

Cardon Standard Pulley



Features

The Cardon Standard Pulley, with its accessories, is considered one of the most versatile pieces of rehab equipment to improve tissue tolerance to physical load.

Applications

- ✓ Early spine and extremity rehab with respect to flexibility, coordination, endurance and strength.
- ✓ Assistive closed-chain training of the lower extremities.
- ✓ Up-lift and seated row function off the lower accessory wheel.
- ✓ Allows for both assistive and resistive rehab.
- ✓ Rope adjustability allows for rehab of muscle groups through their entire range of motion.



Cardon Standard Pulley

Standard Model:

1:1 weight to resistance ratio

Weight Stack Options

Single Pulleys:

24 lbs. (S24P)

30 lbs. (S30P)

50 lbs. (S50P)

65 lbs. (S65P)

Bilateral Pulleys (2):

24 lbs. (B24P)

30 lbs. (B30P)

50 lbs. (B50P)

65 lbs. (B65P)

Minimum Resistance

1.0 lbs.

Resistance Interval Adjustment

2"

Accessory Weights

3 x 0.5 lbs.

Mounting Options

Cardon Training Stand
Cardon Corner Training Stand
Wall Mounted

Powder coated weight stack with pin to select desired weight

✓

Standard Accessory

Webbed Nylon Handle

Specifications:

Dimensions

Height: 85"

Width: 15"

Depth: 7"

Shipping Weight

95 - 150 lbs. (depending on weight stack)

Shipping Dimensions

90" x 15" x 15" (per pulley)

Pulley Accessories:

R16202 – Rowing Handgrip

R16821 – Banana Strap

R16203 – Pro-Supination Handgrip

R16275 – Leather Wrist Strap

R16204 – 15" Curved Triceps Bar

R16276 – Leather Ankle Strap

R16831 – 14" Straight Triceps Bar

R16277 – Leather Thigh Strap

R16842 – 24" Straight Triceps Bar

R16826 – Webbed Nylon Pulley Handle

R16211 – Handgrip for Pulley (with pad)

R16827 – Webbed Nylon Wrist Strap

R16210 – Gantry with Cord & Pulley

R16828 – Webbed Nylon Ankle Strap

R16271 – Pulley Doubler

R16829 – Webbed Nylon Thigh Strap

R16819 – Resistive Weight Set

Cardon Standard Pulley

Cardon Speed Pulley

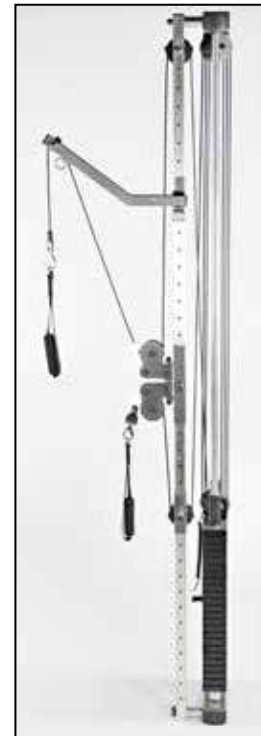


Features

The Cardon Speed Pulley allows for increased speed of movement overcoming inertia or recoil effect with the Standard Pulley. You can alter your treatment dosage without changing the number of weight plates.

Applications

- ✓ Early spine and extremity rehab with respect to flexibility, coordination, endurance and strength.
- ✓ Dynamic movement superimposed on a static hold position.
- ✓ Resistive gait.
- ✓ Balance training.
- ✓ Core stability training.



*Shown with Gantry
with Cord & Pulley*

Cardon Speed Pulley

Standard Model:

6:1 weight to resistance ratio

Weight Stack Options	132 lbs. (M60S) 220 lbs. (M100S)
Minimum Resistance	1.0 lbs. (M60S) 1.7 lbs. (M100S)
Resistance Interval Adjustment	2"
Rope Excursion	30 feet
Mounting Options	Cardon Training Stand Cardon Corner Training Stand Wall Mounted
Powder coated weight stack with pin to select desired weight	✓
Standard Accessory	(2) Webbed Nylon Handle

Specifications:

Dimensions	Height: 85" Width: 15" Depth: 7"
Shipping Weight	M60S: 195 lbs. M100S: 275 lbs.
Shipping Dimensions	90" x 15" x 15"

Pulley Accessories:

R16202 – Rowing Handgrip	R16821 – Banana Strap
R16203 – Pro-Supination Handgrip	R16275 – Leather Wrist Strap
R16204 – 15" Curved Triceps Bar	R16276 – Leather Ankle Strap
R16831 – 14" Straight Triceps Bar	R16277 – Leather Thigh Strap
R16842 – 24" Straight Triceps Bar	R16826 – Webbed Nylon Pulley Handle
R16211 – Handgrip for Pulley (with pad)	R16827 – Webbed Nylon Wrist Strap
R16210 – Gantry with Cord & Pulley	R16828 – Webbed Nylon Ankle Strap
R16819 – Resistive Weight Set	R16829 – Webbed Nylon Thigh Strap

Cardon Speed Pulley

Cardon Lateral Pulley



Features

The Cardon Lateral Pulley restores functional strength, endurance and coordination to the back and upper quarter. Together with the Negative Weight Bar, it is also used as a de-loader for early rehab of the lower quarter.

Applications

- ✓ Early spine and extremity rehab with respect to flexibility, coordination, endurance and strength.
- ✓ Assistive closed-chain training of the lower extremities.
- ✓ Up-lift and seated row function off the lower accessory wheel.



Height Adjustment



Shown with Pull-up Bar

Cardon Lateral Pulley

Standard Model:

1:1 weight to resistance ratio

Weight Stack Options	110 lbs. (L107P) 180 lbs. (L177P)
Minimum Resistance	5 lbs.
Height Adjustment	94" - 101" for taller patients
Mounting Options	Cardon Training Stand Wall Mounted
Powder coated weight stack with pin to select desired weight	✓
Standard Accessories	24" Straight Triceps Bar Handgrip Cord Adjuster

Specifications:

Dimensions	Height: 94" Width: 14" Depth: 26"
Shipping Weight	L107P: 195 lbs. L177P: 225 lbs.
Shipping Dimensions	90" x 15" x 15"

Pulley Accessories:

R16823 – Negative Weight Bar
R16825 – Pull-Up Bar with Cord Snap and Hook
R16202 – Rowing Handgrip
R16204 – 15" Curved Triceps Bar
R16831 – 14" Straight Triceps Bar
R16842 – 24" Straight Triceps Bar
R16840 – 40" Curved Handle

Cardon Lateral Pulley

Cardon Mobile Pulley

Features

The Cardon Mobile Pulley is ideal for the department or clinic where space is at a premium. Portability allows for exercise when patients are limited to recumbent positions.

Applications

- ✓ Early spine and extremity rehab with respect to flexibility, coordination, endurance and strength.
- ✓ Allows for both assistive and resistive rehab.
- ✓ Recumbent rehab in private rooms or gyms.



Shown with Gantry with Cord & Pulley

Cardon Mobile Pulley

Standard Model:

1:1 weight to resistance ratio

Weight Stack Options	24 lbs. (M24MP) & 30 lbs. (M30MP)
Minimum Resistance	1.0 lbs.
Resistance Interval Adjustment	2"
Powder coated weight stack with pin to select desired weight	✓
Standard Accessory	Webbed Nylon Handle
Tilt and Go Feature	✓

Standard Model:

6:1 weight to resistance ratio

Weight Stack Options	30 lbs. (M30SMP)
Minimum Resistance	0.75 lbs.
Resistance Interval Adjustment	2"
Powder coated weight stack with pin to select desired weight	✓
Standard Accessory	Webbed Nylon Handle
Tilt and Go Feature	✓

Specifications:

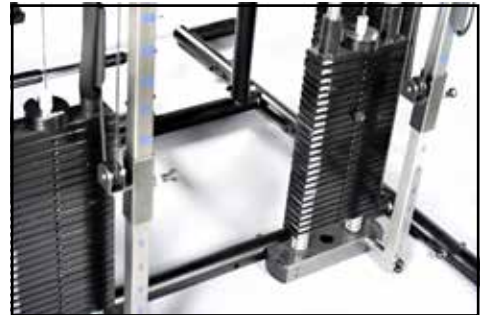
Dimensions	M24MP & M30MP: Height: 70" Width: 24" Depth: 29" M30SMP: Height: 76" Width: 24" Depth: 32"
Shipping Weight	M24MP: 225 lbs. M30MP: 231 lbs. M30SMP: 240 lbs.
Shipping Dimensions	36" x 30" x 80"

Pulley Accessories:

R16202 – Rowing Handgrip	R16211 – Handgrip for Pulley (with pad)
R16203 – Pro-Supination Handgrip	R16210 – Gantry with Cord & Pulley
R16204 – 15" Curved Triceps Bar	R16271 – Pulley Doubler
R16831 – 14" Straight Triceps Bar	R16275 – Leather Wrist Strap
R16842 – 24" Straight Triceps Bar	

Cardon Mobile Pulley

Cardon Training Stand



Shown with Cardon Standard Pulley, Speed Pulley, Lateral Pulley and Mounting Ladder

Cardon Training Stand

Standard Model:

Pulley systems are sold separately

Accommodates up to 8 pulley systems	Cardon Standard Pulley Cardon Speed Pulley Cardon Lateral Pulley Cardon Mounting Ladder & Incline/Slant Board
Mounting Options	Freestanding with stabilizing outriggers Floor Mounted

Specifications:

Dimensions	Height: 85" Width: 57" Length: 59"
Shipping Weight	225 lbs.
Shipping Dimensions	(2) 60" x 65" x 12"

Features

The Cardon Training Stand is a free standing workstation that allows for the attachment of a range of items from the Cardon Standard Pulleys, Cardon Speed Pulleys, Cardon Lateral Pulleys and Mounting Ladder and Incline/Slant Board. By placing the workstation in the middle of a room, it is much easier to observe multiple patients working out simultaneously.

Pulley systems sold separately.

Cardon Training Stand

Cardon Corner Training Stand



Cardon Corner Training Stand

Standard Model:

Pulley systems are sold separately

Accommodates up to 2 pulley systems	Cardon Standard Pulley Cardon Speed Pulley
Mounting Options	Freestanding with 2 counter weights Floor Mounted

Specifications:

Dimensions	Height: 85" Width: 57" Depth: 35"
Shipping Weight	105 lbs.
Shipping Dimensions	2 Boxes: 72" x 42" x 12" 6" x 6" x 84"

Features

The new Cardon Corner Training Stand is a freestanding module designed to accommodate one or two pulley systems with the goal of utilizing the corner spaces of clinics and eliminating the problematic and inflexible wall-mounted systems. By having counter-weights, stability is improved when lifting heavier weights off the weight stack. This stand allows for the attachment of the Cardon Standard Pulleys and Cardon Speed Pulleys.

Pulley systems sold separately.

Cardon Corner Training Stand

Multi-Purpose Pulley Bench - MPPB



Optional shoulder rotation accessory



Optional 12" extension for neck support

Multi-Purpose Pulley Bench - MPPB

Standard Model:

Exercise Bench (Multi-Purpose 2 Section)

Backrest Adjustment	Positive locking system
Backrest Length Adjustment	Spring-loaded locking plunger
Seat Adjustment	Positive locking system
Seat Height	19"
Caster System	(2) 2" front casters for mobility
Bench Construction	High strength seamless tubular frame
Frame Color	Durable powder coat in Gunmetal Grey
Antimicrobial Naugahyde Upholstery	Over 80 upholstery color options

Specifications:

Weight Capacity	400 lbs.
Dimensions	Height: 41.25" Width: 13" Length: 41"
Fire Retardant Upholstery	✓
Shipping Weight	100 lbs.
Shipping Dimensions	42" x 20" 14"

Optional Accessories:

- R16274 - Shoulder rotation accessory
- R16265-E - 12" Extension for neck support

Features

The Multi-Purpose Pulley Bench is used to restore flexibility, coordination, endurance and strength to the upper quarter and entire spine. Appropriate exercise dosages are accomplished by adjusting the seats to reduce or enhance the effects of gravity and/or by the use of pulley weight stacks or free weights while seated on the bench.

The long seat supports the spine and adjusts from 0-90 degrees, and can be adjusted in length between 12"-24". The front pad raises 20 degrees, and the rear pad rotates for storage when a flat training bench is required. Increase your rehabilitation treatment options by combining the Multi-Purpose Pulley Bench with the Shoulder Rotation Accessory and one of Cardon's pulley systems.

Multi-Purpose mPulley Bench

Multi-Angle Bench - MP1



Optional shoulder rotation accessory



Front casters promote ease of portability

Multi-Angle Bench - MP1

Standard Model:

Exercise Bench (Multi-Angle 2 Section)

Leg Section Adjustment	Spring-loaded locking plunger
Head Section Adjustment	Spring-loaded locking plunger
Total Length	62.5"
Height	31.5"
Caster System	(2) 3" front casters for mobility
Bench Construction	High strength seamless tubular frame
Frame Color	Durable powder coat in Gunmetal Grey
Antimicrobial Naugahyde Upholstery	Over 80 upholstery color options

Specifications:

Weight Capacity	400 lbs. with weight evenly distributed on bench
Dimensions	Height: 31.5" Width: 16.5" Length: 62.5"
Fire Retardant Upholstery	✓
Shipping Weight	140 lbs.
Shipping Dimensions	60" x 22" x 37"

Optional Accessories:

R16274 - Shoulder rotation accessory

Features

This sturdy yet versatile positioning bench enables the therapist to position the patient for specific exercises to any part of the musculoskeletal system. It assists in isolating movements to individual muscles, muscle groups and joints. Virtually any muscle group or joint can be isolated.

The head section adjusts 30 degrees above the horizontal and 45 degrees below the horizontal. The leg section adjusts 15 degrees above the horizontal and 30 degrees below the horizontal.



Spring-loaded locking plunger for head and leg section adjustment



Ensure safety pin is always left inserted after every adjustment is made

Multi-Angle Bench

Mounting Ladder & Incline/Slant Board

Mounting Ladder & Incline/Slant Board



Features

The Mounting Ladder & Incline/Slant Board decreases or increases the difficulty of various exercises by adjusting the influence of gravity working on the body while an exercise is performed. This flexibility lies in the height adjustment of the Slant Board on the Mounting Ladder, allowing exercises to be graded from gravity assistive to gravity resistive.

Applications

The Mounting Ladder and Incline/Slant Board are most commonly used for upper quarter rehabilitation with respect to flexibility, coordination, endurance and strength. Core stability is also popular with forces acting from gravity, as well as the inclusion of exercise pulleys at the same time.

Standard Model:

Mounting Options	Cardon Training Stand Wall Mounted
Height Adjustment	9" – 77" from floor with 9 adjustment intervals on Modular Ladder
Handgrip for Slant Board	✓
Footplate for Slant Board	✓
Antimicrobial Naugahyde Upholstery	Over 80 upholstery color options

Specifications:

Modular Ladder Dimensions	Width: 20", Height: 85"
Slant Board Dimensions	Width: 15", Length: 78"
Fire Retardant Upholstery	✓
Shipping Weight	225 lbs.
Shipping Dimensions	84" x 32" x 20"

Mobile Suspension Frame



Mobile Suspension Frame

Features

The Mobile Suspension Frame is ideal for the existing department where floor space is limited and permits attendance to the bedside geriatric patient. The frame comes equipped with 4 universal 3" casters; 2 locking casters on the front end of the frame to secure position. The mesh is a 3/16" steel rod welded in 2" squares.

Specifications:

Dimensions	Width: 50" Height: 72" Length: 48" Overhead Length: 36"
Shipping Weight	130 lbs.
Shipping Dimensions	(2) 50" x 72" x 10"

Pulley Accessories

Accessory	Standard Pulley	Lateral Pulley	Speed Pulley	Mobile Pulley
R16202 - Rowing Handgrip	✓	✓	✓	✓
R16203 - Pro-Supination Handgrip	✓		✓	✓
R16204 - 15" Curved Triceps Bar	✓	✓	✓	✓
R16831 - 14" Straight Triceps Bar	✓	✓	✓	✓
R16842 - 24" Straight Triceps Bar	✓	✓	✓	✓
R16840 - 40" Curved Handle		✓		
R16823 - Negative Weight Bar		✓		
R16211 - Handgrip for Pulley (with pad)	✓		✓	✓
R16210 - Gantry with Cord & Pulley	✓		✓	✓
R16819 - Resistive Weight Set	✓		✓	
R16825 - Pull-Up Bar with Cord Snap and Hook		✓		
R16271 - Pulley Doubler	✓			
R16821 - Banana Strap	✓		✓	✓
R16275 - Leather Wrist Strap	✓		✓	✓
R16276 - Leather Ankle Strap	✓		✓	✓
R16277 - Leather Thigh Strap	✓		✓	✓
R16826 - Webbed Nylon Pulley Handle	✓		✓	✓
R16827 - Webbed Nylon Wrist Strap	✓		✓	✓
R16828 - Webbed Nylon Ankle Strap	✓		✓	✓
R16829 - Webbed Nylon Thigh Strap	✓		✓	✓



Pulley Accessories



R16202
Rowing Handgrip



R16203
Pro-Supination
Handgrip



R16204
15\" Curved Triceps
Bar



R16831
14\" Straight Triceps
Bar



R16842
24\" Straight Triceps
Bar



R16840
40\" Curved Handle



R16823
Negative Weight
Bar



R16211
Handgrip for Pulley
with Pad



R16825
Pull-Up Bar with
Cord Snap & Hook
(Lateral Pulley)



R16210
Gantry with Cord
& Pulley



R16271
Pulley Doubler

Pulley Accessories



R16821
Banana Strap



R16275
Leather Wrist Strap
(7'')



R16276
Leather Ankle
Strap
(16'')



R16277
Leather Thigh Strap
(40'')



R16826
Webbed Nylon
Pulley Handle



R16827
Webbed Nylon Wrist
Strap
(7'')



R16828
Webbed Nylon
Ankle Strap
(16'')



R16829
Webbed Nylon
Thigh Strap
(40'')



R16819
Resistive Weight
Set

Upholstery Colors