Redcord Axis

REF 110050-1

Instructions for use / EN



Redcord AS
Teknologiveien 11
NO-4846 Arendal, Norway

CE MD

Contents

1. General information on Redcord Axis 3
1.1. Intended Purpose 3
2. Safety information 3
2.1. Contraindications to use 3
2.2. Precautions 3
2.3. Warnings and Cautions 4
2.4. Safety Test 5
3. Storage 5
4. Cleaning and disinfection – reprocessing information 5
5. Installation and proper use of Redcord Axis 6
5.1. General information 6
5.2. Installation manual 7
5.2.1. Install Redcord Axis to the ceiling 7
5.2.2. Install Redcord Axis on Redcord Trainer or Redcord Mini 9
5.3. Proper Use 9
6. Accessories and Replacement Parts 10
7. Various configurations/variants available on the market 10
8. Warranty Terms 11
9. Explanation of symbols and abbreviations 11

1. General information on Redcord Axis

1.1. Intended Purpose

Redcord Axis is intended for performance enhancement, prevention, and treatment. It can be used as an accessory to Redcord Trainer (REF 110010) or Redcord Mini (REF 110020-2).
Combined with other accessories (e.g., slings), it serves as a suspension point for different body parts with the purpose of:

- Performing body-weight-bearing tests or exercises (closed kinetic chain) where the ropes provide an unstable base of support with increased freedom of movement.
- Enabling pain-free rotation movement of a limb or body part.
- Allows a wider range of tests and exercises, a larger range of motion, and different variations, as it frees the body in a rotating plane. Thus, it allows precise rotating movements for the whole body. Exercises can be adapted more easily in rotation to specific needs (than without the Axis) because it allows no resistance to rotation.
- Secures even loading between limbs when applied in body-weight-bearing exercises.

Intended Medical Indication: Testing, treatment, and prevention of musculoskeletal disorders and rehabilitation of neurological disorders, rheumatological disorders, chronic pain, and after trauma. It is also indicated in the treatment of generally deconditioned rehabilitation patients and individuals with motor deficits.
Intended patient population: Orthopedic, traumatological, rheumatological, neurological and chronic pain patients, generally deconditioned rehabilitation patients, and individuals with motor deficits, in all age groups and levels of functional limitations.
Intended User: Healthcare professionals, exercise professionals, and non-professional users for the purpose of all levels of prevention. The device is not to be used by children unattended. Education related to use is available but not mandatory. This device is intended for multiple-patient, multiple-use. Follow the cleaning and maintenance instructions to ensure safe reuse.
Environment of use: Redcord Axis should be used only in an indoor, dry environment.

Redcord Axis includes:

Axis device (x 1)	Rope 5m (x 1)	Strap (x 2)	Carabiners (x 3)	Rope Lock (x1)	Ceiling suspension
					 x2 x4 x4

Table 1. Content of Redcord Axis

2. Safety information

2.1. Contraindications to use

- Injuries and diseases where loading is contraindicated should not involve the affected area. E.g., acute fractures and acute tendon ruptures.
- If you have any doubts concerning your health, consult your specialist doctor before you start the training/therapy.
- Stop exercising if you feel pain or discomfort and consult a doctor or physiotherapist.

2.2. Precautions

- Patients and allied health professionals should follow general guidelines for exercise therapy when using Redcord equipment, including contraindications related to the patient's diagnosis.

- Individuals suffering from medical conditions predisposing them to potential risks during physical exertion should only engage with the device after consulting with their treating physician or a qualified healthcare practitioner.
- **Possible reactions**: The materials used for ropes/slings/straps are generally considered safe and non-toxic, but they may still cause allergic reactions in some people. In rare cases, direct skin contact may cause allergic reactions. For hygiene reasons, it is recommended to perform training or therapy in light, loose clothes made from natural materials, such as cotton.

2.3. Warnings and Cautions

This section contains important information to ensure safe installation, use, and maintenance of the Redcord Axis. Read all warnings and cautions carefully before assembly or operation.

Safety Information:

- Ensure that the ceiling is made of solid, uncracked concrete (with strength class minimum C20/25) or wooden beams. Do not install it into wall panels or lightweight materials (e.g., gypsum, SIPOREX, YTONG, LECA).
- When you use Redcord Axis with Redcord Trainer or Redcord Mini - ensure that the Redcord Axis is properly fixed to the Redcord Trainer or Mini before loading the body-supporting accessories. The body-supporting accessories must be locked to the carabiner on the ropes. Make sure your body has good contact with the ground to prevent slipping or injury.
- Attach additional accessories (straps, slings) only to the carabiners on the ropes.
- For height adjustment, pull the ropes down before angling and releasing them from the locking mechanism. This prevents excessive wear in the rope locks.
- Respect the maximum load capacity – **max load: 200 kg (100 kg per bracket /rope)**.
- Avoid shock loads and swinging. Repeated swinging increases wear and may permanently stretch ropes/straps and reduce the strength.
- Never let children play with or use the Redcord products unsupervised.
- Never place the ropes/straps/slings around your neck, since this may cause strangulation, injury, or harm.
- Frequent exposure to chemicals, direct UV/sunlight, temperature variations, or high humidity during use or storage can degrade materials and cause the device to wear out sooner than expected, leading to potential slipping or breakage during use.
- Do not modify any component/accessories.
- Perform regular safety tests of suspension and Redcord Axis. Inspect straps, slings, and other components regularly and never use the product that shows any visible damage (see Table 2)

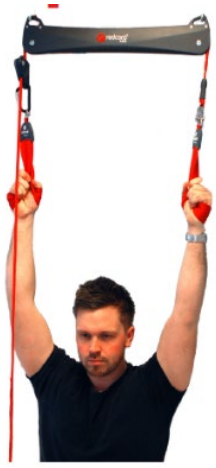
	Lifetime	Wear signs	
Redcord Rope	4 years	If inspection reveals damage to the core. If it has been in contact with any active or dangerous chemicals. If the hook does not lock properly. If loose thread or the white kernel is visible on the rope. If the shape of the rope kernel is oval instead of round. If the cleat (i.e., rope lock) is damaged or worn out. If the cleat is sliding on the rope.	
Redcord Slings, Strap	4 years	If the slings are bleached. If the webbing is flossy, crispy, or frayed. If the metal ring is split or divided. If the webbing shows signs of abrasion, cutting, or chemical damage. If the stitching is frayed or broken. If it has been exposed to active or aggressive chemicals. If there are doubts about their safety.	

Table 2 Lifetime and wear signs

2.4. Safety Test

After installing the ceiling suspension and before you start using Redcord Axis, you must test the installation and the load capacity.

- Attach the device to the suspension.
- Grab the suspensions and try to move in vertical and horizontal directions. The suspension should be stable in all directions. Tighten the screws if necessary.
- Raise the straps all the way up.
- Place one hand in each strap and lift your legs off the ground so that your entire body hangs from the apparatus.
- Bounce your body to apply additional load on the mounting.



Frequent use: If the device is used regularly or frequently, we recommend that a safety test be conducted at least once a week.

Infrequent use: if the device is used after a prolonged period of inactivity, it is important to perform a safety test before each use to ensure the device is in proper working condition.

Any **serious incident** that has occurred in relation to the device should be **reported to the manufacturer** and to the competent **authority of the Member State** in which the user or patient is located, in accordance with applicable national requirements. For contact details, see the end of this instruction for use.

3. Storage

- Store in a dry, cool place, away from contamination, direct sunlight/UV, temperature extremes, and high humidity.
- Do not store or dry under sunlight or in a dryer.
- Keep away from chemicals, especially acids, which can cause invisible fiber degradation.
- Transport in the original packaging.
- **Disposal:** The device does not contain hazardous substances. Components made of plastic, metal, and textile can be disposed of or recycled according to local regulations.

⚠ **CAUTION:** Frequent exposure to direct sunlight, temperature variations, or high humidity while in use or storage can cause the device to wear out sooner than expected, leading to potential slipping or breakage during use. Prolonged storage can also reduce the device's overall lifespan, causing it to wear out faster and potentially break during use.

4. Cleaning and disinfection – reprocessing information

Not intended to be sterilized.

Before use and between uses: inspect the external surfaces for damage or wear. Clean the contact surfaces. If required by local hygiene procedures, disinfect them with a non-corrosive, hospital-grade disinfectant compatible with painted/anodized metal and plastics. Wipe off residues and let the product dry completely.

Cleaning the Redcord Axis:

- Wipe with a soft cloth moistened with water.
- Do not use abrasive cloths, scrubbing powders, solvents (e.g., spirit, petrol), or steam.
- Do NOT use Virkon and lubricant of any kind on the aluminum wheel of Redcord Axis.

Cleaning of slings, straps, ropes:

- **Between uses**: Clean contact surfaces with a soft brush and hand-hot soapy water.
- If disinfection is required, use a non-bleach, non-corrosive disinfectant compatible with textiles.
- **Drying:** Air dry only. Avoid direct sunlight, drying cabinets, or heat sources (e.g., radiators).

After cleaning: Ensure accessories are completely dry (no moisture in the core) before storage/use; do not wring/twist ropes.

End of use (withdrawal): Do not reuse if there is any damage or excessive wear (see Table 2).

Important Precautions:
Do NOT use fabric softeners/rinsing agents.
Do NOT use benzine and other stain removers to clean.
Do NOT disinfect with hot steam.
Do NOT dry in sunlight or by using a drying cabinet.
Do NOT use chlorine-based bleach (sodium hypochlorite).
Avoid contact with chemical agents, especially acids, which may invisibly damage the fibers.

5. Installation and proper use of Redcord Axis

5.1. General information

Redcord Axis can be installed as a standalone ceiling-mounted device or used as an accessory for the Redcord Trainer or Redcord Mini.

Ceiling height	Best suited for ceiling heights up to 250 cm.	
Ceiling type	**Concrete ceiling:** Can be mounted on solid, uncracked concrete (reinforced or unreinforced), strength class C20/25 to C50/60. **Wooden ceiling:** Can be mounted only in structural load-bearing wooden beams made of solid wood. **Do not install** it into ceilings made of porous or lightweight aerated concrete (e.g., YTONG, SIPOREX, LECA). **Do not install** into ceiling panels, wall plates, or plasterboard only; it must be fixed into solid concrete or into structural wooden joists. **Before mounting** the device, seek professional advice about the condition of the ceiling. We recommend that the anchor installation be carried out by a qualified person under the supervision of the person responsible for technical matters on site.	
Distance between the brackets	The distance between the centers of the two brackets should be 475 mm, (see 5.2).	
Ceiling Suspension for Redcord Axis includes	Ceiling brackets (white), 2 pcs.	
	Wedge anchors, 4 pcs. (concrete ceilings).	
	Torx wood screws, 4 pcs. (wooden ceiling).	

WARNINGS AND PRECAUTIONS:

- The maximum load limit for Redcord Axis is **200 kg (100 kg per bracket/rope).**
- Stop using it if you notice any looseness, corrosion, cracks, deformation, or damage of screws/anchors.

Redcord AS takes no responsibility for the suitability or condition of the ceiling on which the equipment is installed. Redcord takes no responsibility for third-party suspension legs, attachments, or components. Redcord takes no responsibility for any personal or physical damage that might arise due to incorrect installation, and/or due to the ceiling, and/or incorrect use of Redcord equipment.

5.2. Installation manual

5.2.1. Install Redcord Axis to the ceiling

1. Mark the ceiling (concrete ceiling and wooden ceiling)

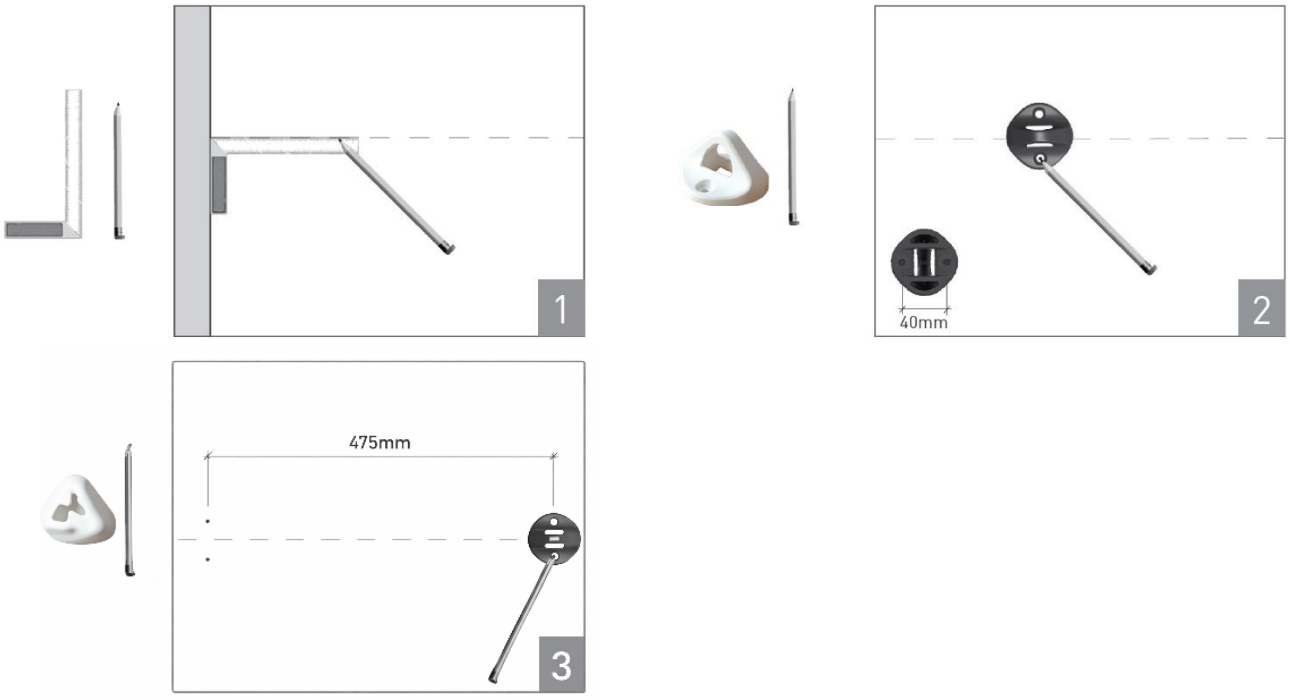
Draw a line perpendicular to the wall **(1).**

Mark the screw holes of the bracket at the desired location.

The distance between the two holes in one bracket is **40 mm (2).**

Mark the screw holes for the second bracket in the same way **(3).**

The distance between the centers of the two brackets should be 475 mm.



2. Installation on concrete ceiling

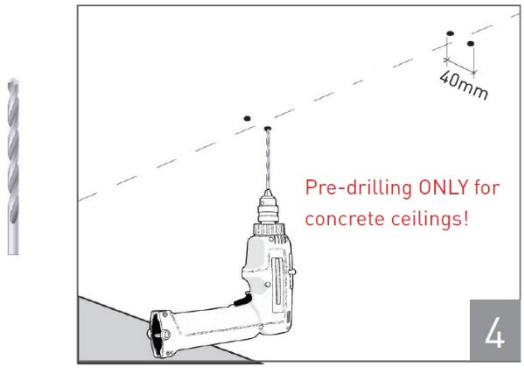
Pre-drill using a Ø6 mm drill bit **(4)**

Drill length: 70 mm.

Use hammer drilling only.

Remove dust from the hole. Correct hole cleaning is essential for safe anchor performance.

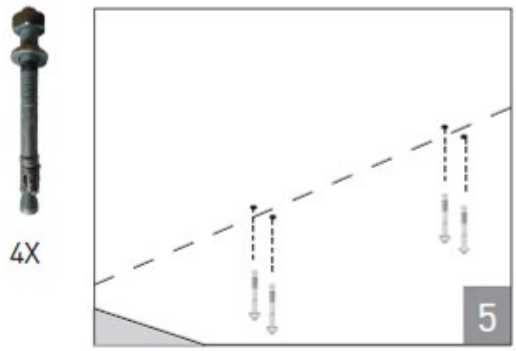
Note: If a hole is aborted, the new hole should be drilled at a distance of at least twice the depth of the aborted hole. A smaller distance is allowed if the aborted hole is filled with high-strength mortar and is not in the direction of the applied load in case of shear or angled tension.



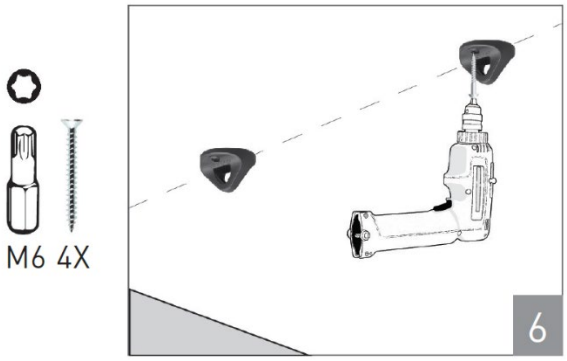
Insert the supplied wedge anchor into the drilled hole **(5).**
Carefully hammer the anchor into position until fully seated.

- Do not strike the thread or nut directly.
- Use a plastic or wooden mallet if possible.

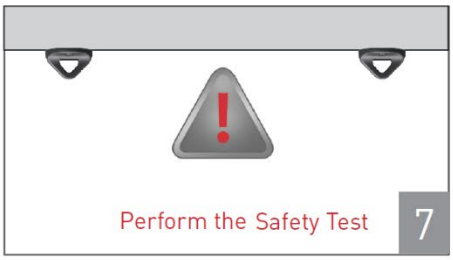
Place the ceiling bracket onto the installed anchors.
Install two anchors per bracket (in total four anchors).
Tighten the nuts using a torque wrench.
Required tightening torque: Installation torque (T inst): 7 Nm



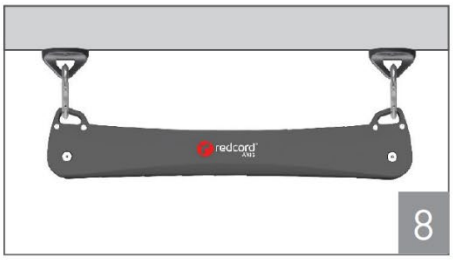
3. Installation on wooden ceiling:
Use a drill or screwdriver to tighten the screws in place. Use 2 screws per bracket.
Tighten all screws/nuts securely **(6).**
Use all four screws.



4. Final check and perform safety test
Check that all brackets are firmly fixed **(7).**
Ensure no visible movement, looseness or misalignment is present.
Use the carabiners supplied with Redcord Axis (REF 110050-1) to attach Axis to the brackets **(8).**
Perform the Safety Test according to Section 2.4.







5.2.2. Install Redcord Axis on Redcord Trainer or Redcord Mini.

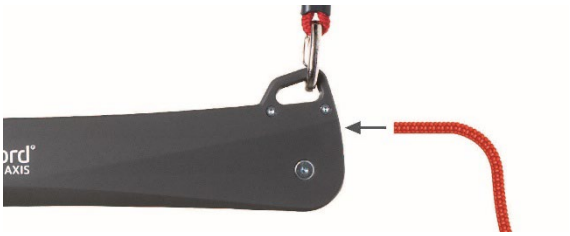
Redcord Axis can be used as an accessory with the Redcord Trainer and Redcord Mini.
Attach Redcord Axis to the ropes of the Redcord Trainer or Redcord Mini using the carabiners.



5.3. Proper Use

How to insert/exchange Rope 5m.

1. Push the rope through the tunnel



2. When the rope hits the wheel, start turning the wheel with your hand



3. When the rope appears, pull it down.



⚠ **Do not open the plastic cover.**

How to use the Redcord Rope Lock

1.Place the rope inside the lower part of the cleat (rope lock).



2. Place the rope inside the upper part of the cleat. Grip the cleat with one hand and make sure that the cleat is attached properly to the rope.



3. Attach the carabiner to the cleat.



4. Then attach the strap to the carabiner.



How to use Straps correctly

Place your hands or feet into the strap from the side with the narrower opening. The strap should cradle your hands or feet comfortably and securely. Make sure the strap is positioned correctly before starting the exercise to avoid slipping or injury.

Place your hand in the strap







Place your foot in the strap







6. Accessories and Replacement Parts

Accessories (optional)		**Replacement parts (maintenance)**	
Redcord PowerGrip	REF 111450	Redcord Strap	REF 111200
Redcord Wide Sling	REF 111001	Redcord Rope 5m	REF 112100
Redcord Narrow Sling	REF 111002	Redcord Ceiling Suspension, Axis/Mini	REF 120730
Redcord Split Sling	REF 111003		
Redcord Balance	REF 130030		
Redcord Mat	REF 130120		

7. Various configurations/variants available on the market

Redcord Axis is available for standalone use, with accessories, or as part of integrated systems.

Redcord Rehab Pro Plus	REF 101038-2
Redcord Active Pro Plus	REF 101067-2
Redcord Tandem Station	REF 101106-2
Redcord Workstation Professional	REF 100023-5

Redcord Workstation Professional, Wall Stand	REF 100123-5
Redcord Workstation Professional, Floor Stand	REF 100223-5

8. Warranty Terms

Warranty	2 years. The warranty covers any faults in materials or manufacture. The warranty period runs without interruption for a period of 24 months from the delivery date of the products from Redcord AS. Exclusions from the guarantee: normal wear and tear, modifications or alterations, incorrect storage, poor maintenance, negligence, improper or incorrect usage. The warranty is valid only if there are deficiencies in the product, i.e. it is clearly wrong according to technical specification and how the product is intended to be. Incorrect use and normal wear and tears are not eligible to claim. Redcord's obligations pursuant to this warranty are limited to repair or replacement.

9. Explanation of symbols and abbreviations

	Symbol Glossary
CE	This medical device complies with the general safety and performance requirements of Regulation (EU) 2017/745 for medical devices.
MD	Medical Device
UDI	Unique device identifier (UDI) The product label includes a UDI for traceability.
	Manufacturer
LOT	Batch code
REF	Catalogue number (REF)
	Caution
	Keep dry
	Keep away from sunlight
	Consult Instructions for Use

Contact and technical support
Redcord AS,
Teknologiveien 11, NO-4846 Arendal, Norway
redcord@redcord.com +47 37 03 00 00
Local Distributors: www.redcord.com