Redcord PowerGrip

REF: 111450

Instructions for use/ EN



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1. Intended Purpose

The Redcord PowerGrip, one pair (REF 111450), is an accessory to the Redcord Workstation, Redcord Trainer, Redcord Axis, and Redcord Mini. It is used to grip with the hand of the upper limb for:

- Performing body-weight-bearing exercises (closed kinetic chain) for the upper limb and trunk. It is not used on the lower limb.

PowerGrip provides a solid grip through one rotating handle and features a comfortable and ergonomic design. The PowerGrip is particularly effective when focusing on the upper body during exercises such as push-ups, pull-ups, dips, and wrist exercises. It is perfect for strength training. The Redcord PowerGrip can be used as an option for the Redcord Strap (REF 111200).

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 maintenance instructions.

2. Proper Use



- Attach PowerGrip to your device: Redcord Trainer, Redcord AXIS, or Redcord Mini, using the carabiner at the end of the rope (see picture).
- Ensure that the ropes are securely fixed before loading the PowerGrip.
- Perform safety tests before first use and then regularly as part of routine (see safety information below).
- Maintain proper friction between the ground and body to avoid slipping or injury.

3. Safety Information

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.

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 starting the exercises, check the quality of the material. Make sure that the material has no defects.
- After attaching accessories to the device and before starting the exercise, perform a safety test.
- Use only Redcord components/accessories.
- Do not modify any component/accessories.
- Never let children play with or use the Redcord products unsupervised.
- Avoid heat, chemicals, and UV/sunlight during use and storage (they degrade materials).
- Respect the maximum load limit: **100kg per PowerGrip**.
- **Possible reactions:** The materials used for are generally considered safe and non-toxic compared to other plastics, but it may still cause allergic reactions in some people. In rare cases, skin contact may cause allergic reactions.
- Be aware that sweat increases the chance of slippery equipment and the floor.

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

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

- There are visible cracks or fractures in the plastic body.
- Worn or damaged rotating handgrip.
- Slippery or greasy surface that cannot be cleaned effectively.

Safety Test

After attaching the PowerGrip to your Redcord Trainer/Axis/Mini, you must test the installation and the load tolerance before using the product.

Testing of PowerGrip

1. Pull the PowerGrip to its highest position.
2. Place your hands in one PowerGrip and lift your body off the ground while keeping one foot on the floor.
3. Repeat the test with another PowerGrip.

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.



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 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 cleaning: visually inspect the PowerGrip for any cracks, damage, or signs of wear.

Between users: clean the contact surfaces. If required by local hygiene procedures, disinfect them. Use only a non-bleach, non-corrosive disinfectant compatible with textiles. Allow the product to dry completely before use.

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).

End of use (withdrawal): do not reuse if there is damage 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. Replacement parts

The PowerGrip is sold as a complete product. If your product shows visible signs of wear, you should replace it with a new product.

Product	REF:	Max Load
Redcord PowerGrip (one pair)	111450	100 kg / per PowerGrip
Redcord Strap (one pair)	111200	100 kg / strap

7. 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 tears are not eligible to claim. Redcord 's obligations pursuant to this warranty are limited to repair or replacement.

8. Explanation of symbols and abbreviations

	Symbol Glossary
CE	This accessory complies 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/LOT code
REF	Catalogue number (REF)
	Caution
	Keep dry
	Keep away from sunlight
	Consult Instructions for use

Contact and technical support
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