



HUR References
Senior Facilities



Gymtonic, Singapore

- [Gym Tonic](#) is an effective, evidence-based strength training programme that improves the functional abilities of the elderly.
- Using advanced equipment and software, more than 4,000 elderly at 26 eldercare facilities have become stronger.
- <http://www.gymtonic.sg/#/>

SIGN UP MEDIA KIT



EXERCISE AS MEDICINE WORKS!

Gym Tonic is an effective, evidence-based strength training programme that improves the functional abilities of the elderly.

Using advanced equipment and software, more than 4,000 elderly at 26 eldercare facilities have become stronger. Check out their stories.



What the Professionals Say

WHAT IS GYM TONIC?



Gymtonic – News articles

- [Newly Published – Gym Tonic Progressive Strength Training Program In Singapore's Elder Care Settings](#)
- [StraitsTimes: Gym for the elderly opens in Bishan Community Club](#)
- [StraitsTimes: More places for seniors to get strength training as gym programme opens to the public](#)
- [ScandAsia: Gym Tonic introducing Exercise-As-Medicine concept in Singapore](#)

Concept Promotion Videos

- [Gymtonic Video playlist by Lien Foundation](#)



St Luke's ElderCare, Singapore

- St Luke's is a Christian healthcare provider committed to meeting the evolving needs of our patients, clients and caregivers.
- Within the St Luke's eco-system, [St Luke's ElderCare](#) delivers a full range of integrated services and programmes for elderly people through the nursing home in Ang Mo Kio and 23 eldercare centres islandwide while St Luke's Hospital is a 243-bed community hospital that serves patients regardless of race and religion.
- They were awarded by Agency for Integrated Care (Singapore) for their program - Implementing Exercise for Strength (EFS) Group Exercise Class in Day Rehabilitation Centres for Frail Elders, in the AIC Community Care Excellence Awards 2020, Clinical Quality Improvement category.
- www.slec.org.sg

Lilibeth Pableo

Physiotherapy Associate

Hi, I'm Lilibeth, a physiotherapy associate from St Luke's ElderCare. Video: [AIC CCEA 2020 - St Luke's ElderCare's Exercise for Strength Group Exercise Class](#)

Beijing Yuezhifu elder care, China

- Based on the physical and psychological characteristics of the elderly, the Yuezhifu international retirement village promotes happiness, participation and sense of belonging through facility layout and detail setting of the facility.
- Facility focuses on the six needs - sports, social, nutrition, physical, mental and life, so as to improve the quality of life of the elderly and achieve elegant retirement experience.



The application of HUR @ Beijing Yuezhifu elder care

- HUR is the biggest highlight of Yuezhifu, creating a complete set of exercise intervention system.
- HUR offers effective chronic disease management for the elderly, such as type II diabetes, osteoarthritis, fall prevention, hypertension, etc., and these program can be operated within 3-6 months through HUR resistance training without the assistance of medication and other medical means.
- By using HUR training equipment and software, facility can make a comprehensive evaluation of rehabilitation.
- With HUR SmartTouch, instructor or therapist can create rehabilitation plans and save them to the computer cloud system. Patients can wear the bracelet and by showing the bracelet to machine display, training equipment automatically adjust the seat, arms to optimal positions, and generate the training program which are individually customized. The system stores the training data and history, and creates the feedback with numerous data.

POSSIBLE, Japan

Franchise and consultation enterprise

- [Possible Medical Science Co, Ltd](#) is one of Japan's leading franchise and consultation enterprise in rehabilitation and senior care services
- Using HUR equipment as the primary platform for its programmes, Possible mainly services seniors who are over 65 years old. Possible also caters for special cases, like people over 40 years old with specific disease.
- Since 2014, Possible is owned by West Japan Railway Company and in 2021, Possible group has 57 facilities and 427 people are working in the company.
- www.possible-plus.co.jp



Sunpu-no-mori, Japan

Day Service & reconditioning studio

- One of the biggest rehabilitation hospital group in Japan provides a new type of rehabilitation facility for those who are discharged from general hospitals early and have difficulty adjusting to living at home.
- The 5th floor is for outpatient clinic rehabilitation, and the 6th, 7th, and 9th floors are for outpatient rehabilitation where long-term care insurance can be used.
- Over 30 HUR Smart Devices are installed in each floor (6F, 7F and 9F)
- Rehabilitation therapists apply the advanced rehabilitation equipment and provide both evaluation and training programs for each patient.
- <http://www.sunpunomori.com/>



The Wellness Revolutic

Senior Wellness Gym, Thailand



- Opening of the first urban Senior wellness gym with HUR solution in the Innovation Centre of Ministry of Public Health in Bangkok.
- Finnish high level Health Technology joint with Thai hospitality will give also the active ageing Thai people the strength they need for the life they deserve.



The [HUR] machines were a way for multiple committees to work together to further the culture of whole-person wellness and meet several of our wellness goals at the same time.

Holland home, USA

Since 1892, [Holland Home](https://hollandhome.org/) has been providing vibrant independent living for area seniors, assisted living services for those needing help with everyday activities, and skilled nursing for those requiring a higher level of care.

“They identified HUR equipment as the best option for several reasons, but one of the most important was that having the machines would mean meeting goals across multiple components of wellness. The machines were a way for multiple committees to work together to further the culture of whole-person wellness and meet several of our wellness goals at the same time.”

Facility website: <https://hollandhome.org/>

Article: [How an Integrated, Wellness Engagement Strategy is Helping One Community Thrive](#)



Landis home, USA

Person-centered care aims to give emphasis to resident choice in programs and services. “Choice” is not just a word but rather a guiding philosophy. Landis Homes supports the dignity, respect, self-determination and purposeful living choices of our residents.

Q. The community has experienced a tremendous increase in participation with fitness program. What are the key factors driving such a dramatic increase?

A. The increase is the result of two important initiatives. First, we built a new fitness center and equipped it with HUR SmartTouch machines. Second, we worked very hard to make sure every interested resident in our community was set up in the HUR SmartTouch system with a personalized program and was well oriented to the equipment.

These were significant changes, but they have already proven to be worth it. We had an average of 240 monthly visits to our old fitness center. Today, we see an average of 1000 monthly visits. **That’s a 316% increase.**

Read more from the article:

[How Landis Homes Achieved a 316% Increase in Fitness Program Participation](#)

Facility website: <https://www.landishomes.org/>





Active retirement living, Australia

- [The Breeze Point Lonsdale retirement community](https://senciathebreeze.com.au) is the ideal place to pursue a fulfilling and active retirement with state-of-the-art amenities, stunning architecturally designed homes, and the perfect location in the seaside town of Point Lonsdale on the Bellarine Peninsula.
- **The emphasis of the community is on vitality, health, and happiness, offering state-of-the-art health and lifestyle facilities for residents to use at their leisure.**
- Residents enjoy regularly working out in the community's gym within The Breeze's Waterside Pavilion. Installed with HUR Fitness Equipment, the gym has been specifically designed to cater to a senior market. It is suitable for all different abilities and skill levels and provides a safer and more effective workout.
- <https://senciathebreeze.com.au>



IntegratedLiving, Australia

- [IntegratedLiving](#) is a leading provider of health services throughout rural, regional and remote communities across Australia. Their focus is on delivering better health outcomes for Australians, supporting them to live independent and active lives, and provide a range of health and wellbeing services, such as aged-care and disability support, for individuals and their families.
- integratedLiving has also designed several Wellness Centres which feature HUR equipment. The equipment is based on air-resistance (pneumatic) technology and allows for optimal loading of muscles with minimal joint stress.
- integratedLiving chose HUR equipment on the premise of the positive effects of strength-based resistance training on cognitive performance, maintaining flexibility and balance and the prevention or control of chronic health conditions.
- <https://integratedliving.org.au/>
- Facility video: [Integratedliving Australia - Wellness Centres](#)





Fysiogeriatría, Finland

Rehabilitation for people with dementia

- "We have been using the computerized HUR equipment for rehabilitation of seniors and people with dementia since 2010. Our physiotherapists and our customers really appreciate the benefits and possibilities of HUR products - they are safe and easy to use – and they provide us with important data for client follow-up and motivation" Katja Sohlberg, Chairman Of The Board, Suomen Fysiogeriatría
- [Fysiogeriatría](http://www.fysiogeriatría.fi) specialises in geriatric physiotherapy and comprehensive rehabilitation for the elderly, people with memory disorders and veterans at home, at nursing homes and at rehabilitation centres.
- The physiotherapists specialising in geriatrics and elderly patients possess the latest knowledge and skills related to rehabilitation for the elderly. The goal is to increase quality of life and happiness, regardless of the customer's age or situation.
- <http://www.fysiogeriatría.fi>



Hovi Club Teuku Umar Bali, Indonesia

- [Hovi Care](#) offers evidence-based and individualised elderly care services. Hovi care serves ageing seniors who need assistance in activities of daily living (ADL), social activities, cognitive rehabilitation and physiotherapy.
- Facility's senior care aims to improve both well-being and quality of life of customers and their families. Hovi care's activities are suitable for people with mild cognitive impairment, memory disorder, and problems in gait, balance and co-ordination.
- Tailoring elderly services from portfolio can provide an alternative to an elderly home or nursing home. The combination of in-home care services and in-home nursing care, HoviClub Senior Daycare activities and on-line care can provide the support and fulfil the needs of the elderly clients.
- Listen to the inspiring story of Hans and Birgit in "[Understanding & Supporting Family with Dementia](#)"
- <https://hovicare.com/>





HUR References
Active Ageing

welcyon



Aspire 55, Singapore

- [ASPIRE55 Singapore](#) – Asia’s first virtual retirement village, is a wellbeing community for older adults over 55 years old. Designed by a team of young and energetic facilitators, ASPIRE55 offers a combination of social, health and care services that are typically available at a physical retirement village, whilst the members can continue living in their existing homes.
- “We hope to demonstrate the effectiveness of regular exercise on older adults in Singapore. In the process of doing so, we aim to create a community of like-minded older adults who are committed towards increasing their muscle strength as they age. Like our partners in Finland, we believe it’s possible to be stronger as we age”, says Ms Loke Yiing Ching, Managing Director, ASPIRE55 Pte Ltd, Singapore.
- BBC News : [Aspire BBC World News](#)
- Facility website: <https://www.aspire55.com/>

Health Studio 50+, Australia

- Since its launch, the Studio has experienced strong demand from older South Australians who appreciate its holistic approach to health and wellbeing.
- [Health Studio 50+](#) is a natural progression since ACH Group, a not-for-profit organisation founded in 1952 which offers a range of health, wellbeing, respite and support services, help at home and social activities, along with a range of accommodation options.
- Alongside traditional clinic-based services such as physio, massage and podiatry, Studio customers have access to exercise groups including yoga, mindfulness, fitness, rehabilitation and balance.
- Facility website: www.achgroup.org.au
- Facility video: <https://youtu.be/Yn0DZTncjkE>





Body Brain, Switzerland

- [BodyBrain](https://www.bodybrain.ch/) is a centre of physical and cognitive activities in Vevey, Switzerland.
- The centre offers specific training methods for seniors (50+), focused on preventive exercise, cardiovascular rehabilitation, falls prevention and maintaining cognitive abilities.
- A combination of the HUR SmartTouch strength training concept, the dividat Senso cognitive solution and HUR SmartTouch compatible cardio equipment.
- <https://www.bodybrain.ch/>

Senior Living Community Aston Gardens, USA

- [Aston Gardens'](#) mission is to provide a warm, caring community for seniors who want high-quality care and beautiful living spaces.
- The communities are owned and managed by Discovery Senior Living and Aston Gardens senior living centers is award-winning resort-style communities. These beautiful, resident-focused communities offer the very best in luxury apartment homes and amenities as well as health care and wellness programs to maintain a healthy lifestyle.
- Aston Gardens at Tampa Bay welcomed HUR equipment along with a new Fitness Coordinator and the results are exciting and rewarding.
- Residents say the equipment is easy to use and they feel safe. The Fitness Coordinator says resident participation and engagement are increasing.
- <https://www.astongardens.com>

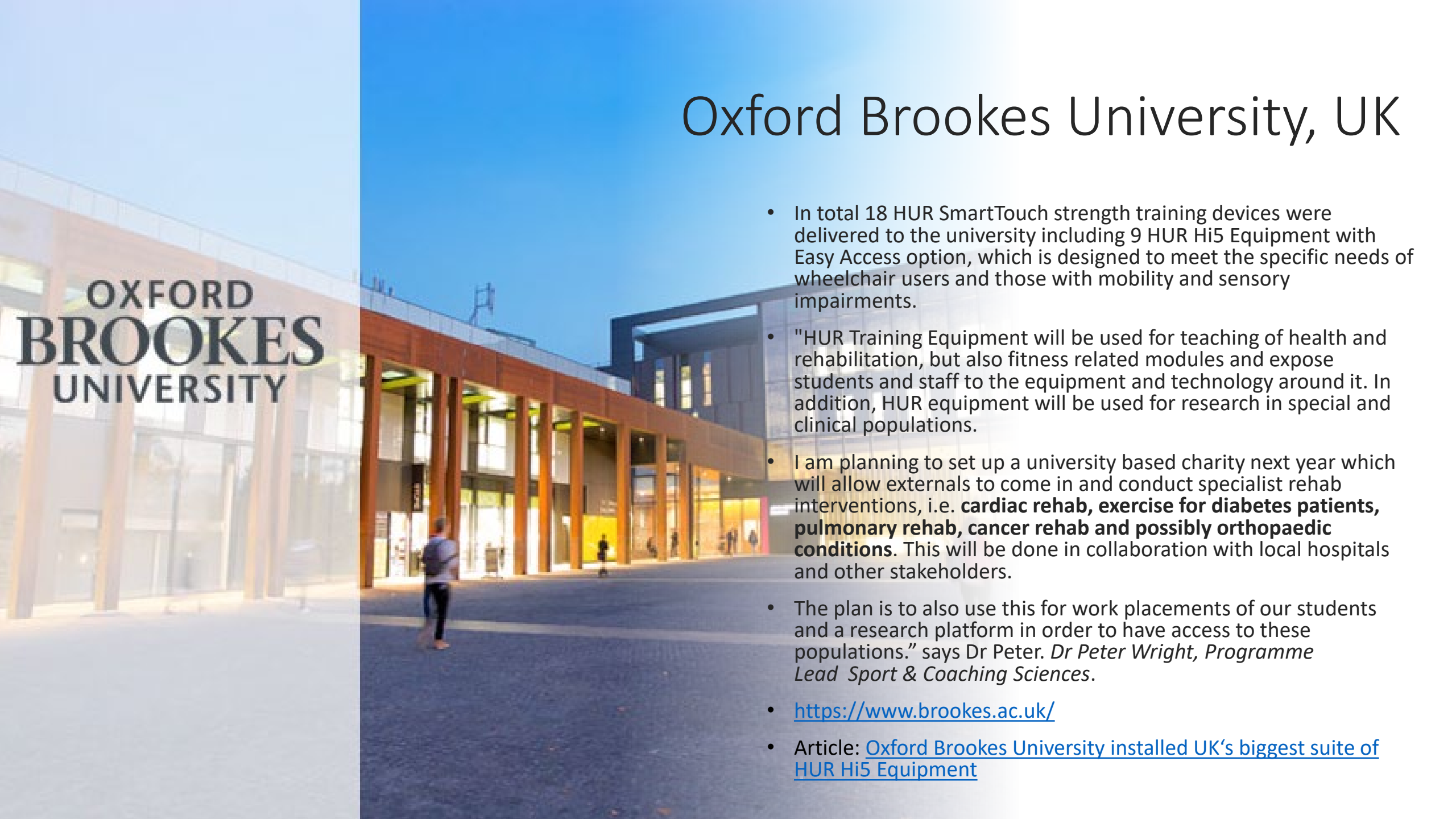




HUR References
University



Oxford Brookes University, UK

A photograph of a modern university building at dusk. The building features a prominent glass facade and a series of vertical wooden columns. The sky is a deep blue, and the interior lights of the building are visible through the glass. A person is walking in the foreground on a paved area.

OXFORD
BROOKES
UNIVERSITY

- In total 18 HUR SmartTouch strength training devices were delivered to the university including 9 HUR Hi5 Equipment with Easy Access option, which is designed to meet the specific needs of wheelchair users and those with mobility and sensory impairments.
- "HUR Training Equipment will be used for teaching of health and rehabilitation, but also fitness related modules and expose students and staff to the equipment and technology around it. In addition, HUR equipment will be used for research in special and clinical populations.
- I am planning to set up a university based charity next year which will allow externals to come in and conduct specialist rehab interventions, i.e. **cardiac rehab, exercise for diabetes patients, pulmonary rehab, cancer rehab and possibly orthopaedic conditions**. This will be done in collaboration with local hospitals and other stakeholders.
- The plan is to also use this for work placements of our students and a research platform in order to have access to these populations." says Dr Peter. *Dr Peter Wright, Programme Lead Sport & Coaching Sciences.*
- <https://www.brookes.ac.uk/>
- Article: [Oxford Brookes University installed UK's biggest suite of HUR Hi5 Equipment](#)



University of Queensland, UQ healthy living

- Queensland's most innovative, interprofessional health and fitness facility, UQ Healthy Living (UQHL) combines professional approach to prevent and manage age-related health issues sees experienced clinicians, some of whom lead in the field of healthy ageing, shape the client experience.
- The facility's services include **dietetics, exercise physiology, and physiotherapy**; and specialty programs for chronic disease, such as **diabetes, cardiopulmonary conditions, and osteoporosis**.
- At UQ Healthy Living students work with a range of clients from different backgrounds, who have varying health issues.

These experiences challenge students to be innovative, utilise their clinical reasoning skills and equip them to be work-ready graduates in a complex healthcare environment.

- Facility website: <https://www.uqhealthyliving.org.au>
- Facility video: [UQ Healthy Living - Discover exclusive HUR technology](#)

40+ 逆齡運動俱樂部 開幕典禮暨樂齡運動體驗

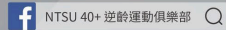


12/14 Fri
11:30 AM

國立體育大學
綜合體育館

- | | |
|-----------------|------------------|
| 開幕典禮 | 樂齡運動體驗展 |
| 11:10 貴賓蒞臨 | 12:50 - 13:50 |
| 11:30 開幕表演 | ★ 圓夢主題課程體驗 |
| 11:45 開幕致詞、來賓致詞 | ★ ISPlus逆齡保健產品試飲 |
| 12:00 剪綵儀式 | ★ 運動訓練產品展示 |
| 12:05 合影 | ★ 雷射療法疼痛緩解 |
| 12:10 俱樂部大揭秘 | |
| 12:30 媒體專訪 | |

好康動起來: Facebook打卡
輸入: 開啟逆齡之旅!
打卡地點為 NTSU 40+ 逆齡運動俱樂部
並且按粉專讚, 就可獲得運動毛巾!



40 + Smart Sport Club National Taiwan Sport University (NTSU)

- Despite its name, NTSU produces more than just sports-related research. Some of these are related to the aging of the population, which is recognized as an important challenge in all the most advanced countries in Asia. The aim is to find the solutions that enable people, regardless of age, to lead an active life and to be independent as long as possible. For this purpose, NTSU provided its own training facility which was named 40+ Smart Sport Club. The gym is equipped with HUR smart devices that automatically record the exercises result to produce the data for research purposes.
- In many studies, age 50 is considered a milestone, because muscle strength and bone density begin to decline after 50. However, the decline can be stopped or postponed by active training. This was also one of the most important themes, which was assigned by the government. But why was the gym named as “40 plus”?
 - We thought about it and asked ourselves - why do we have to wait until becoming 40? There are still more than 20 years of career after 40, so isn't it worthwhile to start training earlier? **Prevention is the key.** We look at how active training affects people's muscular strength, endurance, and sick leave,” says Wen-Tzu Tang, Dean of College of Exercise and Health Sciences.
- Facility video: <https://www.facebook.com/HURTaiwan/videos/861504094566110>
- Article: [National Taiwan Sport University utilizes intelligent HUR training concept](#)

A modern fitness studio with several blue exercise machines, including treadmills and a leg press machine. The room has large windows and a white door. A green exercise ball is visible on the floor.

Metropolia, Finland

- [Metropolia University of Applied Sciences](https://www.metropolia.fi/en) is Finland's largest university of applied sciences located in Helsinki and it educates the professionals in the fields of Business, Culture, Health care and Social services, and Technology.
- This collaboration will benefit various kinds of innovation projects, project collaboration as well as students learning environment.
- HUR's latest Smart Technology exercise equipment were delivered in Metropolia's brand-new Myllypuro Campus, which aims to bring together people-focused expertise where well-being, built environment and healthy future are developed together.
- "We at Rehabilitation Degree Programs are expecting a new learning environment based on smart technology that will bring modern learning experiences to students, as well as innovative R&D collaboration between Metropolia and HUR," says lecturer Anu Valtonen.
- <https://www.metropolia.fi/en>



HUR Smart Gym - Active Life Lab, South-Eastern Finland University of Applied Sciences (XAMK)

- Active Life Lab is a research and development unit of the South-Eastern Finland University of Applied Sciences, which works in the premises of Saimaa Stadium, established in 2018 in Mikkeli. Active Life Lab gym is equipped with HUR SmartTouch strength training units with Easy Access features.
- Active Live Lab mission is to increase people's health through effective wellbeing services. systematically gathering information on the effectiveness of wellbeing services, conducting cutting-edge research to develop services, and applying this knowledge in practice with partners. learning environment for students.
- Facility website: <https://www.xamk.fi/tutkimus-ja-kehitystoiminta/active-life-lab/>
- Facility video: <https://vimeo.com/373079032>

University of British Columbia - ICORD PARC Canada

- [ICORD](#) is a spinal cord injury research centre of the UBC Faculty of Medicine and VCH Research Institute.
- The Yuel Family Physical Activity Research Centre (PARC) is a community-based research facility that is led by ICORD researchers, and a PARC Advisory Committee made up of members from ICORD, Spinal Cord Injury BC, GF Strong Rehabilitation Centre, and the UBC School of Kinesiology Outreach Program.
- The facility is committed to providing opportunities for the local spinal cord injury (SCI) community to participate in research on exercise and physical activity. We envision that the PARC will nurture an active exchange of ideas between the community of individuals living with SCI and ICORD researchers. Most of the exercise equipment at PARC can be used directly from wheelchair or are easily transferable from wheelchair.
- Facility website: <https://icord.org/>
- Facility video: [Powered by HUR - Spinal cord and neurological rehabilitation](#)





University Medical Center Groningen (UMCG) , Netherlands

- The [University Medical Center Groningen \(UMCG\)](#) was established in 2005 as a joint activity of the University of Groningen and the Academic Hospital Groningen (AZG).
- The UMCG is one of the largest hospitals in the Netherlands and the largest employer in the Northern Netherlands. More than 10,000 employees provide patient care, are involved in medical education and perform cutting-edge scientific research, focused on 'healthy and active ageing'.
- Healthy ageing is one of the most important missions of UMCG. Research on ageing calls for a multidisciplinary approach. UMCG has chosen HUR solutions to be able to collect the right type of 'big data'. Their vision is to do the follow-up of the patient and their progress during their stay at UMCG.
- HUR SmartTouch software provides feedback about the progress of the patient and manages research related information



HUR References
Rehabilitation &
Physiotherapy



National Center for Tumor Diseases(NCT), Germany

- The [National Center for Tumor Diseases \(NCT\)](https://www.nct-heidelberg.de/) in Heidelberg combines patient care and patient-oriented research under one roof. What is special about the NCT is its multidisciplinary approach.
- Two outstanding institutions in research and patient care, the German Cancer Research Center (DKFZ) and the Heidelberg University Hospital (UKHD), have joined forces in order to provide best patient care.
- Cancer patients receive state of the art therapy at the NCT. Physicians and scientists from multiple disciplines work side by side to implement new promising research results as fast as possible. All of them follow the core concept of the NCT: Together against cancer – with focus on the patient.
- <https://www.nct-heidelberg.de/>



Physiotherapy Clinic Schult, Germany

- [Physiotherapy clinic Schult](https://praxis-schult.de) in Germany offers state-of-the-art medical training therapy with HUR's pneumatic (air resistance) technology.
- The team consists of physiotherapists dedicated to providing expert treatment and advice, and ready to offer the highest standard of care for their clients in a safe, professional, and friendly environment.
- This customer has been using HUR equipment for more than 20 years. Now the owner's daughter, Ms Kathrin took over the clinic and decided to invest into new Hi5 equipment.
- Facility website <https://praxis-schult.de>





Basalt, Netherlands

[Basalt](#) is one of the largest rehabilitation centres in the Netherlands and is located at ten locations in South Holland.

Basalt is a specialist in the field of rehabilitation medicine offers the following rehabilitation:

- COVID-19 rehabilitation
- Neurological rehabilitation
- Orthopedic rehabilitation
- Rehabilitation after CPR
- Cardiac Rehabilitation
- Pulmonary rehabilitation

Facility video

[Basalt launches innovative care concept '&Basalt'](#)

Vetrea, Finland

Neurological rehab

- Vetrea provides high quality rehabilitation, housing and home services at approximately 40 facilities in nearly 20 municipalities. Their strength is a multidisciplinary approach for rehabilitation and care.
- VetreaNeuron Kupoli in Kuopio city offers the wide range of services such as HUR smart gym, neurological and cardiac rehabilitation as well as rehabilitation for the elderly people.
- Facility website: <https://www.vetrea.fi/>
- Facility video:
General <https://youtu.be/kNTLS3Z0KM4>
Neurological rehab <https://youtu.be/EFO5HUijgaw>





Beroun Hospital, Czech Republic

- The rehabilitation centre of the [Beroun Hospital](#) is a newly built, very modern, state-of-the-art facility – one of the best of its kind, even outside the Czech Republic.
- The Beroun Rehabilitation Hospital has a quality and modern department of internal medicine ICU, department of aftercare and nowadays truly renowned workplaces - Rehabilitation and arthroscopic centre. There is also a broad spectrum of outpatient care, including MRI and a modern complement of other services.
- Renovated buildings up to the last detail, new technology, advanced equipment, the most modern devices, and most importantly - skilled specialists from the ranks of doctors and other medical staff. Services which are often compared to a quality hotel's service by clients.
- Facility video: [https://youtu.be/ Fdu7hIwOLU](https://youtu.be/Fdu7hIwOLU)



Karolinska University Hospital, Sweden

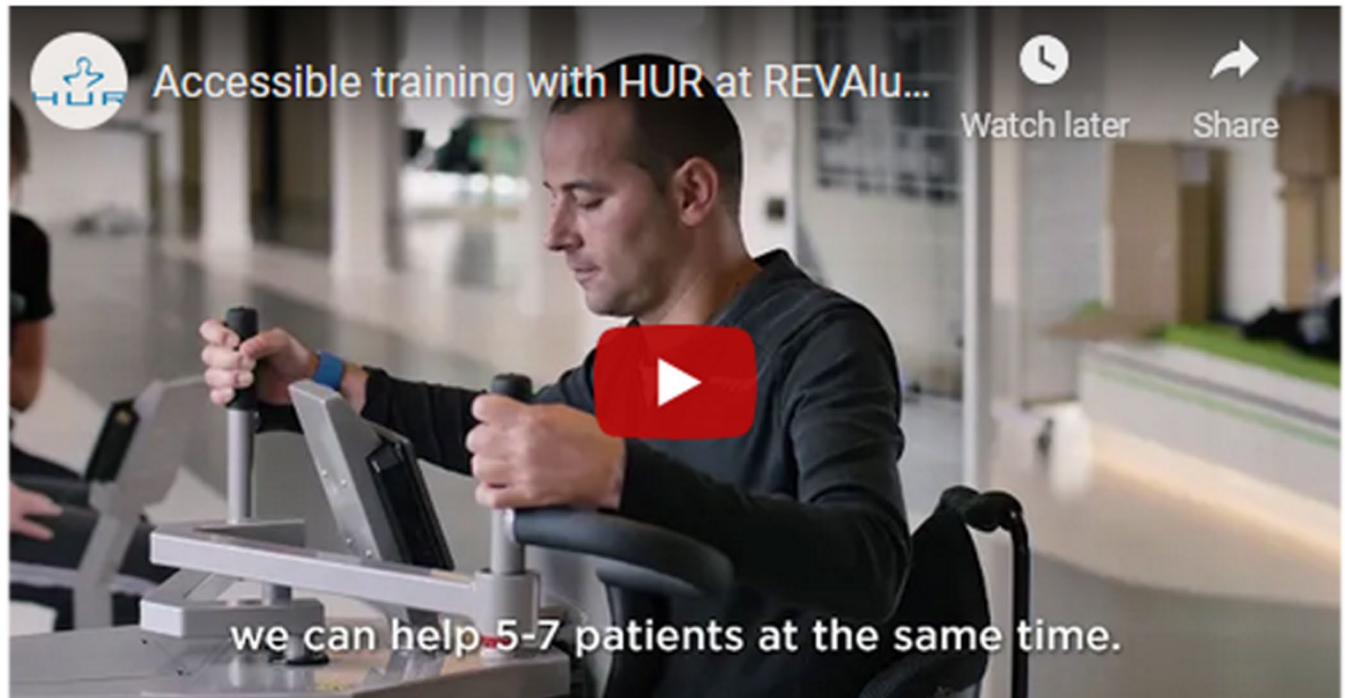


- Training and rehabilitation at [Karolinska University Hospital](#) have made a great leap forward into the digital millennium. By means of ultra modern machines and technology from HUR, patients are provided with a digital bracelet containing all the information needed to be given the correct training.
- The bracelets have been programmed by a physiotherapist and then the machine reads off the bracelet digitally and adapts weights to the patient's individual training programme. Everything is completely automatic, says Brita Eriksson de Franco-Cereceda, specialist physiotherapist and manager of the functional unit at Nya Karolinska.
- Facility website: [Karolinska University Hospital](#)
- Article: [Nya Karolinska's ultra modern exercise machines are controlled by smart bracelets](#)

Revaluation Center, Belgium

Spinal cord injury rehab & neurological rehab

- [To Walk Again - Revaluation center](#), located in Belgium, is a post-rehabilitation center which provides adapted sports and physical activities to persons with physical disabilities.
- HUR equipment is designed in accordance with current requirements for accessibility. The machines are designed to efficiently use space while offering impediment-free accessibility.
- Facility video: [Accessible training with HUR at REVALution center](#)



LocoMotion, Germany



- The facility name- LocoMotion comes from the practice for physiotherapy "LokoMotion" (Latin: loco = from place to place, motio = movement).
- Facility's goal is to ensure optimal care for the patients. An existing network of doctors, occupational therapists and medical supply stores ensures the health and wellness of patients.
- This facility has also a partnership with Hocoma, the manufacturer of the Lokomat
- Offers attractive and modern rooms, good care and the latest robotics for effective gait therapy.
- <http://lokomotion-physio.de/>





Abilities center, Canada

- **Abilities Centre** is a fully accessible, state-of-the-art multi-purpose facility that is committed to the development of an inclusive and integrated environment, where respect, understanding, cooperation, innovation, and education form the core values of the facility and the people within.

This universal designed, 125,000 square foot facility in Whitby (part of the Greater Tronto Area) houses three full regulation basketball courts surrounded by a 200 metre, six-lane track. Fully equipped and universally accessible cardio/fitness, weight, and sensory rooms offer unparalleled opportunities for physical activities for people of all ages and abilities.

According to Tom Holden, VP Operations of Abilities Centre, the HUR exercise machines were selected after a careful consideration and evaluation due to their superior features to implement inclusive exercise programs: the software sets up machines automatically (sets, reps, resistance and heart rate limit) and measures the outcomes for user feedback. The machines are designed for inclusive fitness - low impact air-resistance technology allows even the weakest members to exercise; the machines offer from close to 0 resistance to stepless increase, and are easy on/easy off, wheelchair accessible, safe and non-intimidating.

- Over 24 pieces of HUR training devices were delivered including Easy Access Devices and Pulley.
- <https://abilitiescentre.org/home>
- Facility video: [Powered by HUR - Spinal cord and neurological rehabilitation](#)



Seisei Rehabilitation Hospital, Japan

[R&O Rehabilitation Hospital Group](#) has been using HUR's machines for the past 10 years.

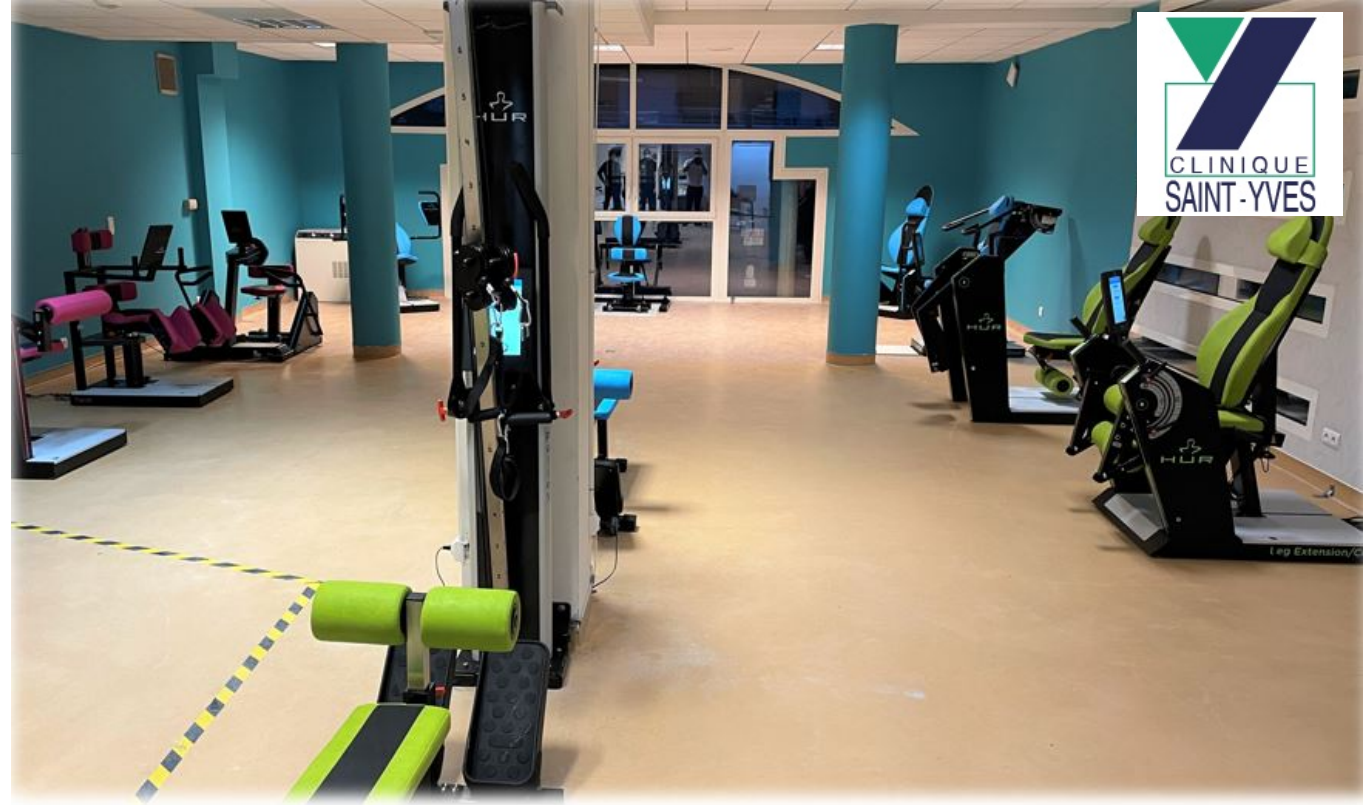
The group's [Seisei Rehabilitation Hospital](#) initiated a Rehab Challenge Project, whose aim is to get the patients out of their beds and on their feet as quickly as possible.

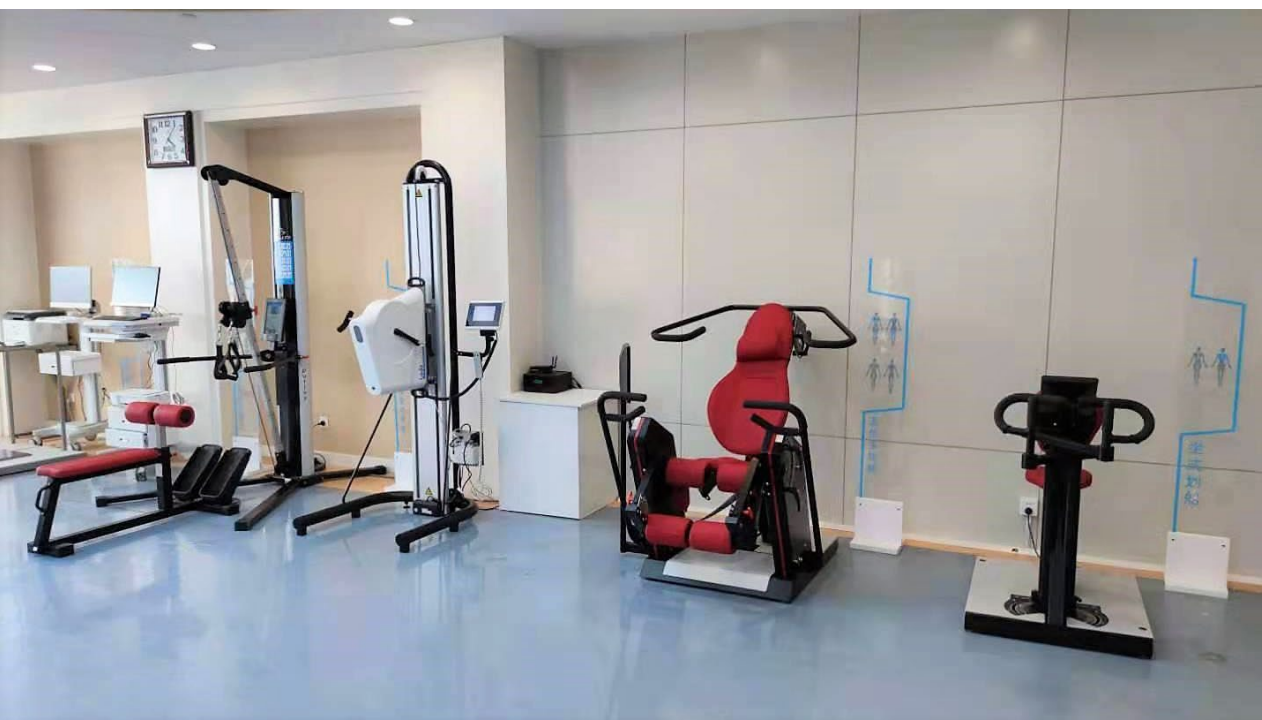
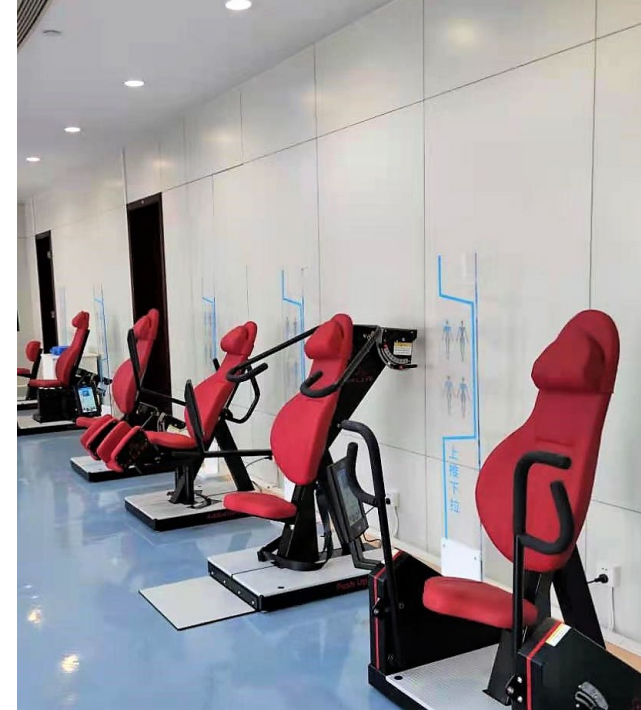
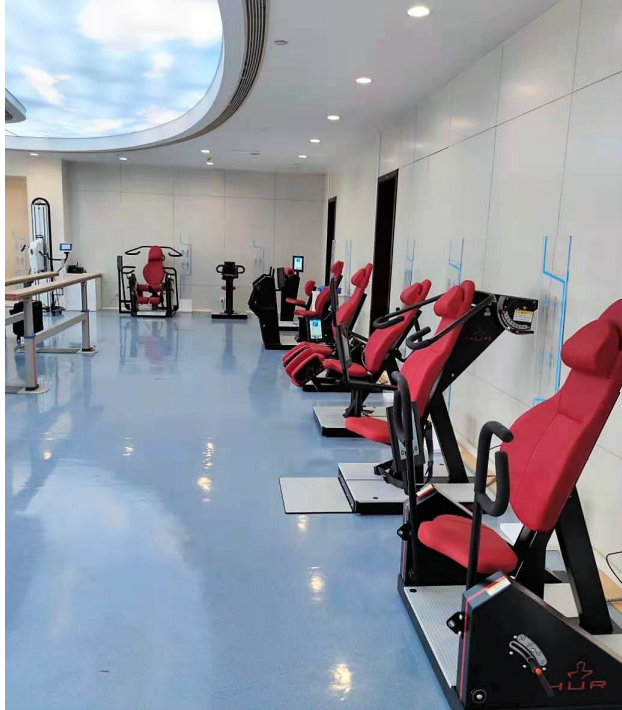
The patients were divided into four groups, and the rehabilitation programmes customised according to each patient's needs.

<http://www.seiseiriha.com/>

Clinique Saint-Yves, France

- In this facility, there are 16 HUR strength training devices and 20 HUR SmartTouch compatible cardio devices by Lode.
- The beautiful clinic welcomes patients with digestive and nutritional rehabilitation needs as well as cardiovascular rehabilitation patients.
- For HUR strength training the machine color has been split by muscle group with light blue for upper body, fuchsia for the core and lime for the lower body. This ease and simplifies the training especially for special groups.
- <https://www.clinique-styves.fr/>





PLA General Hospital, China

- PLA General Hospital is an army hospital and is the top level hospital in China. This hospital offers service for especially national leaders.
- Products: STE5120-Hi5 STE5175-Hi5 STE5310-Hi5 ST5520-Hi5 STE3125-Hi5 STE5140-Hi5 ST8830-Hi5 8206 8223 ST8530-Hi5 STE8540-Hi5 2202 2011 2230 9200 ST02-A ST03-A 50/24 ST04-L 967906
- Images shall not be used in public (on website or other materials)

Beijing Fuwai hospital, China

- Founded in 1956, Fuwai Hospital belongs to the Chinese Academy of Medical Sciences and is a national triple A, first-class hospital specializing in cardiovascular diseases. It is also the National Center for Cardiovascular Diseases, State Key Laboratory of Cardiovascular Disease, and National Clinical Research Center of Cardiovascular Diseases. It is well known internationally for treatment of complex, difficult, and severe cardiovascular diseases, and has become the world's biggest cardiovascular center as well as a national center for clinical healthcare, medical research, disease prevention and education.
- Products: STE5310-Hi5 ST5520-Hi5 STE5530-Hi5 STE5175-Hi5 STE5120-Hi5 STE5540-Hi5 ST8530-Hi5 ST8831-Hi5 8206 ST02-A ST03-A 50/24 ST04-L



Tam Anh Hospital, Vietnam

- Tam Anh General Hospital offers medical services and treatment, with a team of experts - leading doctors, modern equipment, and effective and scientific treatment protocols.
- The hospital staff is very pleased with the HUR system, especially due to three criteria – “diversity”, “economy”, and “efficiency”, says Doctor Tran Anh Vu, the deputy director of Orthopaedic Trauma Center, who uses the machines to rehabilitate post-operative patients.
- <https://tamanhhospital.vn/>





Specialized Rehabilitation Hospital, United Arab Emirates

- Specialized Rehabilitation Hospital offers a purpose built facility with state of the art equipment and clinical expertise to take care of all rehabilitation patients and their individualized needs.
- Facility website: <https://srh.ae/>
- Facility video with HUR gym

https://www.linkedin.com/posts/specializedrehabhospital_rehabilitation-care-hospital-activity-6765619376298201089-spir



Singapore Cancer Society (SCS)

- The [Singapore Cancer Society \(SCS\)](https://www.singaporecancersociety.org.sg/) has opened its first community based rehabilitation center with 8 HUR units, providing a Holistic approach towards care for people with cancer.
- “Most of our clients have fears and concerns about exercising, especially with gym equipment,” says Lee Kok Kheng, Senior Occupational Therapist at the SEC.
- “With the encouragement and guidance of our cancer rehab team, in addition to the use of the HUR equipment, the clients have gained confidence, now able to exercise with ease and pleasure. We have observed the positive effects the workout sessions have in our clients, concludes Mr Lee.
- <https://www.singaporecancersociety.org.sg/>





Cardiac Rehabilitation, Japan

- HUR Resistance training is safe for selected cardiac rehabilitation patients and provides a number of health <and fitness benefits. [HUR multifunction machine 5X](#) has been installed in Tsuboi Clinic in Nagoya, Japan. The clinic offers cardiac rehabilitation along with medical examinations for heart diseases, internal medicine and diabetes.
- This clinic's cardiac rehabilitation program includes:
 - Aerobic exercise at optimal and safe intensity
 - Individual strength training guidance
 - Regular evaluation of muscle mass and strength





Naka Orthopedic Rehabilitation Clinic, Japan

- The facility offers advanced rehabilitation technologies, replacing & reducing human interaction with IT automation.
- The facility applies cloud-based electronic health records and offers assessment and feedback by synchronizing HUR SmartTouch with doctor's PC.
- <https://nakaseikei.com/>



HUR References Municipal Projects

A photograph of a modern rehabilitation center. The room is bright and spacious, featuring a large mirror wall on the left. In the foreground, there is a black exercise machine with a yellow seat, labeled 'Optimal Rhomb' and 'HUR'. Other exercise machines are visible in the background, along with a reception desk and a waiting area. The ceiling has exposed pipes and modern lighting fixtures.

PERKESO, Malaysia

- Social Security Organization (**SOCSO**), which is also known as **PERKESO**, is a government agency in Malaysia established to implement and administer the social security schemes under the *Employees' Social Security Act 1969*.
- In 2008, the Social Security Organization of Malaysia's Rehabilitation Centre - Pusat Rehabilitasi Pertubuhan Keselamatan Sosial (**PERKESO**) was established with an objective to assist employees who are insured under Perkeso to undergo series of rehabilitation program and prepare them to return to the workplace after their injuries.
- Perkeso expanded its reach to Klang Valley recently by setting up the **first integrated mall-concept outpatient satellite centre** at Quill City Mall in Kuala Lumpur on 11 January 2021. The centre is equipped with HUR strength training equipment and neuro-robotic technology that offers physical rehabilitation programs including **physiotherapy, occupational therapy, vocational rehab and mental wellbeing program**.
- For more info, please visit <https://www.rehabmalaysia.com/satelit/prpsqm>

Kroppaani, Finland

- Kurikka city in Finland offers [free gym sessions to everyone over the age of 65](#) using HUR pneumatic training equipment, with an adapted training program to the elderly.
- "The mayor of Kurikka hopes people who take up the offer will be healthier. That should mean the council will save money in the long run because it will need to provide less social care" ([BBC website](#))
- <https://www.hur.fi/en/cases/senior-exercise>





HUR References
Sports & wellness



The Olomouc University BALOU Sports Centre, Czech Republic

BALOU Sports Centre is a new state of the art facility for the general public, students and high-end athletes alike. It has been made possible by funding from the Czech government, the Olomouc University and the European Union. The aim of the centre is to provide a facility for the High-end athletes and National teams in the Czech Republic. Moreover, the facility is equipped with the latest technology to serve the research activities of the Olomouc university and it is used for educational purposes as well.

The centre chose a full line of the HUR SmartTouch Cloud based equipment.

<https://www.acbaluo.cz/>

Baia Populara Sibiu, Romania

- Baia Populara Sibiu is Spa & Wellness center dedicated to well-being, general relaxation, as well as maintaining health, mental and emotional balance.
- After the renovation, the gym is equipped with [HUR SmartTouch](#) strength training devices & software, which can be used for both prophylactic and medical purposes.
- The mission of Baia Populara Sibiu is "to revive the history of SPA as a lifestyle which anyone can afford, to contribute to raising collective awareness among the public as to the value of health and stimulate their desire for a lifestyle centred around wellness."
- At HUR, we believe that exercise is key to a longer and healthier life. With our pneumatic exercise equipment, comprehensive reporting and SmartTouch ecosystem, we provide computerized exercise solutions that are scientifically-proven to reduce chronic health risks.
- Facility website: <https://www.baiapopularasibiu.ro/en>

Eden, France

- Eden Club has chosen to equip itself with high-performance, ultra-modern and adapted strength training & cardio equipment with computerized system.
- Reserved exclusively for its members, Eden Club offers Sport and Health course which are customized individually. Above all, the club offers personalized supervision and support so that everyone achieves their goals at their own pace.
- Each session is recorded and stored in the database, which allows you to follow your results and progress. No matter where you are, you can access your exercise data.
- <https://edenconcept-club.fr/>





Parktherme Spa, Austria

- The medical training centre in the Vita med health centre of the Parktherme stands for supervised and targeted strength training and is geared towards therapy and thermal spa guests as well as residents of the region.
- The Bad Radkersburg "Pro Long Life MED Concept" includes a four-stage therapy - exercise, nutrition and mental health, combined with regeneration in special thermal water.
- The central theme "exercise" is offered exclusively on state-of-the-art medical training equipment and - unlike in most fitness studios - in the form of supervised training sessions by physiotherapists and sports scientists.
- <https://www.parktherme.at/en/>



National Handball Academy, Hungary

- Hungarian Handball Federation together with its development partners **decided to found a modern training complex, the National Handball Academy, in order to provide up-to-date competition, training and educational facility for the different types of handball sports.**
- The planned multifunctional complex would serve as a base for other court games like **basketball, volleyball, futsal, tennis, wrestling, fencing**, etc. The design of the facility reflects both the functional specification of the Hungarian Handball Federation and the requirements of other court games, on both a professional and amateur level. In addition to the core sports functions, the facility has been designed to integrate educational, conference and touristic features in order to increase the viability of the project.
- The positioning of the different buildings has been designed to create all access areas on the front entrance of the site while offering quiet zones for the sportsmen at the back.
- <https://neka.hu/>
- Facility video: <https://youtu.be/EZI63h4kHck>



ZTE Zalaegerszeg Football Club, Hungary

- ZTE has provided several players to both the national and the national youth team, as well as the Olympic team. The team has earned titles like the Hungarian League championships and the Hungarian Cup and has played several seasons in the European Champions and the European League.
- When ZTE Arena was renovated, **HUR pneumatic strength training products were installed to do high speed and rehabilitation training.** The pneumatic system provides the ability to execute quick movements with a heavy load but without inertia.

<https://www.ztefc.hu>



American United School, Kuwait

- The first SmartTouch installation in Kuwait.
- American United School is a co-educational private school, combining 21st century digital technology and traditional student-centered learning practices
- <https://www.aus.edu.kw>



Sports Science in Kasem Bundit University, Thailand

- In the faculty of Sports Science in Kasem Bundit University, the project for muscle strength and cardiovascular test has been started.
- This is a part of the health promotion project of referee team in Thailand Premier League. The facility also welcomed FIFA and AFC technical team and received positive feedback on HUR pneumatic systems.





www.hur.fi

