



”A table that makes the difference”

Model photo

ROPOX GET-UP TABLE FOR TRAINING

The story of a spinal cord-injured user



THE CHALLENGE

Due to a spinal cord injury after a failed surgical procedure, Jette Grønkjær Pedersen was paralysed from the chest down and is only able to move three fingers.

Jette is a wheelchair user and needs training equipment to stretch her legs and to improve her blood circulation as well as her bone strength.

Because of her injury, Jette needed a training table which could support and lift her to a standing position. Moreover, she also needed a table which could gently move her back into a sitting position.

”It is very nice that I can look other people in the eyes when I speak to them.”

ROPOX™
BETTER WAYS TO BETTER DAYS



THE STRATEGY

The training table is in Jette's private home so that she can get up and exercise at home. Partly because Jette knows the importance of training/exercise, and partly because she gets tired of sitting down in her wheelchair all day. Moreover, it reduces the risk of pressure sores to stand in an upright position regularly.

It is very important to Jette that the table does not look like rehabilitation equipment in an institution as it is an integrated part of her home. In addition, the table must be easy to operate for Jette's helpers, and it may not be too wide to get through the doors when moving it from one room to another.

THE SOLUTION

Together with one of her helpers, Jette visited ROPOX' showroom to test the Get-Up training table. Here they realised how easy the table is to use and operate – both for Jette and for her helper. With the handles and the arm supports on the table Jette has something to hold on to when changing position, and it is very easy to adjust the height with the hand control as well. Furthermore, the table is pure style, it fits Jette's home perfectly, and then it has a good size, which makes it easy to set out when it is needed.

THE RESULT

At the beginning Jette was able to stand up for 15 minutes before she got dizzy due to falling blood pressure. However, after having used the training table for a few months, she is now able to stand up for approx. three hours in a row.

Not only is Jette now able to stand up when she works from home. The Get-Up training table also offers a better working posture than a traditional desk as it keeps her elbows and hands under control. The social aspect of standing is very important as well. Because, as Jette says: "I think that people around me feel more comfortable communicating with me when I stand up".

”

”When I come home, I often think that I need to get up because I have been sitting down all day, and it is so nice that I can do that at home.”

”My helpers hold the hand control in one hand and hold on to the belt that lifts me with the other. It is so easy.”