

Instruction For Use_Balance-Trainer





Instruction For Use S34_Balance-Trainer_EN

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Scope of delivery / Etendue de la livraison / Ambito di consegna



1. AIREX[®] Balance-Trainer
2. BeBalanced! Full body training program incl. LOT number
3. Retail packaging
4. Electronic instructions for use (eIFU) on request

General / Général / Generale

Congratulations on buying a high-quality AIREX[®] branded product! In order for you to be able to use the advantages of our AIREX[®] special foams produced under CE-compliant conditions for as long as possible, we ask you to observe these instructions for use.



This instruction manual is part of the purchased product. Among other things, it contains important information for intended use. In order to increase comprehensibility, all AIREX[®] balance trainers are hereinafter referred to as “Pad”.

Read the instructions for use, especially the safety instructions, carefully before inserting the “Pad”. Failure to follow these instructions may result in injury or damage to the “Pad”.

The instructions for use are based on the standards and rules in force in the European Union. Please also observe country-specific guidelines and laws abroad.

Keep the instruction manual for further use. If you pass on the “Pad” to third parties, be sure to provide this instruction manual.

 This manual can also be requested as a PDF file (eIFU) from our customer service or from your regional trading partner (info@my-airex.com). Please pay attention to the current status of your PDF viewing software, for example Adobe Acrobat Reader XI.

Scope of these instructions for use / Champ d'application de ce manuel

These instructions for use apply to the following AIREX[®] Balance-Trainers:

Handelsname:	Variationen:	Handelsname:	Variationen:
Balance-pad ca. 400 x 480 x 60 mm	Blue	Balance-pad Mini ca. 410 x 250 x 60 mm	Lava
Balance-pad Solid ca. 410 x 460 x 50 mm	Royal Blue	Balance-beam ca. 240 x 1600 x 60 mm	Blue
Balance-pad Elite ca. 400 x 480 x 60 mm	Lava / Kiwi / Pink / Blue	Balance-beam Mini ca. 240 x 410 x 60 mm	Blue
Balance-pad Cloud ca. 400 x 480 x 60 mm	Red	Balance-pad Xlarge ca. 410 x 980 x 60 mm	Lava / Blue

Character explanation / Explication des symboles / Spiegazione dei simboli

The following symbols and signal words are used in this manual, possibly on the “Pad” or on the packaging.

Les symboles suivants sont utilisés sur les étiquettes, les emballages ou les instructions d'utilisation des produits AIREX® // I seguenti simboli sono utilizzati su etichette, imballaggi o istruzioni per l'uso dei prodotti AIREX®

	Manufacturer / Hersteller Indicates the medical device manufacturer		Temperature limit / Temperaturbeschränkungen Indicates the temperature limits to which the medical device can be safely exposed
	Authorized Representative in the EC / Bevollmächtigte Person Indicates the authorized representative in the European Community / European Union		Do not use if package is damaged / Nicht verwenden, wenn das Paket beschädigt ist Indicates a medical device that shouldn't be used if the package has been damaged
	Date of manufacture / Herstellungsdatum Indicates the date when the medical device was manufactured		Consult instructions for use / Gebrauchsanweisung beachten Indicates the need for the user to consult the instructions for use
	Batch code / Batch-Code Indicates the manufacturer's batch code so that the batch or lot can be identified		Caution / Warnung To indicate that caution is necessary when operating the device or control close to where the symbol is placed
	Catalog number / Artikelnummer Indicates the manufacturer's catalog number so that the medical device can be identified		Medical device / Medizinprodukt Indicates the item is a medical device
	Serial number / Seriennummer Indicates the manufacturer's serial number so that a specific medical device can be identified		Translation / Übersetzung To identify that the original medical device information has undergone a translation
	Keep away from sunlight / Von Sonnenlicht fernhalten Indicates a medical device that needs protection from light sources		This way up / In dieser Richtung nach oben
	Keep dry / Trockenhalten Indicates a medical device that needs protection from moisture		CE marking / CE Markierung 'CE marking of conformity' or 'CE marking' means a marking by which a manufacturer indicates that a device is in conformity with the applicable requirements
	Unique device identifier / Eindeutige Produktkennung Indicates a carrier that contains unique device identifier information		Importer / Importer To indicate the entity importing the medical device into the locale
			Distributor / Vertreter To indicate the entity distributing the medical device into the locale

Security / Sécurité / Sicurezza



Intended purpose / Utilisation prévue / Uso previsto

The AIREX[®] “Pad” is designed as a movement therapy aid for both institutional and home use. A product lying on the floor serves as a base for a person during medically indicated and prescribed exercises to improve motor skills and balance or postural control and / or for the therapeutic movement treatment of muscle weakness in the limbs and trunk as a result of a neurological or orthopedic disease.

Consists of a closed-cell foam with a soft contact surface, which is usually rectangular or elongated and on which you can perform movements without injury both standing and during gymnastic exercises close to the ground.

NOTE!



The “Pad” may only be used for the intended purpose. Any other use is considered improper and may result in property damage or even personal injury. The AIREX[®] “Pad” is **not a toy for children**. Suitable for indoor and outdoor applications.

The “Pad” must not be exposed to extreme temperature fluctuations, high humidity and direct sunlight during storage. The optimal damping property is at room temperature. At lower temperatures, the damping property is reduced accordingly. The manufacturer or distributor assumes no liability for damage caused by improper or improper use.

Indications / Les indications / Indicazioni

Degenerative and chronic spinal diseases, stimulation of general connective tissue structures, neurological diseases, diseases of the cardiovascular system.

Contraindications / Contre-indications / Controindicazioni

This includes all known contraindications, which apply to physiotherapy exercises in general or must always be clarified in advance with the treated doctor:

- Extreme hypertension (from Grade 3)
- Acute inflammation in the regions to be practiced
- First 1-2 weeks after intervertebral disc surgery
- Massive disc problems with neurological symptoms
- Heart failure (NYHA III/IV) and inflammatory heart disease
- Arteriosclerosis (peripheral arterial occlusive diseases stage (III-IV))

Safety instructions / Consignes de sécurité / Istruzioni di sicurezza



Possible dangers for children and persons with reduced physical, sensory or mental abilities (e.g. persons with disabilities, elderly persons with limitations of their physical and mental abilities or lack of experience and knowledge.

- The "Pad" can be used by children 7 years of age and older, as well as by persons with reduced physical, sensory or mental abilities or lack of experience and knowledge about the product (laymen) if they have been supervised by healthcare professionals or instructed on the safe use of the "Pad" and understand the resulting dangers.
- Children are not allowed to play with the "Pad" without supervision. Cleaning and care must not be carried out by children without supervision.
- **Do not use as a swimming or rescue aid!** Use only under supervision in the water!
- Keep children younger than 3 years away from the "Pad".
- Make sure that children do not swallow small parts.
- Do not let children play with the packaging. Children can get caught in it, injure and suffocate while playing.



Risk of injury!

Improper use of the "Pad" can lead to injuries.

- Before each use, make sure that the "Pad" is in perfect condition.
- The user's body weight must not exceed 150 kg.
- Do not use the "Pad" if it has surface/structure injuries.
- Beforehand, remove any items under the "Pad" that may injure or damage it.
- Make sure that the floor or seat under the "Pad" is flat and non-slip. If necessary, place an AIREX® gymnastics mat under the "Pad" so that it does not slip away sideways.
- When carrying out exercises, make sure that there is enough space for objects and other people and that no one can be injured.
- Do not perform exercises near stairs or heels.
- Don't overestimate yourself while doing exercises.
- If you have any pre-existing conditions, first seek the advice of your doctor.
- If you experience pain or discomfort during exercise, stop using it immediately and consult a doctor.
- Make sure that all people who train with the "Pad" have read these safety instructions. This is especially true for people with already existing balance disorders.
- Do not use the "Pad" if you are under a drug or alcoholic influence that negatively affects your ability to balance.

Before first use / Avant la première utilisation / Prima del primo utilizzo



NOTE!

Risk of damage!

If you carelessly open the packaging with a sharp knife or other pointed objects, the “Pad” may be damaged.

Be careful when opening the package:

1. Remove the “Pad” from the package;
2. Check the completeness of the delivery;
3. Check if the “Pad” is damaged. If this is the case, do not use the “Pad” and report the damage to your seller.

Use the “Pad” only for practicing, never as a base for fitness equipment and machines, because the special cushioning properties of the “Pad” do not allow a stable installation of heavy equipment. If possible, train barefoot so that the surface of the “Pad” is not damaged.

BeBalanced! Exercices / Des exercices / Esercizi



Risk of injury!

Incorrect training can harm your health. If you have any pre-existing conditions, first seek the advice of your doctor or therapist.

- Warm up slightly before exercising.
- Use the “Pad” in closed rooms at comfortable room temperature.
- Wear comfortable sportswear and only indoor shoes or even stay barefoot for better proprioceptive control.
- The total duration of a single training session should not exceed 60 minutes.
- Make sure you have adequate hydration during exercise.
- Do not exceed your limits when exercising.
- Breathe calmly during exercise.
- Avoid fast and violent movements during exercise. Focus on your balance.
- If you experience pain or discomfort during exercise, stop using it immediately and consult a doctor. The exercises with the “Pad” are by no means intended as a substitute for medical or therapeutic advice.
- Further exercise recommendations can be found in the enclosed BeBalanced! Full body workout program.

NOTE!

Serious incidents!

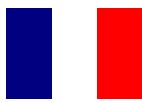
Any serious incidents involving the purchased product shall be reported without delay to the manufacturer (info@my-airex.com) or his 'authorized person' and to the competent authority of the Member State. Notifications pursuant to Art. 80 para. 2, 3 and 6 of Regulation (EU) 2017/745 must be transmitted to the competent federal authority via the electronic platform ([Report incident](#)).



Optics / Optique / Aspetto esteriore



With the super soft products, great importance is attached to functionality. In order to achieve the softness a special manufacturing process is necessary. Certain deviations from perfection may occur with these products, such as occasionally small surface bubbles, small deviations in dimensional tolerance or slight discoloration. However, this does not affect the function in any way.



L'aspect fonctionnel est l'un des critères principaux des produits super souples. Le confort, la souplesse et l'effet modelable requièrent un mode de fabrication spécial. Il peut donc se produire des écarts mineurs de perfection tels que, parfois, de petites bulles en surface, des différences minimales dans les dimensions et de légères décolorations. Ces petits défauts n'ont aucune influence sur leur fonction.



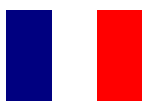
Per quanto riguarda i prodotti super-morbidi, si mira innanzi tutto a garantire la funzionalità. Per ottenere un piacevole comfort, la morbidezza e l'effetto "molleggiato", è stato necessario adottare uno speciale processo di produzione. Talvolta questi prodotti presentano leggere imperfezioni, come piccole bolle superficiali, leggeri scostamenti nelle tolleranze dimensionali e lievi differenze nelle tonalità cromatiche. Tuttavia, tali imperfezioni occasionali non compromettono in alcun modo la funzionalità.

Cleaning / Nettoyage / Pulizia



Dirt of all kinds is preferably cleaned with a soft brush and hand-warm soapy water. Stains and similar impurities must not be treated with petrol or stain remover.

If disinfection is necessary, it can be carried out with commercially available disinfectants such as Merfen, Descogen or Chromium. Sterilization with superheated steam (autoclave sterilization) or hot water is not permitted.



On nettoiera les salissures de toute sorte avec une brosse tendre et de l'eau savonneuse tiède. Les taches et autres salissures semblables ne doivent pas être traitées à l'essence ou au détachant.

Si une désinfection s'avère nécessaire, utiliser un désinfectant habituel comme le Merfen, le Descogen ou le Chromium. Ne pas stériliser à la vapeur (autoclave) ou à l'eau chaude.



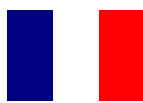
Qualsiasi tipo di sporco può essere rimosso preferibilmente con una spazzola morbida ed acqua tiepida con sapone. Le macchie ed altri segni non devono essere trattati con benzina o smacchiatori.

Se fosse necessaria la disinfezione, è consentito l'impiego di disinfettanti disponibili in commercio, come Merfen, Descogen o Chromium. Non è ammessa la sterilizzazione con vapore ad alta temperatura (in autoclave) o con acqua bollente.

Characteristics / Caractéristiques / Caratteristiche



The closed-cell AIREX[®] flexible foams do not absorb water and have a permanent load capacity in the water. **Attention:** Do not use as a swimming or rescue aid!



Les matériaux alvéolaires souples AIREX[®] n'absorbent pas l'eau et ont donc une portance constante qui ne s'altère pas. Une pression de longue durée peut toutefois



I prodotti in morbido espanso AIREX[®] a cellule chiuse non assorbono acqua e sono quindi caratterizzati da una portanza costante in acqua. Questi materiali estrema-

With these extremely robust and durable materials, however, a pressure loss occurs in the individual cells during long-lasting pressure loads (similar to balloons). This creates pressure points, which, however, generally slowly regress.

AIREX® soft foams are equipped with an antibacterial active ingredient and therefore offer permanently effective protection against bacterial and fungal infestation.*

provoquer dans les cellules de ces matériaux extrêmement résistants une perte de pression (comme pour les ballons). Il se produit alors une zone de pression qui s'efface cependant lentement en général.

Les matériaux alvéolaires souples AIREX® sont traités avec un agent antibactérien et offrent donc une protection efficace et durable contre les bactéries et les champignons.*

mente robusti e resistenti perdono pressione (come i palloni) quando i corpi cellulari sono sottoposti a pressione per tempi prolungati. Per questo motivo si vengono a creare dei punti compressi che, in genere, riprendono lentamente il loro aspetto originale.

I prodotti in morbido espanso AIREX® sono forniti con un agente antibatterico, al fine di garantire una costante ed efficace protezione da batteri e funghi.*

NOTE!

* The antimicrobial sanitized® hygiene function integrated into our balance trainer protects the material from odors, bacteria and mold. Contains a biocide product with the active substance folpet. Concentration: 0.1 – 0.2 %.

* La fonction d'hygiène antimicrobienne Sanitized® intégrée dans notre entraîneur d'équilibre protège le matériau des odeurs, des bactéries et des moisissures. Contient un biocide avec le principe actif folpet. Concentration: 0,1 - 0,2%.

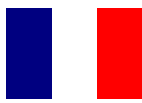
* La funzione igienica antimicrobica Sanitized® integrata nel nostro trainer per l'equilibrio protegge il materiale da odori, batteri e muffe. Contiene un biocida con il principio attivo Folpet. Concentrazione: 0,1 - 0,2%.

Storage / Rangement / Stoccaggio



AIREX® Balance products are best stored lying flat. To avoid pressure points, objects should not be left lying on the material for a long time. Continuous pressure load for more than approx. 12 hours should be avoided. Kinked storage (e.g. over a clothesline) leaves visible pressure marks which do not disappear completely. Prolonged water storage and long periods of direct sunlight shorten the service life of the products, as surface embrittlement and stiffening may occur over time.

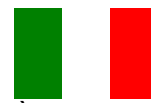
To prolong the service life, we recommend rinsing the products with clean water after use, shaking off the water and letting them dry in the air (not over radiators, etc., because of pressure marks).



L'idéal consiste à entreposer à plat les produits Balance AIREX®. Ne pas poser trop longtemps des objets dessus afin d'éviter les marques.

Eviter une pression continue supérieure à 12 heures. Un rangement plié (sur des cordes à linge par exemple) laisse des traces de pression qui ne se résorberont pas complètement. Un séjour constant dans l'eau, une longue exposition directe au soleil réduit d'autant la durée de vie du matériau. Des fissures pourront en effet apparaître dans la surface ainsi qu'une perte de souplesse.

Pour prolonger la durée de vie, nous vous recommandons de rincer les produits à l'eau claire après utilisation, en secouant l'eau et en les laissant sécher à l'air (en raison des points de pression pas sur les radiateurs, etc.).



È preferibile conservare i prodotti AIREX® Balance in posizione orizzontale. Per evitare punti di pressione, non lasciare a lungo alcun oggetto sopra il materiale.

È necessario evitare un carico di pressione continuo superiore a circa 12 ore. Uno stoccaggio in posizione ripiegata (ad es. sopra una corda per il bucato) lascia segni di pressione visibili, che non scompaiono più completamente. Un immagazzinamento vicino all'acqua e l'esposizione prolungata alla luce solare diretta riducono la durata dei prodotti, poiché nel tempo la superficie può irrigidirsi e presentare crepe.

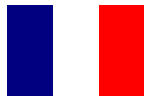
Per prolungare la durata, si consiglia di sciacquare i prodotti con acqua pulita dopo l'uso, scuotere l'acqua e lasciarli asciugare all'aria (a causa di punti di pressione, non sopra i radiatori, etc.).

Disposal / Recyclage / Smaltimento



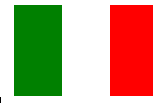
When disposing of packaging material and product, think about the environment and please inquire with your local administration about the possibilities of environmentally friendly disposal via appropriate collection points.

AIREX[®] balance trainers are made of flexible foam based on polyvinyl chloride cell materials (PVC) and are expanded with a chemical blowing agent that splits off nitrogen. The material does not contain phthalates



Veillez-vous conformer aux directives concernant la protection de notre environnement lors de l'élimination du matériel d'emballage et informez-vous des possibilités d'élimination dans des centres de recyclage auprès de votre administration locale.

Les AIREX[®] Balance-Trainer sont constitués d'une mousse flexible à base de matériaux cellulaires en polychlorure de vinyle (PVC) et sont expansés avec un agent gonflant chimique qui libère de l'azote. Le matériau ne contient pas de phtalates.



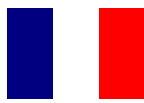
Smaltire l'imballaggio e il prodotto nel rispetto dell'ambiente. Informatevi presso le autorità locali sugli appositi centri di raccolta al fine di smaltire ecologicamente il prodotto.

Gli AIREX[®] Balance-Trainer sono costituiti da schiuma flessibile a base di materiali cellulari in cloruro di polivinile (PVC) e sono espansi con un agente schiumogeno chimico che rilascia azoto. Il materiale non contiene ftalati.

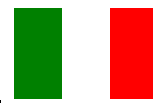
Warranty / Garantie / Garanzia



We provide the prescribed statutory warranty for the AIREX[®] Balance Trainer, unless otherwise specified below.



Les AIREX[®] Balance-Trainers sont garantis dans le cadre des dispositions légales, à condition qu'aucune réglementation divergente ne soit prise.



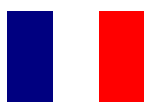
Gli AIREX[®] Balance-Trainer sono garantiti nell'ambito delle disposizioni di legge, a condizione che non vengano stabilite disposizioni divergenti.

Liability Committee / Limitation de responsabilité / Esclusione di responsabilità



Claims due to damage to the AIREX[®] Balance Trainer based on improper use are excluded. Claims for damages are excluded – regardless of the legal grounds, in particular due to breach of obligations arising from the contractual relationship and from torts. This does not apply if liability is provided for by law, in particular:

- in cases of intent or gross negligence;
- in case of injury to life, body or health
- according to the Product Liability



Les réclamations concernant les dommages causés au AIREX[®] Balance-Trainer en raison d'une mauvaise utilisation sont exclues. Les demandes de dommages et intérêts – quel que soit leur motif juridique, notamment celles pour violation des obligations issues du lien de droit unissant le créancier au débiteur et d'un acte illicite – sont exclues. Cette disposition ne s'applique pas aux cas imposant la responsabilité, tout particulièrement:



Sono esclusi i reclami relativi a danni al AIREX[®] Balance-Trainer da uso improprio. Sono esclusi i diritti di risarcimento danni – indipendentemente dal motivo giuridico, in particolare in caso di violazione di doveri derivati dal rapporto creditizio e da atti illeciti. Ciò non vale purché sussista una responsabilità legale obbligatoria, in particolare:

- in caso di premeditazione o grave incuria
- in caso di lesioni, pericolo per la

Act or

• in the event of any other breach of essential contractual obligations; in this case, the claim for compensation for the damage is limited to the typically occurring damage

• dans les cas de préméditations ou négligences grossières;
• en cas de blessures corporelles ou de risques pour l'assante;
• selon la loi sur la responsabilité produit ou;
• en cas d'autres violations d'obligations contractuelles; dans ce cas, les prétentions sont limitées au dommage contractuel typique et prévisible.

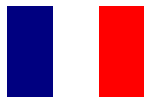
vita o la salute

• secondo quanto stabilito dalla legge sulla responsabilità del prodotto oppure
• in caso di ulteriore violazione dei doveri contrattuali essenziali; in questo caso il diritto al risarcimento è limitato al danno che si riscontra tipicamente.

Contact / Contact / Contatto



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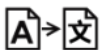
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NOTE!

The operating instructions are currently available in four languages: German, English, French and Italian.



Airex AG
CH-5643 Sins

AIREX®



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CH-5643 Sins / Schweiz



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