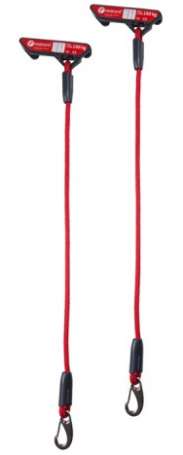
Redcord Ropes 30/60cm

Instructions for use / EN



Redcord Rope 30 cm, one pair
REF 112001



Redcord Rope 60 cm, one pair
REF 112020

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CE

1. Intended Purpose

The **Redcord Ropes, 30cm / 60cm, one pair,** are accessories to the Redcord Workstation and Redcord Trainer. They are used as an extra suspension point for the strap, PowerGrip, or sling accessories for the limb or trunk for:

- Performing body-weight-bearing exercises (closed kinetic chain) for the limbs or trunk.
- Performing open kinetic chain exercises for the limbs, reaching from pendular movements with little or no resistance to movements resisted by elastic cords, providing different levels of resistance.
- Providing a helping hand offloading the health care professional while performing passive or active assisted movements and techniques or enabling pain-free positioning of the limbs.

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 preventive purposes. This accessory is intended for multiple-patient, multiple-use. Follow the cleaning and reprocessing information.

⚠ **CAUTION:** Rope 30/60 cm **cannot** be used together with **Redcord Mini** and **Redcord AXIS.**



2. Proper Use

- Ensure the ropes are securely fixed before loading the accessories (slings/strap).
- Maintain proper friction between the ground and grounded body parts to prevent slipping and injury.
- Lock the 30/60 cm ropes to the main ropes using the cleat (rope lock).
- Perform regular safety tests of the ropes (see safety information) as part of routine inspection.

How to use the Redcord Rope Lock (i.e., cleat)

1. Place the rope inside the lower part of the cleat.



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



3. Attach the carabiner to the cleat.



4. Then attach the sling/strap to the carabiner.



3. Safety information

Contraindications to use

- Use in case of 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 physician before you start the training/therapy.
- Stop exercising if you feel pain or discomfort and consult a doctor or physiotherapist.

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

- Ensure that the ropes are properly attached with carabiners before loading the slings or straps.
- Make sure there is sufficient friction between the ground and the body to avoid slipping or injury during use.
- Do not modify or tamper with any Redcord components or accessories.
- Never use ropes with any visible damage (see below).
- Never let children play with or use the Redcord products unsupervised.
- Never place the ropes around your neck, since this may cause strangulation, injury, or harm.
- Redcord Rope 30cm/60cm must be inspected regularly.
- Respect the maximum load – **150 kg / rope**
- Possible reactions: The materials used for the ropes are generally considered safe and non-toxic compared to other plastics, but in rare cases, skin contact may cause allergic reactions.
- The ropes always:
  - shall have a uniform thickness all over.
  - shall be smooth, clean, and not frayed.
  - the carabiner shall lock properly, with no gap**.**

⚠ **CAUTION: When should you replace the rope?**

We recommend replacing the ropes every 4 years for safety reasons or if shows any signs of wear or damage (see below). Sunlight/UV, humidity, heating, and sweat reduce rope durability and shorten its lifetime. Stop using and replace immediately if any signs of wear or damage are present:

- If inspection reveals or even indicates 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.



Broken carabiner



White core



Loose thread

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.

Maintenance of carabiners: If the carabiner cannot close completely or returns slowly back, some grease/oil can be used to lubricate the hook.

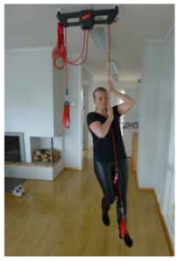


Safety Test – Testing of rope 30/60cm

- Attach the cleat for 30/60cm rope to the 5 m rope.
- Attach the strap to the carabiner of the 30/60 cm rope.
- Lower the rope so the strap is approx. 15 cm above the floor.
- Put one foot in the strap and bounce carefully up and down using your full body weight.

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.





4. Storage

- Store in a dry, cool place away from potential sources of contamination, mechanical impacts, and strong temperature variations.
- Avoid exposure to UV radiation and direct sunlight.
- Keep ropes away from chemical agents, especially acids, which can cause invisible fiber degradation.
- **Disposal:** The device does not contain hazardous substances. Components made of plastic, metal, and textile can be disposed of or recycled in accordance with 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.

5. Cleaning and disinfection - Reprocessing information

Not intended to be sterilized.
Before use: inspect the external surfaces for damage or wear.
Between uses: 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.
Hand washing: use a soft brush and hand-hot soapy water or a mild household detergent.
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 are cuts, fraying, damage to the sheath/core, or other visible signs of wear (see safety information).

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.

6. 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 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	Accessories for medical devices comply with the general safety and performance requirements of Regulation (EU) 2017/745 for medical devices.
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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