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**ORMESA®**

• MADE IN ITALY SINCE 1980 •

*Frame runner*

Assistive Device for running



# Frame runner

Frame running, previously known as Race Running, is an **adaptive athletic discipline** for teens and adults who rely on sport aids for mobility and balance and cannot functionally run.

It is appropriate for individuals with severe motor and coordination impairments who can take part in Frame Running as a therapeutic and recreational activity: **its use improves overall fitness, strength and physical and emotional well-being.**

It **stimulates all systems of the body**: skeletal and muscular, central nervous and cardiovascular system. Combined with the social context it gives a significant boost to the **development of individual character and personality.**

What does frame running give you?

#### **A different approach**

- to believe in yourself and understand what you need to work on
- to explore new places, meet people and build friendships.

The Frame Runner is a 3 wheeled frame with a saddle, chest support, and no pedals. The athlete propels against the frame using his feet and steering the handlebar with his hands and/or arms.

WHAT TO WEAR? Safety and comfort, first of all!

The helmet for safety during the run and the padded/cycle shorts with gloves for comfort are indispensable in the athlete's uniform.



**ORMESA Frame Runner** is a **Medical Device** classifiable to **ISO 9999** with the **code no. 12 27 22 Running Bikes** (sit-on vehicle with saddle and handlebars, propelled by pushing with the feet) and to **CND** with the **code Y122799**  
**Non-Motorized vehicles and means of transport – Others.**

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PRODUCT





# Technical features



## Ergonomic saddle

Designed for maximum comfort. Adjustable in height, in tilt and anterior-posterior direction.



## Monocycle saddle

(additional component 876).

Adjustable in height, in tilt and anterior-posterior direction.



## Saddle abatement system

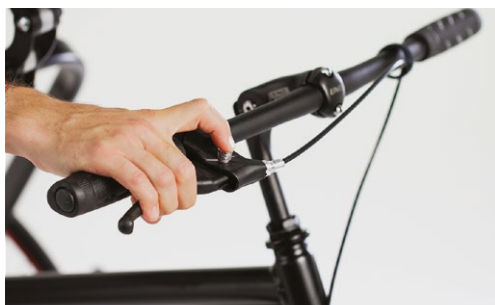
(additional component).

To facilitate the ascent and descent from the aid, to be optioned when ordering the product.



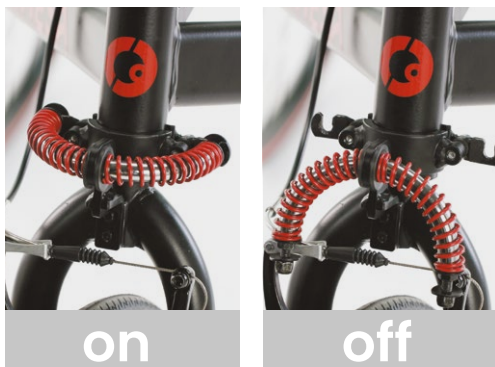
## Handlebar

adjustable in height, in tilt, in anterior-posterior direction and reversible. With wide and ergonomic grips, to increase comfort.



## Front brake

with locking device for ascent and descent, that can be operated by the bottom either on the right or on the left side of the handlebar. The distance between the brake lever and the handlebar is adjustable by screw.



## Steering limiter with springs

That allows the handlebar to return to the central position. It's possible to choose between two different elastic strengths. The steering limiter can be released to allow more steering.

## Pneumatic tires

supplied: 24" (Medium size) and 26" (Large size), 28" available as option (Large size); with reflector rims and quick release front wheel. Rear wheels easily removable with supplied key.



# Multiadjustable Trunk support



**with breathable memory foam padded upholstery, easily removable for washing.**

It offers a **good support to the trunk** and thanks to the wide strap (additional component), also an excellent rear containment.

The thickness of memory foam under the breathable fabric **absorbs and adequately redistributes the pressure of the body** on the surface. It adapts perfectly to the shape of the trunk.



Wide adjustment range easy to fix - no tools; a minimum of "free-movement" is left to accommodate all movements.





# Components



## 880 Adjustable ergonomic handles.

They have the function and purpose of offering the user a grip closer to the body and more grip points than the standard handlebar. They can be adjusted in height/inclination, asymmetrically or independently.



## 875 Wrist retainer with support and multi-adjustable glove independently.

Make a binding to the handlebar in case of an ineffective grip, it can also be used individually. With reflective details and easily removable for washing.



## 845 Forearm support.

It supports the forearm. It can be ordered per piece.



## 102 Trunk support wide strap, width-adjustable.

Available in two sizes.

To be applied to the trunk support.



## 876 Monocycle saddle.

Adjustable in height, in tilt and anterior-posterior direction.



## 103 Monocycle saddle padding.

Easily removable for washing.

The Frame Runner and its postural components should be evaluated and adjusted by a health care professional who assesses the person's abilities; supervision by an adult, family member, or qualified person is always necessary while using the aid.





**104 Frame side paddings.**

Easily removable for washing.



**105 Frame rear paddings.**

Easily removable for washing.



**106 Under saddle paddings.**

Easily removable for washing.



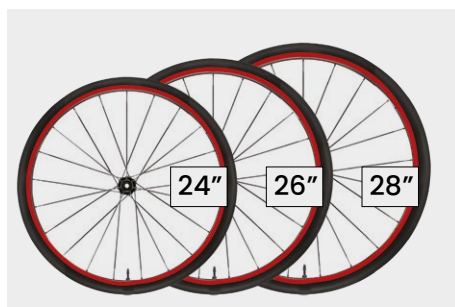
**107 Parking brakes, right and left.**



**108 Front led lamp.**

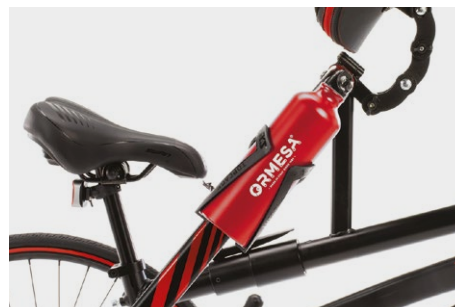
**109 Back led lamp.**

With USB charging. Different light modes.  
With battery status indicator and usb cable.



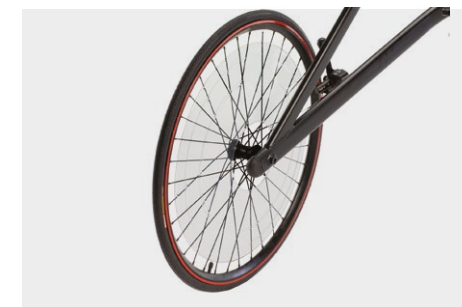
**101, 24", 26", 28" rear wheels.**

Table on next page.



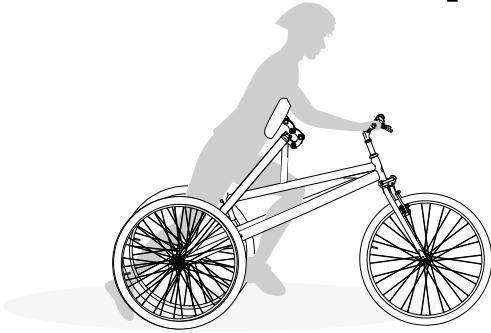
**110 Bottle holder.**

Water bottle not included.



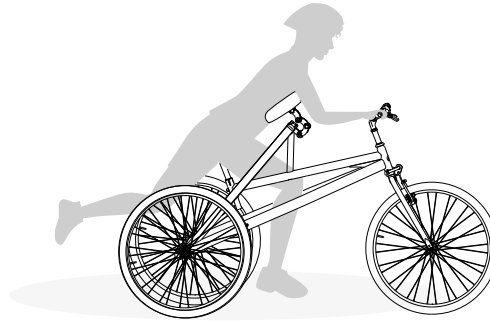
**111 Transparent rear wheels spoke protectors, right and left.**

# Three basic position on the Frame Runner



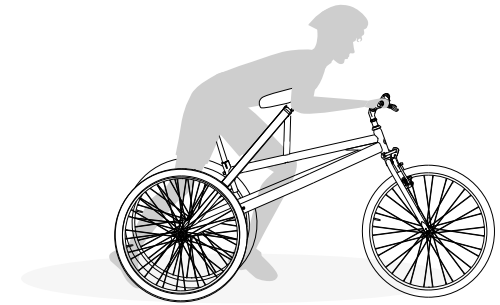
## Spine Upright.

The upright position means most weight is on the saddle with the chest plate being used for balance support.



## Spine Angled.

The angled position means the chest support is taking some of the body weight resulting in less weight on the saddle. This can mean it is easier to move the legs compared to the upright position. It may also be easier to push off.



## Spine Horizontal.

The horizontal position is distributing the body weight across both the saddle and the chest plate, providing the least weight on the saddle and therefore on the legs.

It could be useful to adjust the saddle to a position a few cm/inch higher to facilitate running with the forefoot.

## Example of preparatory exercises for Frame Runner activity:

Start the session with warm up: 15 minutes

- Slow run along the track
- Upper limb stretching
- Lower limb stretching

Motor Co-ordination session: 20 minutes

- Push the Frame Runner with one foot at a time and alternating one foot with two feet
- Push the Frame Runner with both feet simultaneously
- Progression sprints: 10m-20m-50m

Co-ordination and Technique Exercises: 10 minutes

- Run with changes of pace
- Run with length steps changes and frequency

Technique exercises for bending: 10 minutes

- Push the Frame Runner along the bend using only one foot (left)
- From the finishing point, reverse the direction of run, using only the right foot to push
- Sprint along the bend at the maximum speed

Defatigue with slow running 5 mins

Stretching exercises 5 mins

Our community grows up!

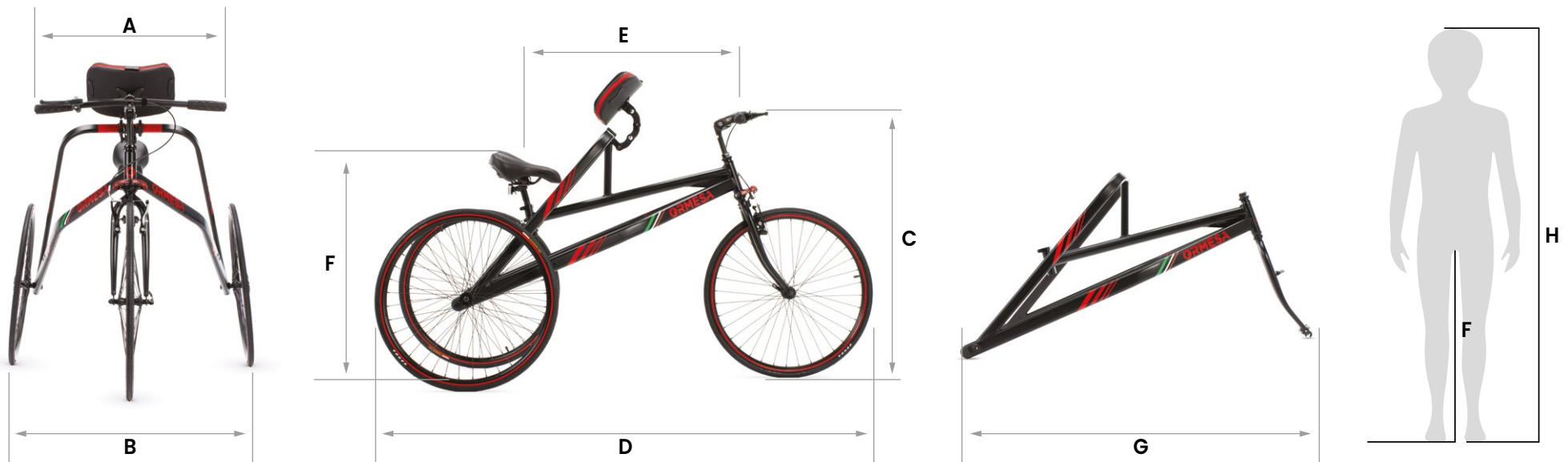


# Measurements in cm (*inches*)

	Medium	Large
A: handlebar overall	55 (21,6)	62 (24,4)
B: overall width	86 (33,8)	92 (36,2)
C: handlebar-ground distance	84-97 (33-38,1)	95-107 (37,4-42,1)
D: overall length	159 (62,6)	187 (73,6)
E: saddle center-handlebar distance	53-64 (20,8-25,1)	71-84 (27,9-33)
F <sup>2</sup> : saddle-ground distance	58-73 (22,8-28,7)	70-92 (27,5-36,2)
G: frame size without wheels	106 (41,7)	127 (50)
H: user height	120-150 (47,2-59)	150-190 (59-74,8)
Aid weight <sup>3</sup>	17 kg (37,4 lbs)	18 kg (39,7 lbs)
Max. load	70 kg (154 lbs)	100 kg (220 lbs)

## Wheels dimensions: possible configurations

Frame runner M
Front wheel with dedicated fork 20" - Rear wheels 24"
Front wheel with dedicated fork 24" - Rear wheels 26"
Frame runner L
Front wheel with dedicated fork 24" - Rear wheels 24"
Front wheel with dedicated fork 24" - Rear wheels 26"
Front wheel with dedicated fork 26" - Rear wheels 24"
Front wheel with dedicated fork 26" - Rear wheels 28"
Front wheel with dedicated fork 28" - Rear wheels 28"



<sup>1</sup> Size M with 26" wheel,  $D_{max}=164$  cm (64,5") - Size L with 28" wheel,  $D_{max}=192$  cm (75,5").

<sup>2</sup> With standard saddle. it is possible to further adjust the height position of the saddle ( $\pm 3$  cm - 1,18") by acting on the fixing clamp.

<sup>3</sup> Weight calculated without saddle abatement system.





 conforms to MDR (EU) 2017/745