



## Aerobics and Gymnastics Devices for Arm Amputees

Featured below are a few devices for upper limb amputees that can be used to help perform aerobic and gymnastic exercises. These devices are available through prosthetic centres. Custom devices may also be an option; discuss with your prosthetist to determine what will work best for you.

TRS Shroom Tumbler

This mushroom-shaped device is designed for floor exercises, tumbling and other mat activities, such as yoga. It is also an excellent device for performing pushups. It is constructed from a flexible and strong synthetic rubber. It will support users from 7 years old to adult age.

TRS Free-Flex and Super Sport Terminal Devices

These devices are strong and flexible and provide the cushioning and push off required for aerobics and gymnastics. Appropriate for users from 2 years old to adult age.

TRS Swinger Terminal Device

The **Swinger** is a gymnastics-grade hook that is capable of 360 degree performance, mounts and dismounts. It may also be used for pull-ups and chin-ups. Appropriate for children, youth and young adults.

Shroom Tumbler



Free-Flex



Super Sport



Swinger

