

MEDX

Medical Exercise by

DELPHEX

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Arthur Jones

Medical training of skeletal muscle requires more than just a few dumbbells or elastic bands and simple exercise machines. To gain the trust of doctors and therapists worldwide — more research and accurate knowledge is needed to find the best training solutions.

Arthur Jones first revolutionized the fitness industry with the development of the Nautilus exercise equipment and the coinciding Nautilus training principle. Jones then improved his design and created the MedX training equipment and system in collaboration with top orthopedic and sport experts at the University of Florida.

What Arthur Jones started with MedX in the United States many years ago continues today in Germany. “Die Delphex Kräftigungstechnik GmbH” (Delphex Strengthening Company) now produces MedX equipment in Germany under Delphex brand.

MedX is the abbreviation for Medical Exercise. Today MedX training technology is recognized by experts in the field as the leading form of medical strength training.

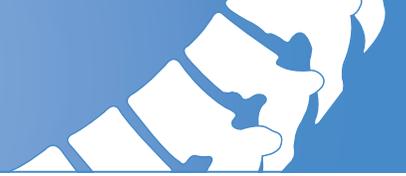
Disorders and functional impairment of the spine represent the most common and costly problems of modern health care plans. Approximately 60-80% of the population suffers from temporary problems associated with the spine, while 20-30% suffer chronically.

Health insurers spend billions of dollars on the costs of “back problems”. Operations to fix these problems are becoming more common. This could be avoided to a large extent with the targeted and focused strength training of the MedX equipment.

The excessive costs in the United States required for diagnosis, surgical and conservative treatment, led to the largest research project to date in search of proper treatment and rehabilitation of spinal patients. The project took place at the “Center for Exercise Science” at the University of Florida in Gainesville, in 1972.

Under the direction of Michael Pollock, the former president of the “American College of Medicine” in Gainesville and Vert Mooney, MD from the University of California at San Diego, 14 teams were involved in the technical implementation of the computer-based diagnostic and therapeutic procedure of MedX. The results of this research project were remarkable. Almost all patients with back pain demonstrated weaker deep back extensor muscles than healthy people. The lumbar extensors are primarily responsible for the stability of the spine.

To ensure an isolated test and therapeutic training of these muscle groups, the pelvis must be completely stabilized. By doing so, the stronger gluteal and hamstring muscles are eliminated from the movement chain. The patented pelvic restraint of the MedX Lumbar Extension Machine allows for effective control and even re-coordination of this muscle group.



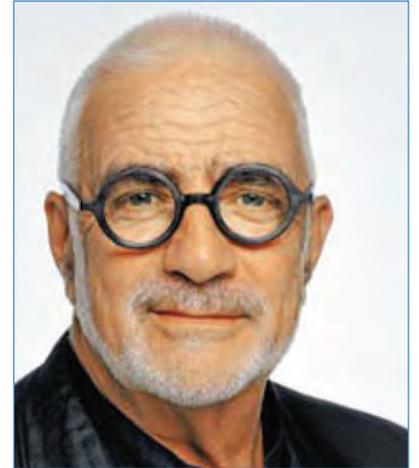
Werner Kieser, owner of Kieser Training AG, uses the Delphex equipment exclusively in his training centers around the world.

Strength Training Machines – What's Important?

Strength, endurance and mobility are the necessary components for proper training. By understanding these vital aspects, one can determine the criteria necessary to build an effective training machine.

Here are some highlights of the Delphex machines:

1. The load movement or “Strength Curve” of the muscle is precisely calculated. The muscle remains above the tension threshold throughout the entire motion, from full stretch to complete contraction. This prevents and corrects intramuscular imbalances.
2. A two-dimensional motion is performed. “Wrong” movements are almost impossible and therefore the risk of injury is close to zero.
3. The isolation of the targeted muscles is accomplished through the padding, supports, and structure of the machines. These features make it easier to achieve a cross-sectional stimulus
4. Training on the machines does not require any coordination. The movement does not have to be “learned” allowing the trainee to be “productive” from the beginning.
5. The training progress achieved with the machines represents pure strength gains, not a mixture of strength and coordination gains.



Werner Kieser

Friction Prevents Optimal Training

If you have ever trained with free weights or machines, you know that you can lower a much heavier weight than you can lift. This is due to the fact that the muscle not only has to overcome the resistance of the weight (the external force), but also has to overcome the friction caused by the muscle itself during contraction (the internal force). This friction helps when lowering a load while contrarily making it difficult to lift.

Delphex devices do not have guide rods for the weight, thus no friction occurs. The devices are designed for the precise training of the targeted muscles. By accurately fixating and adapting the device to the body, the best training results are possible.



Successful therapies are generally based on precise knowledge of the emergence of a problem. Atrophy in the musculature of the lower back is considered the primary risk factor for pain and associated problems.

This is where MedX therapy is beneficial.

First the muscles are tested to reveal any functional deficits the patient may have. Next a program is developed for therapy and the treatment is documented to measure the effectiveness.

To perform a functional analysis of the spinal muscles, the following prerequisites must be fulfilled:

- Isolation of the lumbar extensor muscles by pelvic fixation
- Elimination of gravitational pull on the body and upper body mass
- Measurement of soft tissue tension and the net muscle force
- Isometric testing over the entire range of motion (ROM)
- Muscle fiber typing by exhaustion reaction

This extensive diagnosis provides the basis for the patient's treatment plan. The data obtained is compared with age, sex and weight specific standardized data from the University of Florida study.

The aim of the MedX therapy is to restore the function of the spinal column in areas of strength, agility, and endurance. By actively reconditioning the muscle these results are attainable.

The computer-assisted therapy devices, such as the Lumbar Extension Machine (LE) and Cervical Extension Machine (CE), provide an isolated and controlled training of the lumbar and cervical spine muscles. Through the patented fixation mechanisms, all accessory muscles of the muscle function chain can be eliminated.

Figures 1-3 illustrates the isolated movement amplitudes and test positions on the therapy machines for lumbar extension and cervical extension. For the lumbar extension, an isometric force measurement is made at seven different test positions at every 12° of the movement. For the cervical extension there is eight test positions at every 18°. The test involves an isolated movement over the full range, up to 72° for lumbar extension and 126° for cervical extension.

A study by Dr. Brian Nelson from Minneapolis, MN, reflects how these results can be achieved. 935 patients were involved in the study. A majority of these patients suffered from chronic back pain (pain over a period of more than six months) and were previously unsuccessful with traditional therapy. After 18 sessions the success rate of MedX therapy strengthened 85% of patients' previously weak lumbar muscles, with average strength gains of 63.91%.

Figure 1:

The straightening of the upper body is a complex movement with a movement angle of 182° . If the movement amplitude of the pelvis is considered separate from the movement of the spine, the pelvis has an amplitude of 110° but the spine only measures 72° . Thus the lumbar spinal musculature only contributes 72° to spinal extension.

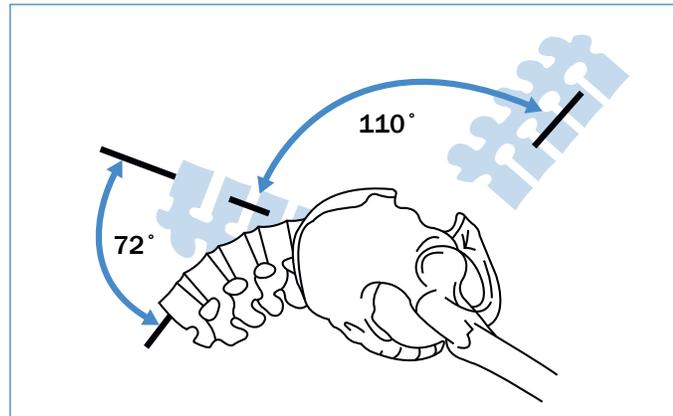


Figure 2:

Schematic representation of the patented MedX Pelvic Fixation system.

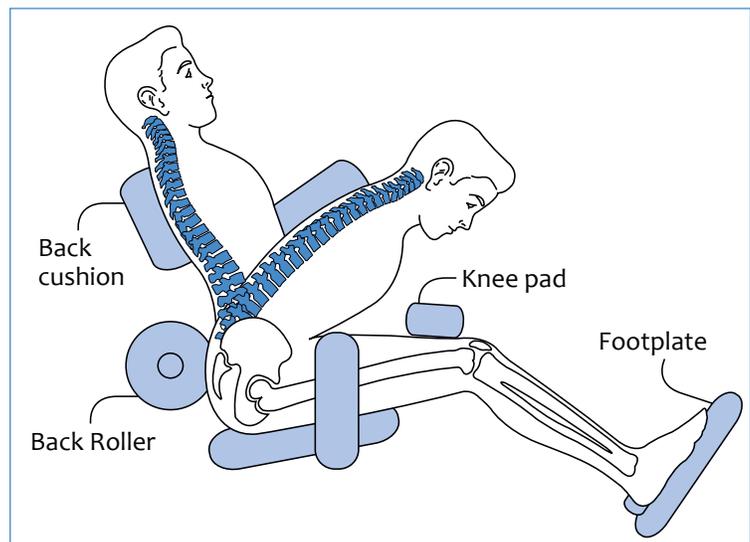
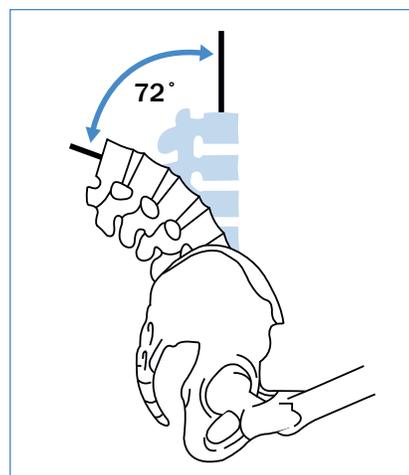
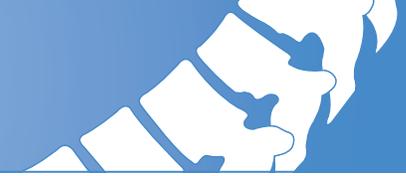


Figure 3:

Isolated lumbar spinal extension through pelvic fixation in the MedX lumbar extension machine.



Lumbar Extension (LE)



Therapy Device MedX Lumbar Extension (LE)

The MedX Lumbar Extension enables isolated testing and therapeutic training of the lumbar extensor muscles through the full range of motion (72°). The patented fixation and pelvic stabilization system eliminates all synergistically working accessory muscles from the muscle function chain. A base plate is adjusted so that the knees are slightly higher than the hips. Together with a thigh pad, a wide thigh strap provides for the fixation of the pelvis, while it is pressed through the base plate into the pelvic roller. For therapy, the patient is fixed into the machine so that the roller does not rotate during the exercise.

A counterweight equalizes the upper body mass of the patient to zero. Since the body is subject to gravity, which would influence the results, the upper body mass must be eliminated during the entire movement.

An isometric force measurement of the lumbar extensors will determine an individual treatment plan for each patient. As opposed to a dynamic power force measurement, the isometric test is risk free and measures positions within the potential ROM of each patient.

The first measurement is taken in the maximum flexion position and the last in the maximum extension position. A computer calculates the specific force curve of the patient from the test results. This is compared to data with age, sex and weight-specific criteria. Patients with pain demonstrate restricted mobility and a low level of force in the area of the lumbar extensor muscles.

Using this force measurement the training resistance for the patient is determined. This resistance is applied to the spinal muscles during execution of the movement via a torque plate (MedX Cam) corresponding to the force curve. When possible, the resistance weight is increased progressively at each therapy session.

The fine scale adjustment of the weight stack allows for progression in 2-pound increments. This produces an optimal weight range for any patient that is adjustable from 10 to 400 pounds. The weight management system provides low friction by avoiding the use of weight guide rods.



Cervical Extension (CE)

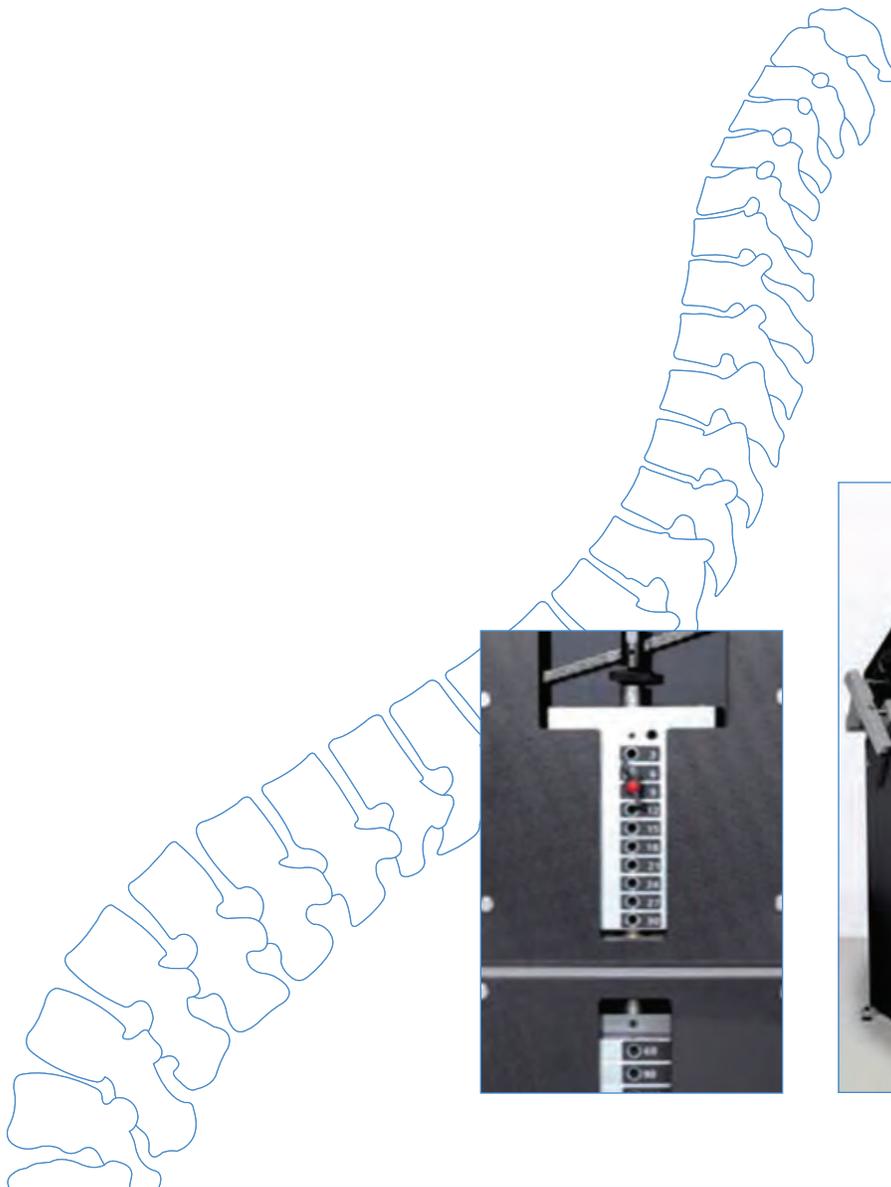
Therapy Device MedX by Delphe Cervical Extension (CE)

Similar to the lumbar spine, it is also important to recondition the cervical spine by isolating specific areas during training. With the Cervical Extension machine, it is possible to perform isolated strengthening and measure the force curve for the cervical spine.

The isolated strengthening of the cervical muscles is assured on this device through a patented fixation system of the upper body with a chest pad and a belt.

The head is balanced by a counterweight. The isometric force measurement over the entire ROM of the cervical spine (126°) provides baseline data for the basis of individual treatment planning.

Throughout the entire ROM the training weight only moves a distance of approximately 2 inches. The purpose of this design is to decrease the transfer of power involved with the movement. This reduces the dangerous momentum forces and friction is eliminated from the exercise.





Mario Adelt

Mario Adelt, Owner of Body Focus in Hamburg

The classic approach of the fitness industry is not rational.

There is a false sense that people are able to achieve all of their fitness, health and appearance goals immediately. Clients must be motivated to commit to more of a long-term process. Most gyms today try to distract the customer from the actual effort required for training by suggesting that the work out should be fun.

Proper training requires the trainee to ignore all external distractions. One must be able to concentrate on their body and the contraction of the muscles involved in order to receive an effective workout.

The High Intensity Training (HIT) method emphasizes that the defining moment of a training set is the point of complete muscular failure or fatigue.

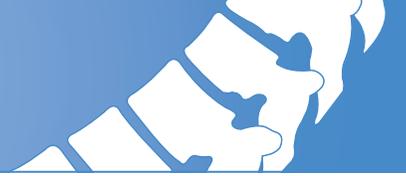
Reaching the point of muscular failure on conventional equipment requires months of focused training and highly motivated individuals.

I work with Delphex machines in my personal training studio. Delphex machines allow for a safe, effective HIT training approach. The machines have several unique features, such as:

- The machines are optimally adapted to the individual body structure of each trainee. The machine must fit like a glove in order to be effective.
- Even during slower movement, the friction in the machine is so low it does not affect the client. The internal friction that exists in other devices results in a reduced training stimulus during the most important phase, eccentric movement. With the Delphex machines the customer experiences a fluid movement with an appropriate resistance throughout the entire ROM.
- Every angle of the movement exposes the body to the optimal biomechanical stimulus. This creates the feeling that the machine is following the natural movement of the body.
- The reduced mechanics involved nearly eliminates the risk of a dangerous moment of inertia. This directly transmits the entire resistance onto the muscles of the trainee without compromising safety.
- The fine degree in the range of resistance allows for further progression of intensity even if higher training loads have been attained. By doing so, training plateaus can occur much later.
- The devices are so quiet they do not disturb the concentration of the client. Maximum intensity and true muscle failure can only be achieved with absolute concentration on the body and the movement. This is why I call my concept Body Focus.

If you want to become a specialized problem solver for your target group, you need to create a perfect training experience from the very beginning. With the HIT method and Delphex machines you will immediately stand out to your customers unlike the majority of other fitness providers.

Core - Healthy Back Concept



F1 Core Torso Rotation



The Core Torso Rotation makes it possible to achieve an isolated and effective training of the rotators of the spine and the oblique abdominal muscles in both directions. Shoulder, arm and chest muscles are eliminated from the movement by a unique padded and reliable fixation system. A foot plate, knee and shin pads lock the lower body into the correct position. These settings are easily adjusted from a sitting position and can accommodate for height and angle of the bend in the legs. A numbered scale facilitates a quick set up of the machine.

The pelvis is effectively fixed with the “V-shaped” pelvic cushion, thus preventing the hip and thigh muscles from supporting the rotation of the upper body. The fine adjustment of the weights, along with the low friction drive, ensure an effective load deflection and a progressive increase of the resistance. This machine makes efficient training of these often neglected muscles possible. It is not surprising that most professional golfers experience numerous benefits from the MedX Core Torso Rotation.

F3 Core Lumbar Strength

Many manufacturers try to offer devices for training the lower back muscles. Only the Core Lumbar Strength machine uses the patented and effective mechanism for complete fixation of the pelvis. By accomplishing this, the deep lumbar extensor muscles are fully isolated. Other muscles in the back that normally work in unison during the movement chain are eliminated from the exercise.

This machine also allows for an easy set-up of the fixation elements (foot plate, knee and shin pads) from the seated position to accommodate for height and the angle of the legs using the numbered scale. As the client follows the proper biomechanical movement of the lumbar spine, the weight is adjusted over its entire ROM ensuring the optimum resistance. For patients with more severe back problems, the ROM can be limited to avoid aggravating the pain.



The two independently adjusted weight stacks allow one to increase resistance by 900 grams (2 lb.) increments. The machine offers an extremely low friction drive by not using weight guide rods. Any individual is able to select an appropriate starting resistance and can progressively increase the weight for subsequent workouts. With the Core Lumbar Strength machine an isolated training of the deep lumbar extensors throughout the entire ROM is not only possible but vast improvements can be seen in only a few sessions.

Core - Healthy Back Concept

F2 Core Abdominal

Strong abdominal muscles are essential for a stable and healthy spine. The movement of the Core Abdominal machine offers the highest possible degree of isolation for this muscle group.

In contrast to other devices, the Core Abdominal machine neutralizes the hip flexors, thereby effectively isolating the abdominal muscles while relieving the lower back. Compared with conventional abdominal machines, the difference is significant and immediately noticeable. The setting of the footplate can be done from a sitting position and adjusted for height and the angle of the bend in the legs.



G3-5 Core 4-Way Neck



The Core 4-Way Neck machine is a biomechanically precise 4-dimensional training machine for all of the neck muscles. Both the flexion and extension muscles of the neck are trained effectively while enhancing the ROM of the cervical spine.

Regular training on this device can successfully prevent shoulder and neck tension. Thus, a pressure reduction in the upper cervical spine, as well as the increased power and flexibility of the entire neck are achieved. The fine adjustment of the weights in 2 lbs increments allows for a safe, progressive increase with noticeably rapid results.

The Core 4-Way Neck machine is based on the advanced technology of the Medical Cervical Extension machine used in rehabilitation facilities around the world.

Core - Healthy Back Concept

S Core Super Stretch

A shortened hamstring muscle is partially responsible for back pain. Flexibility is an important factor for a healthy spine and injury prevention. The Core Super Stretch machine offers customers a professional, well thought-out stretching solution. The design of the patented device places the body in a biomechanically advantageous position for efficient stretching. Customers are able to safely and effectively execute the stretch, which is very beneficial for older patients. Use of the Core Super Stretch machine is easy, enjoyable and effective.

A program of seven stretches improves mobility in the areas of the knee, hip, spine, shoulder, elbow and wrist. In addition, seven major muscle groups, including the injury-prone hamstrings and adductors, receive a proper stretch. By stretching the spine along the longitudinal axis (“Hanging Stretch”) regularly, relief and rehydration (improved fluid intake) of the intervertebral discs is possible. The numbered scale tracks progress of the training and even motivates the clients.



Delphex Strength Training Equipment

Modern training equipment often captivates people with the design, paint and upholstery color. Conditions of purchasing and marketing have developed into key purchasing criteria, whereas biomechanics and ergonomics usually play a secondary role.

In an increasingly competitive field, it is important to distinguish quality devices from others. This also applies to training support and service of the equipment. By concentrating on the essentials, MedX by Delphex strength training equipment offers isolated, efficient, and manageable training for the target muscles.

Developed by independent university studies, Delphex equipment offers the ultimate in biomechanical precision and complete isolation of each muscle group. All machines are adapted to the strength curve of each muscle movement over the full ROM.

Two independently adjusted weight stacks offer slight increases in 2 lb. increments. By not using guide rods for the weights, an extremely low friction drive is produced. Combining these two factors allows for precision training resistance that is adjustable for each client. The resistance can be progressively increased from one training session to the next with quick, measurable results. The MedX Strength Training Equipment offers isolated training of the target muscles throughout the entire ROM.

Strength Training Equipment



A3 HIP ABDUCTION

- Backrest adjustable in 3 positions for different hip angles
- Leg pads can be adjusted individually
- Seat belt and handles for a secure, isolated seating position



A4 HIP ADDUCTION

- Backrest adjustable for different hip positions
- Leg pads adapt to movement
- Handles on right and left enable easy entry and exit



B1 LEG EXTENSION

- Seating position and axis technology allow for complete range of motion for the knee joint musculature, particularly, the use of the vastus medialis in full knee extension is guaranteed even under the most intense load
- Easy Entry
- Protractor for controlled training with knee problems



B7 SEATED LEG CURL

- Easy entry and accurate positioning with adjustable knee pad on the movement arm
- Short seat and axle technology allow maximum range of motion in seated position
- Protractor for controlled training with knee problems



B5 PRONE LEG CURL

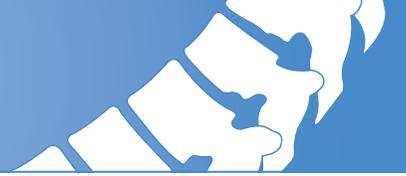
- In the lying position, the knee flexor muscles are optimally addressed
- Use of handles to stabilize upper body during the exercise
- No settings are required to take to correct position



B6 LEG PRESS

- Four-bar-linkage for maximum use of the glutes, natural movement of the knee joint
- Adjustment of the backrest can change muscles used and allows for a more stable position for clients with back problems
- Shoulder pads enable safe seating position during intensive physical exercise
- Sliding seat adjustment allows for the use of individual knee angle settings

Strength Training Equipment



B8 TIBIALIS

- Alternate training of the foot flexor and anterior shin muscles



H1 BICEP CURL

- Backrest adjustable for different hip positions
- Leg pads adapt to movement
- Handles on right and left enable easy entry and exit



H2 TRICEPS EXTENSION

- Seat height, handles and adjustable shoulder pad for isolating the triceps
- Allows for intense muscle activation for complete contraction



D7 SEATED DIP

- Adjustable seat height and handles
- This allows for large amplitude of movement
- Upper body is fully erect during the exercise



D5 ARM CROSS

- Backrest and arm cushions can be modified for the correct axis setting
- Isolated training of chest muscles
- Large range of motion possible, control of footrest



D6 CHEST PRESS

- Seat height and backrest adjustable
- Handles provide grip variations for variable training
- Chest muscles can be trained on a very large joint angle because of the device technology

Strength Training Equipment



C3 TORSO ARM

- The position of the hand-grip is variable and thus allows for individual training with different grip options
- Easy Entry allows for pre-stretching and easy use



E2 LATERAL RAISE

- Seat height, backrest and handles can be changed for correct axis setting
- Training of shoulder/neck muscles is variable with different grip positions



C7 SEATED ROW

- Adjustable chest pad for each individual
- Posture easy to control with the chest pad



E3 OVERHEAD PRESS

- Front Handles: Shoulder Press
- Rear Handles: Neck Press
- Backrest and seat height are adjustable



H3-7 SUPER FOREARM

Exercise device for:

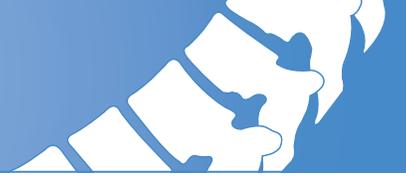
- Forearm flexion
- Forearm extension
- Hand rotation inward
- Hand rotation outward
- Flexion of the wrist
- Extension of the wrist
- Finger flexion



G1 NECK AND SHOULDER

- Shoulder lift for the upper part of the trapezius muscle

Strength Training Equipment



C1 PULLOVER

- Seat height, backrest and arm pads can be individually adjusted
- Training for the lats without incorporating biceps over the entire range of motion
- Entry and exit assistance for safe use



A1 HIP EXTENSION

- Side body position diminishes pressure load on the spine
- Upper body is stabilized by the handle
- Alternative exercise to strengthen the extensor muscles of the spine, in conjunction with glutes and hamstring muscles



A2 TORSO FLEXION

- Side body position diminishes pressure load on the spine
- Large flexion range of motion possible
- Upper body is stabilized by gripping handle
- Alternative exercise to strengthen the abdominal muscles, in conjunction with hip flexor and front thigh muscles



C5 ROWING BACK

- Rowing in the shoulder joint
- Chest support for fixing the pivot point



J MULTI EXERCISE

Multi-functional tower for:

- Heel Raises
- Pull ups – wide
- Pull ups – narrow
- Dips
- Front bar support
- Standing triceps extension
- Side bend



E4 SHOULDER ROTATION

- Internal and external rotation of the shoulder joint
- Complete turning and locking function of the seat ensures both shoulder joints are trained



The efficiency of even the best strength training device in the world is determined by the training method used. As one of the founders of isolated strength training, MedX by Delphex recommends the following training guidelines:

Training Frequency

Training 1-2 times per week and performing exercises to momentary muscular failure. This type of training results in quick training sessions anywhere from 5-45 minutes.

Why? Studies show the effectiveness of single set training with slow movement speed is most beneficial for high intensity training. A rest period of 48-72 hours is required for the muscles to properly recover.

The question of whether a training method is better or worse, is often just a matter of faith from the users. But there is an indisputable and crucial aspect that profits single set training; the significantly smaller time commitment required compared to multiple set training.

Speed of Movement

Very controlled and slow movements are performed. Each complete repetition lasts about 7-20 seconds.

Why? The slow speed supports the isolated movement and allows the target muscles to properly achieve the intense feeling of momentary muscular failure. The trainee is actually able to feel the muscle being used. Acceleration forces are minimized and thus prevent the risk of injuries.

Training Time per Machine (Time under load)

The tension-time for the muscles should be between 45 and 150 seconds. The exercise is ended at complete exhaustion of the muscles. The client should exercise to the point where they can no longer perform the movement in proper form. Certain medical or anatomical features may restrict some client's technique.

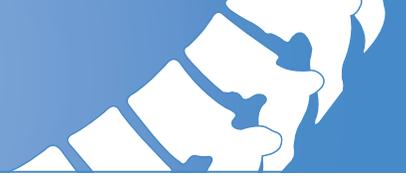
Terminating the exercise should not be done voluntarily by the trainee, but rather due to the inability to no longer perform the movement correctly.

Why? The optimal supra-threshold stimulus for a muscle that causes growth cannot be exactly defined. However, studies show that a maximum muscle stimulus that is 45 - 150 seconds long, causes a growth stimulus. Other aspects remain to be clarified in the future.

Termination Criteria for the Training

By complete exhausting the target muscle group, the maximum tension level is achieved by the muscles. Therefore, an isolated movement of the muscles is no longer possible.

Why? The momentary muscular failure causes a growth stimulus in all muscle fiber types. Medical and anatomical anomalies should be determined on a case by case basis.



Range of Motion

If there are no anatomical or medical concerns, the movement should incorporate the entire ROM.

Why? When the full movement is performed, weak muscles can be strengthened throughout the entire ROM improving muscular imbalances. Muscular problems associated with mobility restriction of the joints can be eliminated with full ROM training.

Increasing Resistance

The optimum resistance for muscles is a combination of stress duration and tension level. The goal time should be between 45 and 150 seconds. If the trainee can achieve this goal time with the current resistance, a higher weight is chosen for the next training session. The strength training machine used must have a fine gradation of weights in order to be productive.

Why? If fine adjustment is not available, a progressive increase of the resistance is limited. A new training stimulus would be difficult or impossible to achieve.



Delphex Education and Training

One focus of the MedX training and education system is the training plan for Delphex therapy. These seminars provide a sound basis for successful and practical use of the high-quality therapy equipment. We offer various training programs. One option is the possibility of training at your own facility. Additionally, we offer training in existing fitness facilities and established clinics. For the Delphex Core-Back machines, we offer our customers an oriented introductory training workshop, which includes both the training methodology and the Delphex training system.

Service & Maintenance

The Delphex name stands for quality. This applies not only for the delivered equipment, but also for competent and qualified service.

After the warranty period expires, further technical support for your machines can be ensured by various maintenance and service contracts that are individually adapted to meet your budget and operational procedures. It is also possible to train in-house technicians.

Delphex Golf Concept

This is a new concept to increase customer loyalty and attract new customers from hotels and golf clubs. Many golfers suffer from back problems and often these are exacerbated by the game of golf. Nearly every ambitious golfer is keen to improve his personal handicap but often at the risk of injury.

With the Delphex Golf concept, you can give your clients a functional solution for muscular back problems, and simultaneously provide a way to improve their golf game. Studies conducted in the U.S. have proven that regular exercise with the Delphex method have very positive effects on athletic performance (e.g., the improvement of Club Head Speed). The time commitment required for training (1-2 times per week for 15-20 minutes) is ideal for this target group. Delphex is able to assist in the development and training of such facilities.

Take advantage of this opportunity and help transform golfers worldwide with the Delphex Golf concept.

Delphex Company Fitness Concept

Workplace health promotion programs in the U.S. have shown that for every dollar invested in these programs, companies were able to save three dollars on average. In particular, back training programs provide significant benefits for both the employer and the employee. Statistically, back disorders are the number one work-related injury. Lowering company health plan costs and improving productivity, is a win-win for any company. Delphex is able to assist in the development of such facilities and provide this scientific based research approach to fitness.

Why MedX?

MedX by DelpheX exercise machines are very unique compared to all other machines on the market. They are still referred to as the “Rolls Royce” in their field.



- A Weight gradation in 2 pound increments (900g)
- B Two independently adjustable weight stacks
- C Low acceleration forces due to very short stroke weight at full ROM
- D Easily accessible and high-mounted weight stack (very beneficial for the elderly)
- E Low-friction drive by eliminating weight guide rods
- F Variable resistance provided by a cam system (MedX Cam)
- G Magnetic covers for quick and easy cleaning
- H Low maintenance and low-friction ball bearings



Back pain is already a widespread disease in modern society. Recent studies show every third primary school student suffers back pain, and the rates are climbing. When therapy and training institutions specialize in this area, it means long term economic prospects and further differentiation from the competition. Many equipment manufacturers have recognized the need for specialized training machines. Some were able to build more visually appealing equipment, although none were able to build better quality training devices. The Delphex devices, with their patented technologies allow for the proper biomechanical training as well as unique fixation positions. The training and therapy success stories with these methods are unbeatable. I have decided to sell these devices because the MedX method is an indispensable component in the professional and holistic treatment of chronic neck and back pain.

Eggert Barwich



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