

## Product information

# Sport-Thieme® Therapy Hammock Sport-Thieme® 'Maxi' Hammock Seat

Prod. code 11 174 7821

Prod. code 11 174 7847

Prod. code 11 255 7003

### Thank you very much for choosing a Sport-Thieme product !

Please read the instructions fully before you assemble the equipment so you can enjoy the product and safety is guaranteed. We are happy to respond to your questions and requests.

#### Sport-Thieme therapy hammock

Prod. code 11 174 7821

Prod. code 11 174 7847



#### Sport-Thieme 'Maxi' hammock seat

Prod. code 11 255 7003



Hammocks have become a must even in therapy. Rotating, accelerating or slowing movements stimulate various receptors and thus lead to training of the vestibular system (sense of balance), tonal regulation, activating the reaction to straighten up, stimulation of the extra-ocular muscles etc.

The Sport-Thieme therapy hammock provides optimum load distribution as it is made in one piece. It is big enough for patient and therapist. It is also suitable for direct attachment to snap hooks. Particularly strong and comfortable design.

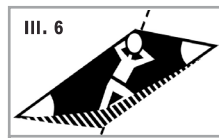
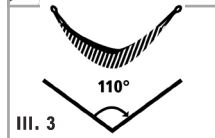
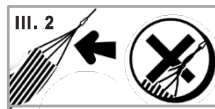
Suitable for use in psychomotricity, sensory integration, occupational therapy, physiotherapy, in pre-schools, schools, etc.

#### Product data:

**Prod. code 11 174 7821** with 200x140 cm usable area, total length 300 cm, maximum load 120 kg

**Prod. code 11 174 7847** with 260x180 cm usable area, total length 400 cm, maximum load 200 kg.

**Prod. code 11 255 7003** with 210x130 cm usable area, total height 185 cm, maximum load 160 kg



**SPORT-THIEME®**  
School Sports · Club Sports · Fitness · Therapy

**Suspension of the Sport-Thieme Therapy Hammock, prod. code 11 174 7821 and 11 174 7847**

The classic way to suspend the therapy hammock is from two points on opposite walls or diagonally. Adjust the distance between wall hook and hammock using suspension ropes (see suspension accessories). Alternatively, a hammock stand is an elegant solution. This does not require any wall attachments, which are not possible with drywall constructions (see ill. 1).

Ensure that the suspension ropes are straight and not twisted or knotted (see ill. 2).

Suspend the hammock in such way that it is sagging (see ill. 3).

The therapy hammock's loops must be at the same height. You can adjust the height using suspension ropes (see ill. 4).

One popular use of the hammock in therapy is the suspension from one point on the ceiling and the use of an inlay pad. When using the inlay pad (prod. code 11 1740123) it must protrude on both sides by approx. 3 cm to prevent damage to the hammock caused by the pad's edges.

For therapeutic use, the distance between the floor and the hammock's lowest point should be 20-40 cm.

**Suspension of the Sport-Thieme 'Maxi' hammock seat, prod. code 11 255 7003**

Suspend the hammock seat from a ceiling hook, leaving a clearance of approx. 30-50 cm above the floor when loaded.

Please note that new hammock seats will stretch by 5-10 %.

**Suspension accessories**

For the suspension of your hammock, please only use stands or suspension elements intended for this purpose:

Prod. code	Description	Special features
<b>11 215 7506</b>	Hammock stand	Ideal, when wall attachment is not possible
<b>11 220 3007</b>		
<b>11 255 6909 et seq.</b>		
<b>11 214 9905</b>	Hammock seat stand	Ideal, when ceiling attachment is not possible
<b>11 262 0901</b>		
<b>11 128 0106</b>	Pyramido	For one-point-attachment instead of a ceiling hook
<b>11 253 2107</b>	Ceiling mounting	For hammock seat or therapy hammock with inlay pad, with height-adjustable rope and ceiling mount
<b>11 255 6808</b>	Wall mounting	For therapy hammock, with height-adjustable ropes and ceiling mounts
<b>11 199 5015</b>	Ceiling suspension	1-point ceiling mount with 1 pair of 2 m suspension ropes
<b>11 207 4809 et seq.</b>	Ceiling cross	Universal ceiling suspension
<b>11 177 3806</b>	Wall/ceiling mount	Universally usable sturdy ceiling/wall attachment
<b>11 174 8808</b>	Wall rail	Instead of a hook, advantage: height-adjustable
<b>11 174 8811 et seq.</b>	Suspension rails	In different lengths, suitable as ceiling or wall rails
<b>11 174 8000</b>	Suspension ropes	Flexibly usable, length-adjustable ropes
<b>11 174 2305 et seq.</b>	Tension springs	For vertical oscillation when mounted to a point on the ceiling.
<b>11 174 7108</b>	Ball bearing swivel hook	Rotation without twisting ropes when mounted to a point on the ceiling.

**Use**

To get on, open the material with both hands, sit down in the middle and then pull your feet up - do not get on feet first! (see ill. 5)

If you want to lay in the hammock, the diagonal position is most comfortable (see ill. 6).

Sport-Thieme therapy hammocks and hammock seats are made from 100% organic cotton and can be washed at 30 degrees. (see ill. 7).

**Safety advice**

- For the suspension of your therapy hammock/your hammock seat, please only use stands or suspension elements intended for this use.
- Check the suspension regularly for wear. Worn suspensions must be replaced.
- Do not overload your therapy hammock/your hammock seat.
- Do not let children use the hammock without supervision.
- Ensure proper use of the therapy hammock/the hammock seat (i.e. both must not be used as gymnastics or climbing equipment or whilst standing etc.).
- You must not stand on hammocks, do gymnastics on them or put your head between the suspension ropes (see ill. 8).
- The hammock seat's bar must not be used for pulling oneself up.
- Not following these instructions can lead to the risk of injury for which no liability will be assumed.
- Please keep these instructions near your therapy hammock/your hammock seat.