

ICAROS

HEALTH



About ICAROS Health

ICAROS Health systems are designed for use in rehabilitation and therapy. The ICAROS exercise combines dynamic planking variations with visual biofeedback to improve core stability, functionality and reactivity.

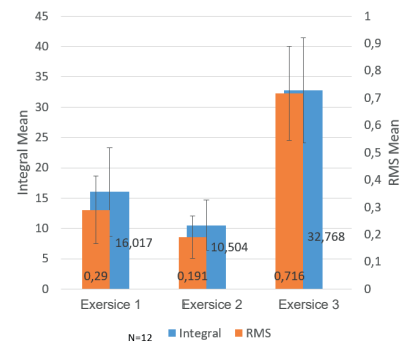
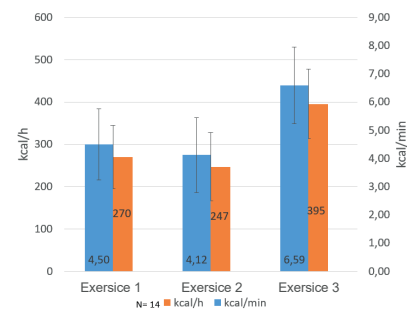
The ICAROS Health device supports an assisted, global core training, that offers a wide range of training modes whilst assuring safety and effectiveness. Short and long leverage plank, side plank, and other classical core exercises, like the „bird-dog“, can be performed on ICAROS with several variation possibilities – repeatable, precise, effective.



The adjustable structure enables the therapist or the trainer to find the optimal set up for every user and allows precise and measurable repeatability of the exercise. The devices are highly adjustable, easy to use and can be customized to patient's needs. 100% made in Germany.

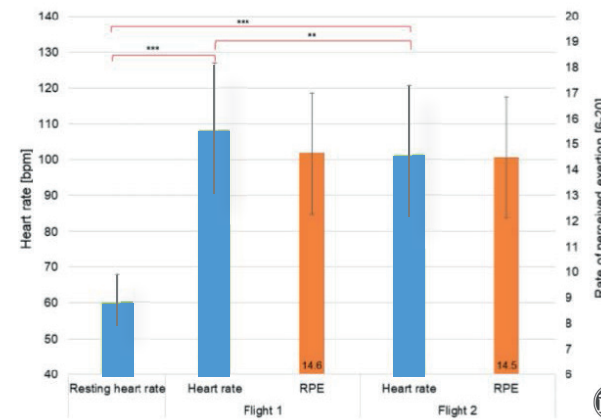


- Optimized for use in therapy and rehabilitation
- Medical product class 1 (CE)
- Effective core training improving balance and coordination
- Small footprint, low maintenance
- Various extra features for patients with physical disabilities



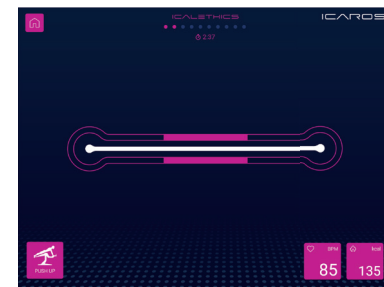
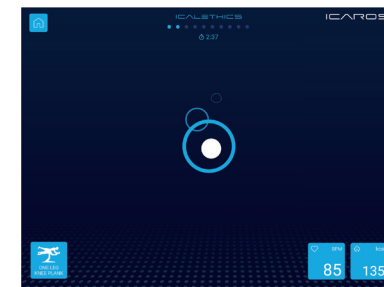
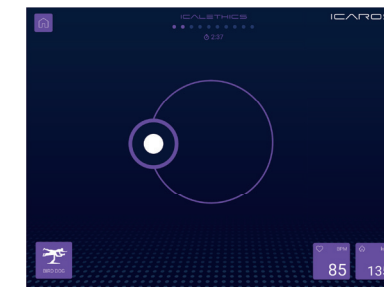
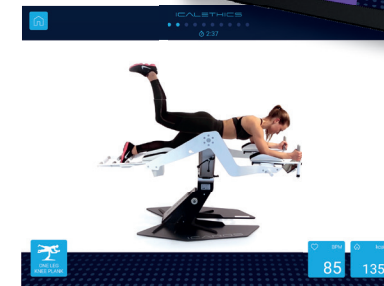
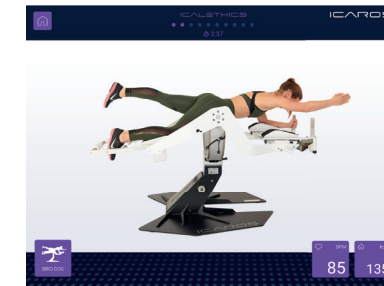
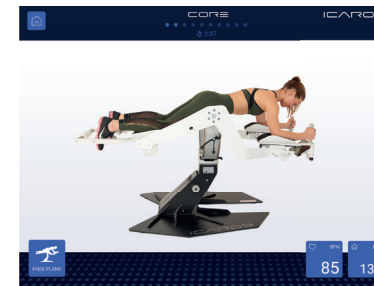
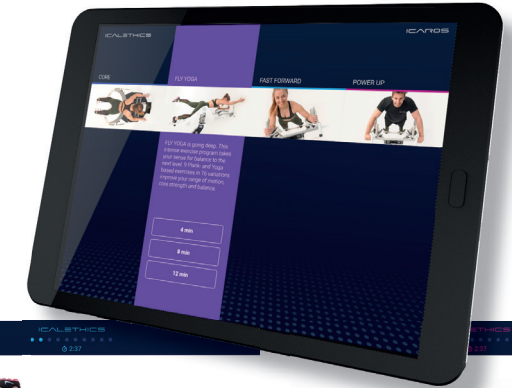
Dynamic Plank

- Calorie consumption increased by **30%** compared to kneeling plank.
- Muscle activation increased by **100%** compared to kneeling plank.
- Moderate cardiovascular activity **108 bpm \pm 18.69**
- Moderate to vigorous activity **RPE 14.6**
- Enjoyable experience **PACES 3.74**



ICALETHICS

The exercise software offers an effective combination of workouts, developed by sports scientists. Exercising with ICALETHICS improves strength, coordination and balance. Functional muscle groups react fast and continuously to stabilize the body on the ICAROS Health. Especially the dorsal muscle chain shows high levels of activation during ICAROS training. The workout duration can be set for four, eight or twelve minutes and the programs offer three different intensity levels.

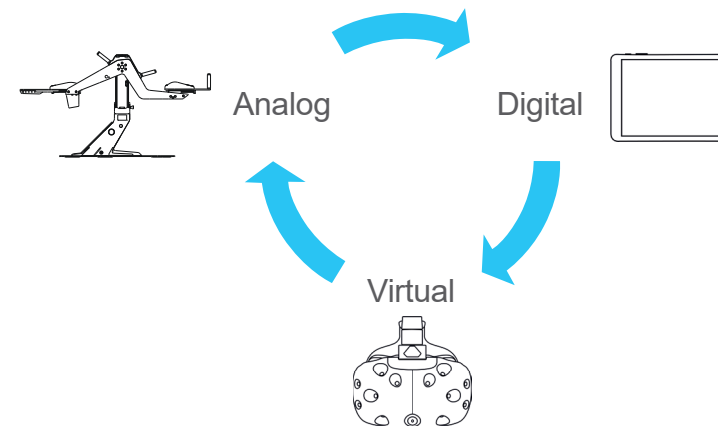


Usage In Therapy

All exercises can be done completely analog on the ICAROS HEALTH and it is recommended to practice analog in the first session, in order to focus on the correct positioning on the ICAROS Health.

Training sessions can be digitally supported with a tablet mounted on the ICAROS Health. The ICALETHICS software runs on a tablet and offers a wide range of workouts from moderate to demanding difficulty levels.

The workouts can be highly immersive and entertaining in combination with virtual reality and an ICAROS experience app. It is playful and makes the training enjoyable and exciting. (PACES 3.74)



Science Board

We are proud to present the international leading medical scientists, researchers and health professionals who are supporting ICAROS to maximize the positive physiological effects of ICAROS training.



Phil Heaton, Ph.D.
Consultant Orthopaedic
Surgeon



Dr. Sebastian Edtinger
Physical Medicine &
Rehabilitation



Mag. Simone Girardi
Sports Scientist



Prof. Dr. Bernd Minnich
Head of Vascular & Exercise
Biology Unit at
Universität Salzburg

Scientific Research

„The influence of extra ICAROS training in rehabilitation aftercare
on the daily limitations and trunk muscles strength in patients with
lumbar spinal problems “

2018, Tobias Kuchenbaur



„Energy consumption and muscle activity exercising with innovative
fitness equipment ICAROS“

2017, Sandra Rieder



„Effects of Full Body Exergaming in Virtual Reality on
Cardiovascular and Muscular Parameters: Cross-Sectional
Experiment“

2016 - 2018, Dr. Boris Feodoroff

