



Aerobics and Gymnastics Devices for Arm Amputees

Here are a few devices for upper limb amputees that can be used to help perform aerobic and gymnastic exercises. These devices are available through prosthetic centres. Custom devices may also be an option; discuss with your prosthetist to determine what will work best for you.

TRS Shroom and Mini Shroom Tumblers

This mushroom-shaped device is designed for floor exercises, tumbling and other mat activities such as yoga. It is also an excellence device for performing push-ups. It is constructed from a flexible and strong synthetic polymer rubber. It will support users from seven years old to adulthood. The Mini Shroom is appropriate for children as young as three. Available in black, pink and light blue.

TRS Free-Flex and Super Sport Terminal Devices

These devices are strong, flexible and provide the cushioning and push-off required for aerobics and gymnastics. Appropriate for users from two years old to adulthood.

TRS Swinger Terminal Device

This device is a gymnastics-grade hook that is capable of 360-degree performance, mounts and dismounts. It may also be used for pull-ups and chin-ups. Appropriate for children, youth and young adults. Available in black, powder blue and violet-purple.

Shroom Tumbler



Free-Flex



Super Sport



Swinger

