



Innovation from Finland



Checklist with 5 best tips for gaining more safety and mobility



Foreword

Hello,

My name is Heidrun Weibrecht. I'm a sport-health therapist. Over 50 years of life experience have shown me how individual each person can be and how important their **freedom of movement** is.

Restrictions in the movement arise not only from age but also after illness / accident or for example during a strenuous pregnancy. Going back to moving is often a tough fight and requires a lot of willpower - even I have had to face this experience myself.

Accepting help and being helpless is often very difficult to bear. "Sometimes all this help is too much for me! **I would like to do it all alone again!**" This statement of one of my participants hits the point:

Own mobility = Own freedom!

From my point of view, the Wheellator is an aid that paves the way back to freedom. If I accept the help of the Wheellator, I should acknowledge it as a friend. I want to work with it and I can relax with it!

Important: The right relation between relaxation and tension! To enable everyone to learn how to handle the Wheellator, we offer different forms of training.

The earlier a person starts to use a Wheellator, the better one's health will be supported. Passive waiting has never promoted health.



- Heidrun Weibrecht, sport-health therapist from Hilden, Germany -

Tips for gaining more safety and mobility in old age



The multifunctional rollator offers several options in support of a more active life.

The Wheelator® works like a normal rollator. It offers support on walks and eases the workload of user's feet.



With the Wheelator® you can also continue your journey by peddling with your feet.



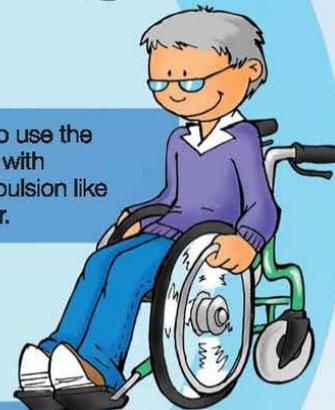
The Wheelator® can also be easily used with an assistant.



You can turn the Wheelator® 360° around yourself while standing in place. It turns around very smoothly which makes the necessary support and rest easily accessible.



You can also use the Wheelator® with manual propulsion like a wheelchair.



Since the Wheelator® has excellent folding features, it's easy to bring along. The bigger back wheels can be attached thanks to the handy quick-locks, and for example changed into the sturdier outdoor wheels.

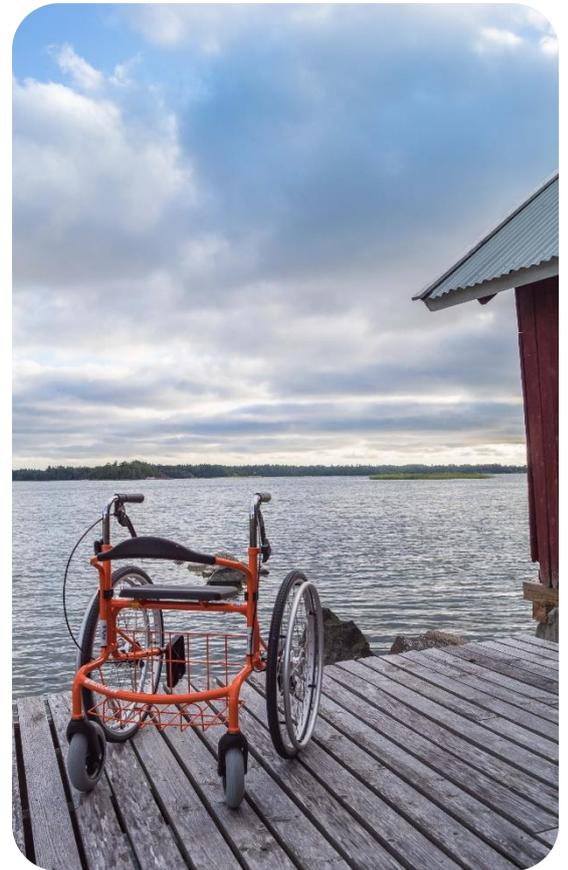


Illustrator: Anni Vahiyvist



The 7 most important tips when choosing an aid:

- 1) Does the aid provide me with the best stability and security for my needs?
- 2) Is there the possibility that I can safely be pushed home if I get too exhausted to walk?
- 3) Is the height adjustment of the push handles suitable for my body size?
- 4) Does the aid have a drum brake and does it offer me the wheels, optimal quality and safety I need for various terrains?
- 5) Does the tool give me the opportunity to sit without fear of falling?
- 6) Is the tool really made in Europe and not produced in Asia?
- 7) Buy the aid in the retail trade! Where you receive expert advice and fast spare parts delivery is guaranteed.



The Wheellator® - a brand new innovation!

What can it do for you

- ✓ The Wheellator® can be used in 4 different applications: walk, strut, reel, push.
- ✓ You will create further paths and be more self-assured and independent in your mobility, even without the help from the nursing staff.
- ✓ You can also use it as a wheelchair without a helper, simply reel the big wheels with your hands.

- ✓ You will have more energy when shopping and walking and get more independence, freedom, comfort, safety and stability and be very flexible at every step you take.
- ✓ In combining two walking aids, you will save space and costs and drastically reduce the risk of accidents.
- ✓ You can steer the Wheellator® very easily and have an extremely small turning circle, so there is a lot more mobility even in the narrowest spaces.
- ✓ You can sit down and rest, if you get exhausted, and the ride can continue also while seated.
- ✓ Optimal rehabilitation and training for legs, abdomen and upper body muscles.
- ✓ You will have a vital relief in everyday life, especially when struggling with MS or neurological diseases.
- ✓ It gives you an optimal, upright posture.
- ✓ The Wheellator® is designed and manufactured in Finland. It stands for high quality and safety even in rain, snow and ice.

The Wheellator® as a helper in nursing homes and hospitals

- ✓ The nursing staff avoids unergonomic movement when they don't have to help the patient to change from a walker to a wheelchair.
- ✓ For the nursing staff the Wheellator is an invaluable relief. They can now use the surplus time for the important interests of the customers.
- ✓ With the help of the Wheellator we relieve the staff. The user can move independently without assistance. Hospitals and nursing homes can offer their patients safety, guaranteed with high quality and agility.



Important points why the Wheellator should be used in institutions:



- 1) The Wheellator® makes it easier for employees
- 2) It has solid rubber tires - that means no more pumping
- 3) It provides versatility, lightness and comfort, more security, freedom, mobility and flexibility for customers/ patients.
- 4) Enormously maneuverable even in a confined space, which reduces the user being struck everywhere (against walls, etc.)
- 5) The experience of the Tyke® rollators resulted in a life cycle of more than 14 years.
- 6) Most parts of the Wheellator are produced by hand in Tukimet Oy's own production plant in Finland.

What our customers say:

“The Wheellator is light to propel onward but at the same time one gets a good workout for their abdominals and upper body muscles - a more pervasive workout than with a normal wheelchair.” – Assistive equipment center, Savonlinna Finland

“Thanks to the height adjustment, the Wheellator® is also suitable for large users over 1.80 meters tall. The user has sufficient stability and comfort.”

- Hospital and equipment center, Kuopio Finland



“I broke my leg and sprained my ankle during pregnancy. 3 days after the accident my son was born. The leg was put in plaster up to the thigh. I got a wheelchair, but could not use it in my house. I was grateful that I could borrow the Wheellator®. It made my everyday life so much easier. Even the baby carrier fit into the Wheellator®. “ - Claudia P.

“The greatest advantage of the Wheellator® is its variability in confined space. It is possible to rotate the Wheellator® 360 ° or just 180 ° to go to the toilet. In a normal wheelchair I had no chance to do so. The Wheellator's sturdy handles provide the best support for movement. These and many other things make the Wheellator® invaluable to me.” - Pekka M.

The five most common mistakes when using a normal walker

SPARE YOUR JOINTS

use your rollator properly

#2 SLOTH

This posture is common in supermarkets. The rollator has been turned into a couch and is used to drag oneself forward. The Sloth should be avoided since in the long run it can cause changes in bearing and pain in i.e. back, neck and hands.

Laying on the rollator causes back pain



The posture causes back pain



The distance between the rollator and the user is too long

AVOID THESE!

#3 CHAUFFEUR

A rollator should never be used as a human conveyor. In the worst case scenario the rollator might crash to the ground and cause serious bodily injuries. So never use the rollator to transport another person.



To avoid bodily injuries, never transport another person with a rollator.

ERIC EXAMPLARY

Eric uses the rollator properly. He stands inside the rollator and his hands are freely by his side so that he has a good grip on the handles and the breaks are easily reachable. Eric stands up straight, since the height of the handles has been set correctly.

Follow Eric's example. Save your joints and get the right-kind benefit from your walking aid!



Check the height of the push handles

Stand inside the rollator!

Choose a rollator based on your own performance level and needs

#1 WHEELBARROW

The Wheelbarrow posture is the most common incorrect posture while using a rollator. In this posture the rollator is ahead of the user so that one's hands are straight and their bottom is up. During a long period of time this wrong posture may cause for example back and arm pain, and it puts additional stress on the user's hip joints.

#5 KICKER

The Kickers cause dangerous situations in traffic since they cannot monitor their surroundings as well as the people who use the rollator in the normal way. The Kicker posture is outright forbidden. Always when sitting on the rollator, traveling is not allowed.

A stagnant rollator must also be locked into the brake setting so that it can't slip away from under when the user is about to sit on it.



#4 BIKER

In the Biker the push handles have been set too high. The height of the handles should be regarded so that the user doesn't cause themselves unnecessary neck and shoulder pain. Hands should hang normally next to the body without tension in the shoulders.

NOT LIKE THIS!



Trends and challenges

In Germany, there are millions of people who are dependent on a walking aids. More than 600 000 new rollators are sold annually. At the moment there are more than 270 models of rollators in all colors and versions on the German market. In the public eye, it is becoming increasingly apparent that these aids will crash and burn in cases of incorrect handling and posture. The risk of falls and injuries increases in old age. There has also been a specialist report about it in the Heise online by Dr. Amit Choudhury, Chief Physician of the Clinic for Geriatrics and Early Childhood Care at the Bremen-Nord Clinic.
(1)

A trend that can be observed more and more is that the rollators are getting lighter, the wheels are getting smaller and almost none of the rollators are produced in Europe anymore. The compromise that many manufacturers and customers acknowledge is that the aid loses its stability and quality. Thus, these aids stop helping and become enablers of increased injury and accident risk. Incorrect adjustment of the push handles and incorrect handling of the aid can lead to severe injuries.

Rollators are even available in many supermarkets for under 50€! Without any professional advice or optimally adjusted settings for you. In very many aids the push handles are designed for people up to 1.80 m tall, which can lead to incorrect use.

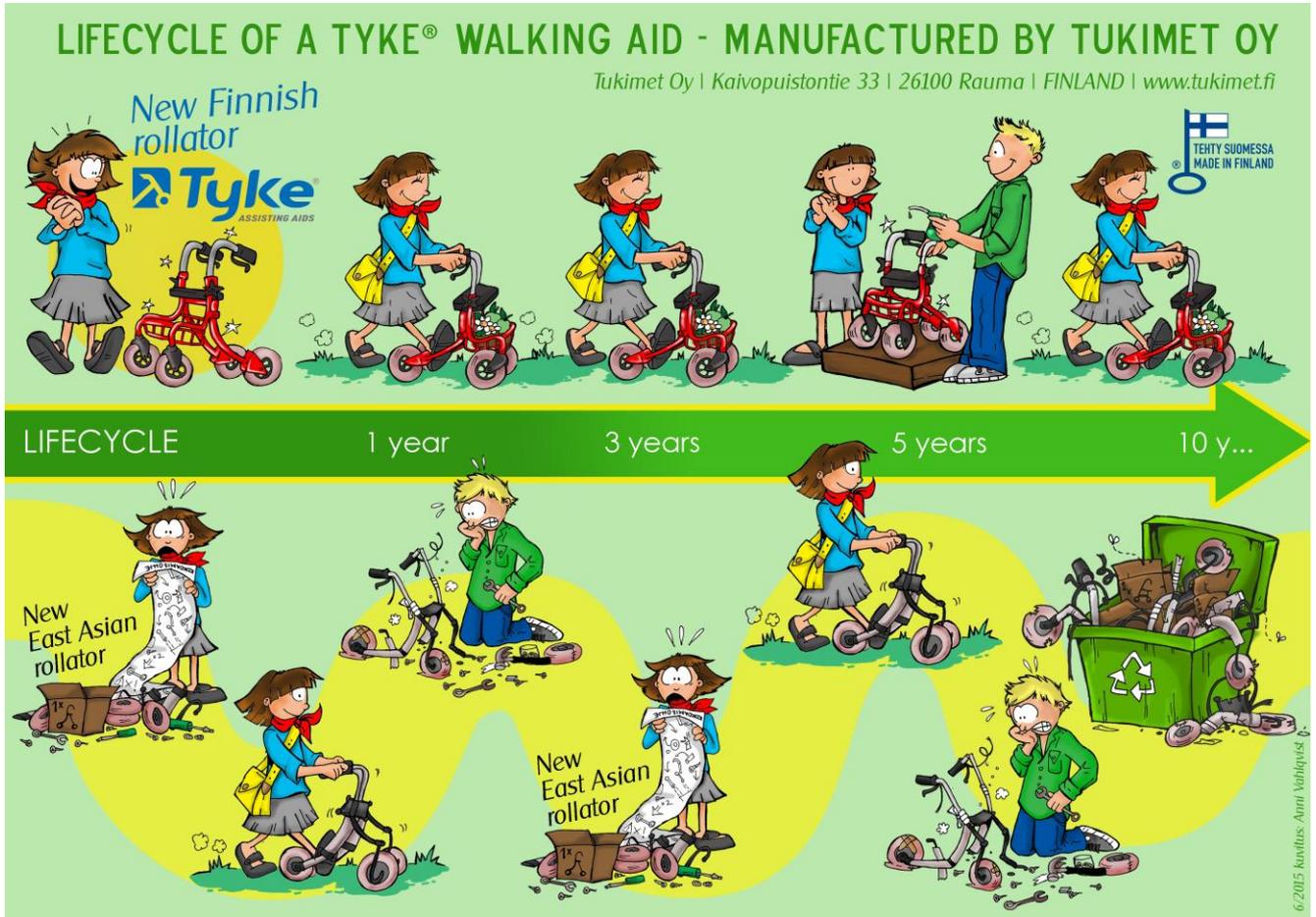
The five biggest challenges are:

1. Almost all aids come from Asia! There are also few spare parts available, or these are very difficult to obtain.
2. The brakes and the wheels have large shortcomings in quality and can thereby increase the risk of accident and injury dramatically.
3. Poorly processed materials can lead to quality instability, as well as safety loss.
4. The push handles are designed only for users up to 1.80 m tall.
5. In Germany the medical centers are obliged to provide a five-year guarantee! The aid does not give the quality and durability for this, which creates huge piles of rubbish.

¹⁾ Reuter, H. 2017. Smarter Rollator soll Sturzrisiko verringern. Heise online, Heise Medien GmbH & Co. KG. Referenzierten am 27. Juli 2017.
<https://m.heise.de/newsticker/meldung/Smarter-Rollator-soll-Sturzrisiko-verringern-3700638.html>

Here are more proofs: The life cycle!

For it, we prepared a case study with the 8 largest municipalities in Finland:



The difference between an Asian rollator and a high-quality Tyke® rollator made in Finland: The life span of our Finnish walkers, which are directly produced in Finland, is circa 14 years in Scandinavian weather conditions. Tyke® rollators are then recycled. An Asian rollator in Finland over a period of 10 years costs at least 1750 €, in comparison a Tyke® rollator costs only 380 € during that time period.



What do people think

The image and feeling that is connect to a rollator is that one is old and very limited in their mobility. In the case of a wheelchair, one has the image of a severe handicap and severe restrictions on everyday life. A great advantage of today is the fact that many wheelchairs are more modern, stylish and top of design, and always more comfortable. The seats are upholstered and the backrests are reinforced. The great danger in that is that people, who still can walk alone, will settle for sitting and no longer move actively.

Doctors were shocked

An American study shows the importance of at least 900 steps a day. ⁽²⁾

In the case of a hospital stay or even in nursing facilities, where you are often only in bed or sitting in a wheelchair, one should pursue to get active movement. Here the Wheellator® offers optimum safety and preconditions.

Advantages of the Wheellator and the difference to a rollator

The Wheellator is not a rollator! It will not replace a wheelchair! The Wheellator is your friend, a training device and your helper for more safety and active mobility in everyday life. It is designed for young and old and helps people to actively participate. After an accident, it gives you the optimal stability and security to rehabilitate. When struggling with a neurological disorder, the Wheellator makes you feel that you are not old and sick. The Wheellator strengthens your self-confidence.



The Wheellator takes away fear of falling and tipping. Due to the placement of the large wheels, an optimum center of gravity is ensured. The carefully selected and high-quality materials lead to long durability.

In case of exhaustion, your Wheellator offers you the possibility to relax your muscles while sitting. Due to its extremely light maneuverability, it can easily be pushed by another person. You can also move around in a seated position. You will get an optimal training for your legs, abdomen and upper body muscles. Thus, you save money on expensive gym memberships.

²⁾ Agmon, M., Zisberg, A., Gil, E. & al. 2017. Association Between 900 Steps a Day and Functional Decline in Older Hospitalized Patients. JAMA Internal Medicine. Referenzierten am 24. Juli 2017. <http://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2588809>

35 ways Wheellator makes life easier:

- 1) More personal freedom - you can create further paths with your Wheellator.
- 2) More safety - you won't tilt and fall over.
- 3) More mobility - you can return home without help.
- 4) More flexibility - you can now walk safely on all kinds of terrains such as forest paths and paving stones.
- 5) More independence - you can use the Wheellator at any time, even without assistants.
- 6) More comfort - seat with backrest.
- 7) More stability - welded, thick-walled steel tube like the one used in the automotive industry.
- 8) More maneuverability thanks to ball bearing guided nylon rims, so you have an enormously small turning circle even in tight spaces.
- 9) Multifunctionality - two devices in one.
- 10) Multiple usages (walk, strut, reel, push).
- 11) Rehabilitation training equipment - leg, abdominal and upper body muscles are trained with the Wheellator.
- 12) Optimal upright posture by walking directly between the wheel axles.
- 13) Backs up walking, so you can spare your back and avoid joint pain.
- 14) Optimal rotation behavior on several different surfaces.
- 15) Special, non-puncturing PU tires.
- 16) Solid rubber for maintenance-free use.
- 17) Extra-large and stable shopping basket for your daily purchases.
- 18) No risk of tipping, not even with a full shopping basket.
- 19) Parking brake like those in high-quality bicycles.
- 20) Big wheels so you can move comfortably while sitting.
- 21) Quick-lock system for easy disassembly of the large back wheels.



- 22) Foldable so you can take your Wheellator with you on trips.
- 23) Extremely long service life, used for decades even in the Finnish winter.
- 24) Special tires are available for safely travelling even in extreme weather fluctuations.
- 25) Obstacles can also be crossed well, since less rolling resistance by the large wheels
- 26) High quality by using tested materials.
- 27) Each Wheellator is manufactured and tested by experts.
- 28) All parts are made in Europe.



- 29) Made in Finland and tested by the European TÜV.
- 30) CE approval for all European countries.
- 31) Finnish "Made in Finland" seal of quality.
- 32) Excellent with different European prices.
- 33) Suitable for almost all body sizes.
- 34) Load bearing up to 150 kilograms.
- 35) Compared to many rollators, you will need to buy a Wheellator only once!

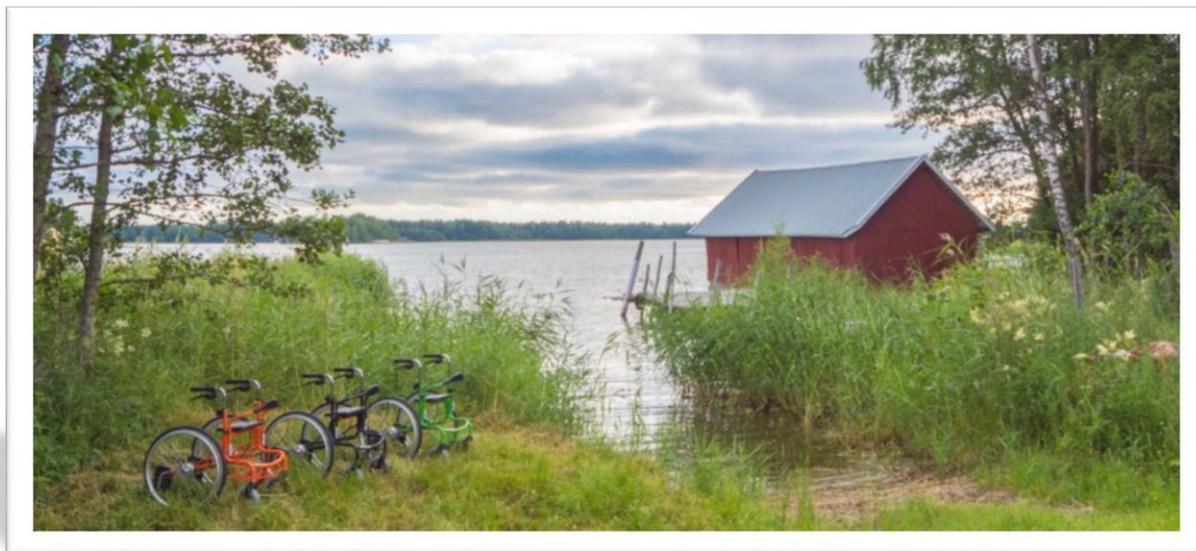
Technical information of the Wheellator:

- ✓ Simple design for indoor and outdoor use
- ✓ Frame is made of powder coated steel tube that provides a usage time of over 10 years
- ✓ Push handles out of scratchproof chromed steel tube, height adjustment 81cm - 91cm, which enables 1,50m - 1,97m user height
- ✓ Handles are soft plastic with small portion of rubber, which makes the grip better
- ✓ Height adjustment of the backrest, enables usage by small and large people. Excludes tilting backwards
- ✓ Removable footrests for leg extension so you have more comfort
- ✓ Standard sitting height is 57cm (53cm custom-made for smaller people)



- ✓ The seat is made of weather-resistant polyurethane
- ✓ Metal cable and drum brake which makes them last longer
- ✓ Functions as an operational brake and as a parking brake, so that you can reduce speed and not roll when parked.
- ✓ Maximum width of 68,5 cm, allows good freedom of movement and fits through the standard door (73 cm wide)

- ✓ Weighs only 16,5 kg and can be folded for transport
- ✓ Maximum load up to 150 kg, thereby also a bit heavier people will have enough stability
- ✓ The capacity of the basket is 9 kg, so you can bring your shopping home easily
- ✓ Color: green, black or orange (or customized on request)



- ✓ Wide 200x50 mm puncture-proof front wheels, which allow you to get over small obstacles and there's no need for pumping, with ball bearings and nylon rims for 360 ° swiveling and a small turning circle
- ✓ Back tires can be replaced, standard size 24 inches solid rubber (on request filled with air), so that you thus have very good stability and no worries of them puncturing
- ✓ User height: 1,50m – 1,95m, special sizes on request

VIDEO:



In this video you will see the Wheellator and its features in action - Duration: 3:15 min

Please note that the Wheellator® is not intended to be a substitute for a wheelchair, and it is not intended for travelling long distances by manual propulsion.

100% Made in Finland, CE Certification; meets the requirements of the standard SFS-EN ISO 11199-2 Classification of SFS-EN ISO 11199: 120606

Final word

Fun and joy of movement!

Four Wheellators took part in the first "Wheellator parkour course" on 08/07/17 in Hilden / near Cologne. The combination of several hospitals and senior citizen facilities comprises approx. 3000 employees. 900 came to the football tournament, took part in the tug-of-war and boot-throwing part, or entered the competition with the Wheellator Fun-Parkour. It consisted of moving between pylons with the Wheellator, rebuilding it as a wheelchair, reeling and pushing, and finally, with full throttle, sitting and laughing. The fastest time in the men's division was 1:14 min and in the women's 1:35 min. Of course, the participants were honored for the best times with a winning trophy.



- *Heidrun Weibrecht*, sport-health therapist, *summary of the "Wheellator Fun Parkour" event*–

Moving forward together

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Foreword & final word: Heidrun Weibrecht

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