Redcord Rope 5m

REF 112100

Instructions for use / EN



Redcord AS
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CE

1. Intended Purpose

The **Redcord Rope 5m,** is an accessory for Redcord Trainer (REF 110010) and Redcord Axis (REF 110050-1), and the rope functions as a link to the suspension point for the strap, PowerGrip, or sling accessories for the limb or trunk.
Intended patient population: Redcord Rope 5 m, does not have an independent patient population. The intended patient population is determined by the compatible Redcord systems and includes 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 maintenance instructions.

⚠ CAUTION: This rope is not compatible with Redcord Mini.



2. Proper Use

- Ensure that the ropes in the Redcord Trainer/Axis are securely fixed before loading them.
- Adjust the rope height by pulling the ropes down before angling and releasing them from the locking mechanism. This prevents wear from the rope locks.
- Attach accessories (e.g., straps) to the carabiner on the ropes.

3. Instruction on changing rope in Redcord Trainer

Rope replacement can be performed by the user following the instructions provided below.





To exchange the ropes, you will need:
1. Redcord Pull Cord
2. Redcord Rope Release
3. Redcord Rope 5m, 2 pcs

Note: 1 and 2 are **not included** with Redcord Rope 5m(REF 112100). They are included in Redcord Rope Set (REF 140001)





Step 1 – Insert the Redcord rope release into the Redcord Trainer.





Step 2 – Remove the warning triangle at the end of the rope by turning it counterclockwise while holding the rope.



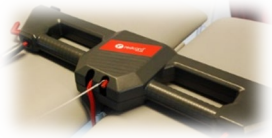
Step 3 – Pull the rope out of the Redcord Trainer.





Step 4 – Insert the plastic end (without hook) of the Redcord pull cord into the outer openings in the Redcord Trainer. Slide the pull cord through the apparatus until the cord appears in the center part of the Trainer.





Step 5 – Attach the metal hook at the end of the pull cord to the end of the new rope. Pull the cord to lead the new rope through the Redcord Trainer.



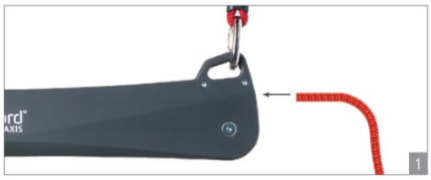
Step 6 – Remove the pull cord from the rope and attach the warning triangle by turning it clockwise onto the rope.
Step 7 – Repeat these instructions with the second Redcord Rope 5m.

⚠ **CAUTION**: Each time the rope is replaced, the safety test must be performed (see safety information).

4. Instruction on changing rope in Redcord Axis

Rope replacement can be performed by the user following the instructions provided below.

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 of Redcord Axis.**

5. Safety information

Contraindications to use

- Injuries and diseases where loading are 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, dizziness, shortness of breath or discomfort, and consult a doctor or physiotherapist.

Precautions

- 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 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 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 5m must be inspected regularly.

- Respect the maximum load:
  The Redcord Rope 5m has a max load of 150 kg. But when it is used with Redcord Trainer and Redcord Axis, you should respect the max load of Redcord Trainer and Redcord Axis as stated below:
  Redcord Trainer: 100 kg / rope
  Redcord Axis: 100 kg / rope
- Never use ropes with any visible damage (see below).
- Possible reactions: The materials used for the ropes are generally considered safe and non-toxic, 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 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/carabiner 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 .



Broken carabiner



White core

Loose thread

Safety Test

- Attach the device to the suspension.
- Grab the suspension points and try to move them vertically and horizontally. The suspension should be stable in all directions. Tighten the screws if necessary.
- Lower the strap to about 15 cm above the floor.
- Place one foot in a strap and carefully bounce up and down using your 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.

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.



6. 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 product 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.

7. 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 fiber, metal and plastics.
Hand washing:	Use a soft brush and hand-hot soapy water or a mild household detergent.
Drying:	**Air-dry only**. Wipe off residues and let the product dry completely. Avoid direct sunlight, drying cabinets, or heat sources (e.g., radiators).
After cleaning:	Ensure the product is 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 or 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.

Maintenance of carabiners: If the carabiner does not close completely or returns slowly, a small amount of grease or oil may be used to lubricate the carabiner. The oil and grease should only be applied to the carabiners and must not contaminate other parts of the rope.



8. Variants and replacement parts for Redcord Rope 5m

The rope is sold as a complete product or as part of package product.
If your rope shows visible signs of wear, you should replace it.

Product	REF
Redcord Rope 5 m	112100
Redcord Rope Set for upgrading	140001

9. Warranty

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 a claim. Redcord‘s obligations pursuant to this warranty are limited to repair or replacement

10. 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



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