety bar -1 user - EC/12-B-1  
Spinning disc - EC/12-C  
Sideways see-saw- EC/12-D  
Spring-loaded step - EC/12-E

Twin backrest – EC/14



Park bench for outside – EC/A  
Park bench for outside with central  
armrest – M.10-A



## Consulting and Design

At **Ortotecsa** we work hard to adapt our products to maximize their functionality and thereby create spaces that are transparent and comfortable.

**We support our distributors by designing with them, providing technical support and developing the plans required so that they can view their projects before implementing them.**



# Certificates



Iso 13485

Iso 9001

Licencia Sanitaria

Marcado CE

Ortotecsa holds the following certificates:

**ISO 13485:2012** as manufacturer of medical devices and parks for the elderly.

**ISO 9001:2008** as a quality company.

**HEALTH LICENCE** for manufacturing and importing **medical devices and Parks for the Elderly**.

**EXPORT CERTIFICATE** , including free sale, issued by the Spanish Agency of Medicines and Medical Devices.

**"EXPERT PHYSIOTHERAPIST REPORT"** - a technical review of our **Parks for the Elderly**.

All of our products comply with the requirements of the **CE Marking** as **manufacturers of Rehabilitation products and Parks for the Elderly**.

Rehabilitation Products declaration of compliance, in accordance with the **Directive 93/42/EEC** and its transposition to the Spanish Royal Decree 1591/2009, 16 October.

Parks for the Elderly declaration of compliance, in accordance with the standard **EN-16630** for permanently installed outdoor fitness equipment.





Videos and news press [www.ortotecsa.com](http://www.ortotecsa.com)



APARATOS Y DISPOSITIVOS  
PARA APLICACIONES TERAPEUTICAS

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