

ORTHO CANADA



NuStep Recumbent Cross-Trainer

Life- Changing Exercise Machines



NuStep is the most popular total body exerciser for rehab and post-rehab patients. They require minimal maintenance, are user friendly and versatile. Anyone with a functional limitation can benefit from the NuStep as long as they have one working extremity, just as athletic people can push themselves to the limit, getting a strong cardio workout.



NuStep T4r

The T4r is the most popular recumbent cross trainer in the healthcare and fitness industries, and has become a leading choice for home exercise, too. Healthcare professionals around the world have demonstrated that the T4r provides safe and effective exercise for individuals of nearly all fitness and ability levels. By enabling independent control of step length, resistance level, pace, and exercise duration, the T4r provides treatment flexibility for therapists and a greater feeling of control and independence for users.

T4r Stability Essentials Bundle

A Unilateral Leg Stabilizer Configuration (1 leg stabilizer), 1 WellGrip set (one right hand and one left hand), 1 Seat Belt, 1 Polar Transmitter Belt & Foot Secure System.

OC-040070R-45691 T4r

T4r Total Essentials Bundle

A Bilateral Leg Stabilizer Configuration (2 leg stabilizers), 1 WellGrip set (one right hand and one left hand), 1 Seat Belt & Foot Secure System.

OC-040070R-45690 T4r

OC-040070R

NuStep T4r

Accessories

- OC-040070R-45670** Foot Secure System
- OC-040070R-45640** Unilateral Leg Stabilizer kit
- OC-040070R-45641** Bilateral Leg Stabilizer kit
- OC-040070R-45683** WellGrip set
- OC-040070R-50813** Polar Transmitter Belt
- OC-040070R-45660** Transporter w/T4 Bracket
- OC-040070R-41815** Floor Mat
- OC-040070R-45893** T4r Total Essentials Bundle
- OC-040070R-45895** T4r Stability Essentials Bundle





NuStep T5

The T5 design is the result of collaboration with exercise physiologists, ergonomic specialists, and our customers. It offers the benefits of life transforming exercise to patients, clients, and home users alike. Virtually anyone can exercise on the T5, from deconditioned or disabled users to workout warriors and elite athletes. The T5 offers safe, effective, and adaptive exercise with a mid-level feature set and price.

OC-040071

NuStep T5

Accessories

OC-040072-52000

Leg stabilizer, Unilateral Bundle

OC-040072-52065

Leg stabilizer, Bilateral Bundle

OC-040072-50685

WellGrip set

OC-040072-05300

Transporter

OC-040072-51713-SE

T5XR Stability Bundle

OC-040072-5714-TE

T5XR Total Essentials Bundle

T5 Stability Essentials Bundle

A Unilateral Leg Stabilizer Configuration (1 leg stabilizer), 1 WellGrip set (one right hand and one left hand), 1 Hip and Torso Belt Set + Foot Secure System.

OC-040071-52000-SE

T5 Total Essentials Bundle

A Bilateral Leg Stabilizer Configuration (2 leg stabilizers), 1 WellGrip set (one right hand and one left hand), 1 Hip and Torso Belt Set.

OC-040071-52065-TE





NuStep T5XR Recumbent Cross Trainer

An industry standard when it comes to total body conditioning of the cardiovascular and muscular systems, the T5XR represents the height of NuStep innovation with an extended range of features, adjustments and versatility, all designed to offer the benefits of life-transforming exercise to more users. A favourite among cardiac-rehab programs across Canada, the T5XR is accessible, supportive and versatile. Whatever the user's level of fitness or ability, the T5XR offers safe, effective and adaptive exercise. The T5XR includes more than 40 new features and design improvements, all developed through extensive field research and testing.

T5XR Stability Essentials Bundle

A Unilateral Leg Stabilizer Configuration (1 leg stabilizer), 1 WellGrip set (one right hand and one left hand), 1 Hip and Torso Belt Set.

OC-040072-52001-SE T5XR

T5XR Total Essentials Bundle

A Bilateral Leg Stabilizer Configuration (2 leg stabilizers), 1 WellGrip set (one right hand and one left hand), 1 Hip and Torso Belt Set. Foot secure system comes standard on the T5XR.

OC-040072-52066-TE T5XR

OC-040072 NuStep T5XR with Foot Secure System

OC-040080 NuStep T5XR with Oversized Seat

Accessories

OC-040072-52000 Leg stabilizer, Unilateral Bundle

OC-040072-52065 Leg stabilizer, Bilateral Bundle

OC-040072-50685 WellGrip set

OC-040072-05300 Transporter

OC-040072-51713-SE T5XR Stability Bundle

OC-040072-5714-TE T5XR Total Essentials Bundle



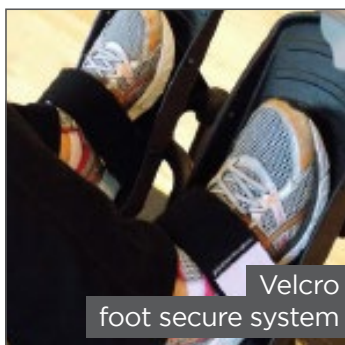


	NuStep T4r	NuStep T5	NuStep T5 XR
Step-through height	9-12" (23-30 cm)	3-4" (8-10 cm)	3-4" (8-10 cm)
Enhanced smooth stepping motion		Yes	Yes
User height capacity	4'6"-6'4" (137-193 cm)	4'6"-6'7" (137-200 cm)	4'6"-6'7" (137-200 cm)
Maximum weight capacity	400 lbs. (182kg)	500 lbs. (227 kg)	600 lbs. (272 kg)
Resistance range	5-800 watts	5-1400 watts	5-1400 watts
Seat dimensions	17"W x 14"D (43x36 cm)	18"W x 14"D (46x36 cm)	18"W x 14"D (46x36 cm)
Back height	17" (43 cm)	22" (56 cm)	22" (56 cm)
Seat swivel	360°	360°	360°
Highest seat position	15" (38 cm)	18" (46 cm)	18" (46 cm)
Contact heart rate grips		Yes	Yes
Adjustable reclining seat back			Yes
Adjust hand grips separation		Yes	Yes
40° hand grip rotation			Yes
Maximum arm length	15" (38 cm)	18" (46 cm)	18" (46 cm)
LCD display	Monochrome	Color	Color
Resistance levels	10	15	15
8 basic programs incl 5 profiles		Yes	Yes
Data readouts	Yes	Yes	Yes
Multiple display languages		Yes	Yes
Polar® heart rate monitoring w/strap	Yes	Yes	Yes
Contact heart rate monitoring		Yes	Yes
Target heart rate control program			Yes
Constant speed (isokinetic) program			Yes
Constant power program			Yes
2 exercise testing protocol programs			Yes
Unit weight	210 lbs. (95 kg)	285 lbs. (129 kg)	286 lbs. (130 kg)
Unit size	60x27x45" (152x69x112cm)	73x29x46" (185x74x117cm)	73x29x46" (185x74x117cm)
Warranty	5 yrs. parts, 1 yr. labor, 10 yrs. frame	5 yrs. parts, 1 yr. labor, 10 yrs. frame	5 yrs. parts, 1 yr. labor, 10 yrs. frame
Maintenance	Maintenance free	Maintenance free	Maintenance free
Code	OC-040070R	OC-040071	OC-040072

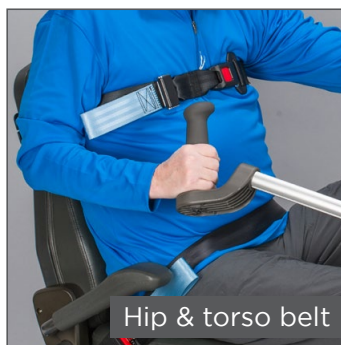
Optional Accessories



Wellgrip set



Velcro foot secure system



Hip & torso belt



Bariatric seat (T5xr only)



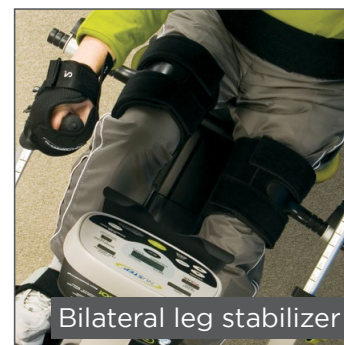
Foot secure system



Polar Transmitter Belt



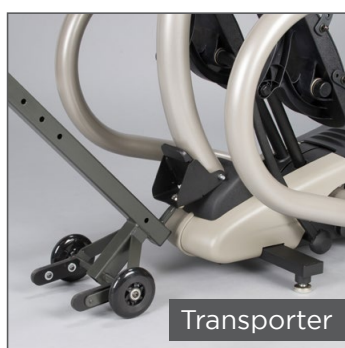
Unilateral leg stabilizer



Bilateral leg stabilizer



Floor mat



Transporter

NuStep offers several optional accessories to facilitate and offer better control when using the machine.

Introducing StrideLock

The new StrideLock feature, which allows the user to lock the arm handles and leg pedals when needed, now comes standard on all NuStep models.

NuStep is committed to providing safe and inclusive exercise equipment that people of virtually all ages and ability levels can use. In addition to providing a high performance workout, our products are designed to be accessible for those recovering from injury, illness or surgery and those with limited mobility.

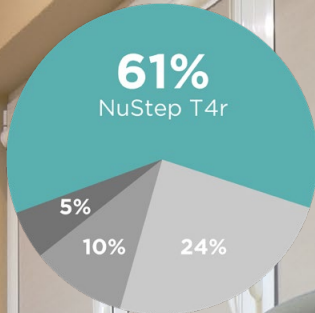


Fall Prevention

According to the Canadian Health Agency, falls account for 40% of nursing home admissions. Physically strong seniors have better balance and are less likely to fall. They also have a better chance of avoiding or recovering from a fall-related injury. Learn why NuStep is the #1 piece of rehab exercise equipment for seniors in Canada.

Best value: NuStep Canada's first choice for seniors rehab equipment for balance, coordination, core strengthening and muscle strengthening.

- 61% NuStep T4r
- 24% NuStep T5xr
- 10% NuStep T5
- 5% NuStep Bariatric



Get expert advice at www.orthocanada.com or call us at 1-800-561-0310 ext. 1711



Your OrthoCanada Sales Consultant

After a ten years as an advocate for the small business sector, Katherine then followed her interests by owning and operating a lady's fitness centre for the elderly and physically challenged.

Since 2009 she has worked with Orthocanada to educate and assist professionals with the purchase of rehab equipment.

Katherine Fairfield

Katherine.fairfield@orthocanada.com

1-800-561-0310 ext 1711

Home Healthcare

"...if she had a Nustep in her home, this would provide immediate access for consistently exercising 2-3 x / week as a minimum. This would assist this patient in maintaining meaningful community integration and decrease the risk of hospitalization." - **Stuart Miller** BScPT CHT Clinical Leader NCAR, Alberta Health Services

Endorsements

- NuStep® recumbent cross trainers have earned the Arthritis Foundation's Ease-of-Use Commendation. Products with the Ease-of-Use Commendation are proven to make life easier for people who have arthritis and other physical limitations. For more information go to: www.nustep.com/about-nustep/awards-and-endorsements/arthritis-foundation/



- Nustep recumbent cross trainers are widely used by patients enrolled in the exercise program of the Canadian Association of Cardiovascular Prevention and Rehabilitation. For more information about a CACPR Program near you go to: www.cacpr.ca/information_for_public/program_directory.cfm

- For more information on the research to Examine the effectiveness of the NuStep Recumbent Cross Trainer in combination with a functional rehabilitation program after a Total Knee Arthroplasty (TKA), Total Hip Arthroplasty (THA) or hemiarthroplasty of the hip, and to determine its feasibility and safety, by the McGill University School of Physical and Occupational Therapy, go to: blog.orthocanada.com/research/effectiveness-nustep-total-knee-replacement-mcgill-research-study/



Institutional usage

Part 1

1 Fd Amb Physical Therapy Dept
Abbotsford Regional Hospital
Adult Mental Health
Alberta Health Services
Alexander Place
All Saints Springhill Hosp.
Altum Health
Aphasia Centre Of Ottawa
Banfield Pavilion
Baptist Housing
Baycrest Centre For Geriatric
Beaufort-delta Hlth & Soc Ser
Beausejour District Hospital
Berwick Comox Valley
Berwick Royal Oak
Bethany Care Centre (Resident
Bethesda Regional Health Cente
Bishop O'byrne Housing
Bloomington Cove Care Communit
Bluewater Health (Norman Site)
Blusson Spinal Cord Centre
Bob Macquarrie Recreation Comp
Bonnie Brae
Bradford Valley Care Community
Brentwood Care Centre
Bridgepoint Hospital
Brock University
Brockville General Hospital
Brooks Health Centre-palliser
Brookside Court/hilltop Place
Burman University
Burnaby Hospital
Calgary Jewish Centre
Camosun College
Campbellton Reg. Hosp - Restig
Canada Games Centre
Canadore College
Carewest Dr. Vernon Fanning
Cedarvale Care Community
Cedarview
Centre De Readap Lucie-bruneau
Centre D'hébergement Du Manoir
Centre Le Royer
Centre Valéo St. Lambert
Charlotte Villa
Chatham Kent Heath Alliance
Chatham-kent Com. Healthy Cent
Cheltenham Care Commu
Chilliwack General Hospital
Chinook Regional Hospital
Chs Elgin
Chsld Juif De Montreal
City Of Ottawa
City Of Vancouver
Colchester East Hants Health
Coleman Care Centre
Collingwood General Marine Hos
Community Carewest Care
Community Hosp O'leary
Comox Valley Hospital
Concordia University
Constance-lethbridge
Cornwall Community Hospital
Coronation Hosp.& Care Centre
Covenant Health Youville Home
Credit Valley Hospital
CSC Chigamik Chc
CSSS Cavendish-hop.richardson
CSSS Des Aurores-boréales Cscd
CSSS Du Haut-saint-laurent
Cusm/muhc
Dauphin Regional Health Centre
Dept. National Defence
Dist. Of West Van Aquatic Ctre
Drumheller Health Centre
Dryden Regional Health Centre
Dunedin Consultants
East Calgary Health Centre
Ex-hopital General De Lachine
Fishermen's Mem Hospital
Foothills Medical Centre
Fort Hope Community Care
Fort Macleod Health Centre
Foster Cons. Rehab. Assoc.
Four Counties Health Services
Fpc - Garden Villa Retirement
Fraser Canyon Hospital
Fundy Hospital
GBHS - Owen Sound
Geraldton District Hospital
Gf Strong Rehabilitation Cent
Glengarry Memorial Hospital
Glenrose Rehabilitation Hospita
Grace Hospital
Grand River Community Health C
Grand River Hosp. Park St Recv
Grand River Hosp.freeport Site
Grande Prairie Qeii Hospital
Granite Ridge Care Community
Grey Bruce Health Services
Groves Memorial Hospital
Hamilton General Campus-hhs
Hamilton Health Sciences
Harmony Hills Care Community
Health Sciences Centre
Health Sciences North
High River General Hospital
Holy Cross Cancer Centre
Holy Family Hospital
Home And Community Support
Hopital General De Grand-sault
Hôpital General Juif
Hopital General Lakeshore
Hopital Juif De Réadaptation
Hopital Notre-dame
Hopital Regional D'edmundston
Hornepayne Community Centre
Hotel Dieu Shaver / Rehab Heal
Hotel Dieu St-joseph De St-que
Hotel-dieu Grace Health Centre
Hsn/horison Sante Nord
Humber River Reg. Hospital
Ih.duramd Manor
Ins Univ Cardio Et Pneumo Qc
Interior Health Authority
Jbh - Redevelopment
Jim Pattison Outpatient Care &
Kelowna Family Ymca
Kelowna General Hospital
Kingston Community Health Cent
L.A. Miller Centre
Lady Dunn Health Centre
Lady Minto Hospital
Ladysmith Health Centre
Lakeridge Health C/o Rouge Val
Lakeridge Health, Whitby Site
Landmark Court
Langley Memorial Hosp
Langs Community Centre
Laurel Place,fraser Health Aut
Lennox And Addington Hospital
Lions Club Intl Dist. A 4
Lions Gate Hospital
Lyndhurst Hosp.-toronto Rehab
Magnum Canada
Manitoulin Community Fitness
Manitoulin Health Centre
Manitouwadge General Hospital
March Of Dimes Canada
Markham Stouffville Hospital
Mattawa Hospital
Mazankowski Heart Institute
Mccausland Hospital
Mcgill University
Mckenzie Towne
Mcmaster University
Mcmaster University Sports & I
Mental Health Services
Milton District Hospital
Miramichi Regional Health Auth
Misericordia Community Hospita
Misericordia Health Centre
Mohawk Council Of Akwesasne
Mohawks Of The Bay Of Quinte
Moose Jaw Union Hospital
Mount Hope
Msa Rehab Worthington
Muskoka Shores Care Community
Nanaimo Regional General Hospi
New Regional Mental Health
Newmarket Health Centre
Niagara College Welland Campus
North Bay Regional Health
North East Specialized
North Hamilton Health Centre
North Hastings Hospital
North York Gen Hosp Seniors Hc
North York General Hospital
Nsha Central Authority
Nsha South West Health
Oakville Trafalgar Hospital
Oil Heritage District
Olds Hospital And Care Centre
Origin- Spring Creek
Ottawa Hospital - Civic Campus
Parkwood Institute

Institutional usage

Part 2

Pavillon Gingras
Pavillon Lindsay
Peace Arch Hospital
Perley-rideau Health Centre
Perth & Smith Falls Hospital
Pinecrest Recreation Complex
Portsmouth
Post Stroke Care Program
Praire North Regional Health
Providence Care Centre - Smol
Providence Health Care, Toront
PT Health- Trillium Manor
Queen Elizabeth Hospital(Mm E)
Queen's Park Care Centre
Queens Univ. Sch.of Kin&health
Quinte Health Care, Belleville
Regent Park Community
River Height Professional Bldg
Riverdale Health Centre
Rmh-receiving-711353000
Rockyview General Hospital
Royal University Hospital
Royal Victoria Regional Health
Runnymede Healthcare Centre
Saint- Vincent Hospital
Seaway Valley Community
Selkirk Mental Health Centre
Seven Oaks General Hosp.
Shaw Centre
Sherbrooke Community Centre
Sherwood Park Manor
Silverthorn Care Community
Sioux Area Active Centre
Soins Continue Bruyere
Somerset West Comm.h.centre-
South East Grey Community Cent
South Health Campus Hospital
South Riverdale Community Heal
South Shore Health
Southampton Hospital
Southlake Regional Health Cent
St. Boniface General Hospital
St. Clare's Mercy Hosp Health C
St. Joseph's Hospital Ham.
St. Andrews Outreach Of
St. Joseph's Health Centre
St. Josephs Hospital
St. Thomas Elgin General
Stettler Hospital & Care Cente
Sun Country Health Region
Sundre Hospital & Care Centre
Sunnybrook Health Sciences Cen
Support Services Facility
Temiskaming Hospital
The Arthritis Society
The City Of Ottawa
The Duchess Recreation Centre
The Moncton Hospital
The Royal Ottawa Health Care
Timiskaming Home Support
Tobique Valley Communityhealth
Tom Davies Square

Toronto Rehab Institute
Trillium Health Centre West To
Trillium Health -mississauga
Trinity Care Centre
UBC Hospital
Unifund Assurance Co.
Universite De Moncton
University Health Network
University Of Alberta Hospital
University Of Pei
University Of Waterloo
Upper River Valley Hospital
Vancouver Island Health
Vch - Mary Pack Arthritis Prog
Vecova Recreation Centre
Victoria General Hospital
Victoria Hospital- Mat Man
Viha -west Coast General Hosp.
Viha-campbell River General
W. Ross Macdonald School
WDACS
Wellness Institute
West End Community Centre
West Lincoln Memorial Hospital
West Park Healthcare Centre
West Parry Sound Health Centre
Western Health Care Corp Hospi
Western Hosp - W Prince Health
Wetaskiwin Hospital Physio Dep
William E. Pautler Centre
William Osler Health Cen. Bch
Wingham & District Hospital
Workers' Compensation Of Ns
Worksafe Bc
Worksafebc Health Care Pyts
YMCA Burlington
YMCA Lunenburg County
YMCA Lunenburg County
YMCA Of Greater Moncton
YMCA Of Greater Saint John
YMCA Of Hamilton
YMCA Of Hamilton
YMCA Of Oakville
YMCA Waterdown
YMCA Of Guelph
York Wellness Centre

Seniors Residences

Allendale Long Term Care
Amica At Mayfair
Amica At Douglas House
Amica At Dundas
Amica At Oakville
Amica At The Gorge
Amica Mature Lifestyles
Appleby Place
Applewood Retirement Residence
Atria - Victorian At Mckenzie
Atria - Anchor Pointe
Atria- Arbour Lake
Atria - Canyon Meadows
Atria - Crystal View Lodge
Atria - Ironwood Estates
Atria - La Residence Steger
Atria - Stamford Estates
Atria - The Victorian
Atria- Burlington Gardens
Atria- Chateau De Champlain
Atria- Longlake Chateau
Atria- Prince George Chateau
Atria -the Court At Brooklin
Atria- The Court At Pringle
Atria- The View At Lethbridge
Atria- Victoria Park
Atria- Victoria Park
Atria-the Court At Rushdale
Baybridge Senior Living
Bradgate Arms
Bridlewood Manor
Brightwater Senior Living
Cedarcroft Place
Chelsey Park Retirement Commun
Churchill Retirement Community
Copper Terrace Long Term Care
Deer Lodge Centre
Delmanor Elgin Mills
Delmanor Glen Abbey
Delmanor Prince Edward
Errinrung Residence Retirement
Evergreen Estate Lodge Inc.
Extendicare Brampton
Extendicare Cobourg
Extendicare Kirkland Lake
Extendicare Laurier Manor
Extendicare Medex
Extendicare Port Hope
Extendicare- West End Villa
Fairview Lodge
Fairview Nursing Home
Fleetwood Villa Retirement Res
Forest Hill Place
Fpc - Heritage Manor
Fpc - Park Place Retirement
Fpc - Russell Meadows Retireme

Fpc - Stillwater Creek
Fpc- Sandfield Place
Fpc-riverpark Place
Fusger House
Gef Seniors Housing-
Grace Villa
Grove Park Home
Hawthorn Woods Care Community
Heritage Meadows
Highland Place
Hillcrest Lodge
Hillsdale Estates
Holland Christian Homes
Horizon Place Retirement Resid
loof Seniors Home Inc
John Noble Home
Kanata Place
Kawartha Heights Retirement
La Maison Des Aînés
Labdara Lithuanian Nursing
Lambton Meadowville Villa
Le Waldorf
Lincoln Park Retirement Suites
Linhaven-niagra
Luther Village On The Park
Manitoulin Lodge
Manoir Montefiore
Manoir Ste Genevieve
Maple View Lodge
Maplecrest Village
Marian Chateau
Mountain View Seniors Housing
Mountainview Residence
New Orchard Lodge
One Care Home & Comm. Support
Oyen Seniors Lodge
Paragon Place Lodge
Parkview Meadows Christian
Pinehaven Nursing Home
Pleasant Valley Lodge
Presentation Manor
Princess Court
Queens Garden
Regina Gardens
Residence Au Fil De L'eau
Residence Les Monarques
Retirement Suites By The Lake
Retirement Suites Of Kawartha
Revera Living - Donway Place
Revera Living-kingsway
Revera- Meadowlands
Revera- Stittsville Villa
Revera-crofton Manor
Revera-elmwood Place
Revera-forest Heights
Revera-stittsville Villa

Riversideresidences On Thepark
Ross Place-allegro Retirement
Saskatoon Field House
Scarborough Retirement Cent
Shalom Village
Sheridan Villa
St. Joseph's Continuing Care
St. Joseph's Villa
Stone Lodge
Sun Parlor Homes
Sundial Lakeview Retirement
Sundre Seniors Sup. Living
Tender Care Nursing Home Ltd.
Terrace Lodge
The Beechwood
The Bentley Moose Jaw
The Bentley Regina
The Bentley- Swift Current
The Dorchester
The Franklin
The Village At University Gate
The Village Of Arbour Trails
The Village Of Aspen Lake
The Village Of Humber Heights
The Village Of Tansley Woods
The Village Of Winston Park
The Waverley/rosewood
The Wellington Retirement Res
The Westwood
Trillium Manor
United Active Living Inc.
Victoria Place
Villa Colombo Serv
Viva Barrhaven
Viva Meadowlands
Von Oxford
Von Strathroy
Wai Kwan Manor
Waterside Retirement Community
Wentworth Heights
Whistlebend Continuing Care
Wikwemikong Nursing Home
Woods Park Care Centre

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Customer Service Hours

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