Redcord Balance

REF 130030

Instructions for use / EN



Redcord AS
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MD CE

1. Intended Purpose

The Redcord Balance is designed to enhance neuromuscular activation and challenge motor control during training exercises by introducing instability through an air-filled cushion. Redcord Balance can be used independently or in combination with Redcord Workstation, Redcord Trainer, Redcord Axis, and Redcord Mini.

- This Balance challenges balance and supports active sensorimotor training, making it suitable for strengthening muscles in the abdomen, back, arms, and legs in Redcord's core exercises.
- The Balance cushion is also intended for standing balance-specific exercises, e.g., rehabilitation of knee injuries, and post-surgical recovery.
- Additionally, it can be used as a seat pad to alleviate back problems and muscle pain by engaging stabilizing muscles in the core during sitting activities.
- The included pump allows users to customize the cushion's firmness, tailoring the level of difficulty to individual needs.
- A smooth surface on one side and a textured surface on the other allows for versatile usage. The textured surface is intended for increased tactile stimulation.

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 and exercise professionals. Non-professional users can also use it for all levels of prevention: From patients with neuromusculoskeletal disorders, healthy general people, to athletes. The full device is not to be used by children unattended. It is intended for multiple-patient, multiple-use. Follow the cleaning and maintenance instructions.

2. Proper use

- Use on a **flat, dry, non-slip** surface.
- Keep the area clear of furniture and people.
- Product is intentionally **unstable**, move slowly and with control.
- If needed, the air level in the Balance can be regulated with a regular inflation pump.



3. Safety and maintenance

Contraindications to use

- Consult your physician before starting any training program, especially if you have injuries or health concerns.
- Avoid loading areas affected by acute injuries (e.g., fractures, tendon ruptures).
- Stop exercising if you feel pain, discomfort, dizziness, or shortness of breath.

Precautions

- Patients and 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 that predispose them to potential risks during physical exertion should only engage with the device after consulting with their treating physician or a qualified healthcare practitioner.

Safety information:

- Before first and each use: visual check of cushion/valve for cracks, leaks, deformation. Make sure that the material has no defects.
- Keep away from **sharp/pointed objects** and avoid concentrated point loads.
- Ensure that the equipment does not slide on the floor. A non-slip mat can be used if applicable
- Be aware that your sweat increases the chance of slippery equipment and floor.
- Respect the maximum user weight: **150 kg**.
- Never let children play with or use the Redcord products unsupervised.
- Remove from service if any damage is observed.

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.

4. Storage

- Store the Redcord Balance flat at a dry, cool place with good air circulation.
- Avoid direct sunlight, extreme temperatures, humidity, and chemical exposure.
- Prolonged exposure to harsh conditions may reduce product durability and lifespan.
- **Disposal:** The device does not contain hazardous substances. Dispose of the product, packaging, and any associated materials in accordance with local regulations.

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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.

5. Cleaning and disinfection – Reprocessing information

Not intended to be sterilized.
Before cleaning: inspect the external surfaces for damage or wear
Between uses: clean the surface of the cushion. If required by local hygiene procedures, disinfect them with a non-corrosive, hospital-grade disinfectant compatible with medical plastics.
Hand washing: Redcord Balance can be hand-washed or with a soft brush with lukewarm soapy water.
Drying: air-dry only: wipe off residues and let the product dry completely. Avoid direct sunlight, drying cabinets, or heat sources (e.g., radiators).

6. Warranty information

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 the product shows material or manufacturing defects, and only if used in accordance with its intended purpose and technical specifications. Incorrect use and normal wear and tear are not eligible for claim. Redcord‘s obligations pursuant to this warranty are limited to repair or replacement

7. 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
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