# Redcord Elastic Cords

## Instructions for use / EN



Elastic Cord 30cm, red,
high resistance
REF 113001



Elastic Cord 60cm, red,
high resistance
REF 113100



Elastic Cord 30cm,
black, low resistance
REF 113002



Elastic Cord 60cm, black
low resistance
REF 113101

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## 1. Intended purpose

The Redcord Elastic Cords are accessories intended to be used with Redcord Workstation Professional and Redcord Trainer, including compatible Redcord systems containing Redcord Trainer. They are used in combination with Redcord slings and other compatible Redcord accessories to support suspension, positioning and controlled movement of body parts during exercise, training and rehabilitation. The Redcord Elastic Cords are used to:

- **Offloading body weight** to adapt to the patient's load tolerance and capacity during body-weight-bearing exercises.
- **Providing resistance** during open kinetic chain exercises.

Redcord Elastic Cords are available in different lengths and resistance levels:

| REF | Product name | Color | Resistance | Max Load |
|---|---|---|---|---|
| 113001 | Elastic cords 30 cm | Red | High resistance | 20 kg |
| 113100 | Elastic cords 60 cm | Red | High resistance | 20 kg |
| 113002 | Elastic cords 30 cm | Black | Low resistance | 10 kg |
| 113101 | Elastic cords 60 cm | Black | Low resistance | 10 kg |

⚠ **CAUTION**: Elastic cords **cannot** be used with **Redcord Mini** and **Redcord Axis.**

**Intended medical indication:** Redcord Elastic Cords are accessories and do not have an independent medical purpose. In combination with compatible Redcord systems, they contribute to achieving the intended medical purpose of those systems: 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**: The Redcord Elastic cords, as an accessory to the Redcord systems, do not have an independent patient population. The intended patient population for the Redcord systems 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.
**Environment of use:** Redcord Elastic Cords should be used only in an indoor environment.

## 2. Proper Use

- Attach Redcord elastic cords to Redcord Trainer ropes via the Redcord Rope Lock.
- Attach slings to the Redcord elastic cords via the carabiners of the elastic cords.
- Tighten the elastics by pulling the ropes of the Redcord Trainer or by sliding the rope lock of the elastic cords upwards on the ropes of the Redcord Trainer.
- Release the tension of the Redcord elastic cords by gently releasing the ropes of the Redcord Trainer. Always ensure the ropes are securely locked when elastic cords are under tension.
- Never detach Redcord elastic cords from the Redcord Trainer ropes while the elastic cords are under tension, as this may cause them to snap/slip and hit the user/patient.
- Adjust one elastic at a time with caution to avoid the user rolling or the supporting sling slipping.

**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 the cleat is attached properly to the rope.



3. Attach the carabiner to the cleat.



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




## 3. 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 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.
- **Possible reactions**: The materials used for Redcord Elastic Cords are generally considered safe and non-toxic compared to other materials, but they may still cause allergic reactions in some people. In rare cases, direct skin contact with the elastics 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. Redcord Elastic Cords contain natural rubber latex, which may cause an allergic reaction in individuals sensitive to latex. LATEX

**Safety information**

- Avoid frequent stretching of the elastic cords to their maximum length, as this increases wear and tear.
- 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.
- Inspect the elastic cords regularly and carefully, at least once a month in frequent use.
- Respect the maximum load limits:
  - Redcord Elastic Cord 30/60 cm, black, low resistance (REF 113002, 113101): **10 kg**
  - Redcord Elastic Cord 30/60 cm, red, high resistance (REF 113001, 113100): **20 kg**
- The Redcord Elastic Cords:
  - should have a uniform thickness all over.
  - should be smooth, clean, and not frayed.
  - The carabiners of the elastic cords should lock properly, with no gap.
  - The metal end cap (the ferrule) is securely fastened and does not slide along the elastic cord.
  - The end of the elastic shall be 1cm visible outside the ferrule.
  - The rope lock (cleat) should not be worn out, damaged, or dusty in the groove.

⚠ **CAUTION: When should you replace the Redcord Elastic Cords?**

We recommend replacing Redcord Elastic Cords every 2 years for safety reasons, or if they show any signs of wear or damage (see below). Sunlight/UV, humidity, heating, sweat, and frequent stretching the elastic cord to its limit will reduce elastic 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 there is the slightest doubt about its security.
- If the maximum load limit is exceeded.
- If expanded to maximum length.
- If the carabiner is damaged.
- If the rope lock (cleat) is sliding on the elastic cord.
- If the rope lock (cleat) is damaged or worn out.



Damaged core



Damaged



Carabiner is not locked properly

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 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/latex degradation.
- **Disposal:** The device does not contain hazardous substances. Components made of plastic, metal, textile, and rubber 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 fiber, metal, plastics, and rubber(latex). |
| **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. |
| **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 elastic cords.



## 6. Replacement parts

The Redcord Elastic Cords are sold as complete products. If your product shows visible signs of wear, you should stop using it immediately and replace it.

| REF | Product name |
|---|---|
| 113001 | Redcord Elastic cord 30cm, red, high resistance |
| 113100 | Redcord Elastic cord 60cm, red, high resistance |
| 113002 | Redcord Elastic cord 30cm, black, low resistance |
| 113101 | Redcord Elastic cord 60cm, black, low resistance |

## 7. Warranty

| | |
|---|---|
| Warranty | 2 years.<br>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 warranty: 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. |

## 8. 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)<br>The product label includes a UDI for traceability. |
| | Manufacturer |
| LOT | Batch code |
| REF | Catalogue number (REF) |
| | Caution |
| | Keep dry |
| | Keep away from sunlight |
| LATEX | Contains natural rubber latex |
| | Consult Instructions for Use |

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